

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### BSI

Here is a list of problems people sometimes have. Read each one carefully and write the number in the blank that best describes HOW MUCH THAT PROBLEM HAS DISTRESSED OR BOTHERED YOU DURING THE PAST 7 DAYS INCLUDING TODAY.

0	1	2	3	4
Not at all	A little bit	Moderately	Quite a bit	Extremely

- \_\_\_ 1. Nervousness or shakiness inside
- \_\_\_ 2. Faintness or dizziness
- \_\_\_ 3. The idea that someone can control your thoughts
- \_\_\_ 4. Feeling others are to blame for most of your troubles
- \_\_\_ 5. Trouble remembering things
- \_\_\_ 6. Feeling easily annoyed or irritated
- \_\_\_ 7. Pains in heart or chest
- \_\_\_ 8. Feeling afraid in open spaces or on the streets
- \_\_\_ 9. Thoughts of ending your life
- \_\_\_ 10. Feeling that most people cannot be trusted
- \_\_\_ 11. Poor appetite
- \_\_\_ 12. Suddenly scared for no reason
- \_\_\_ 13. Temper outbursts you could not control
- \_\_\_ 14. Feeling lonely even when you are with people
- \_\_\_ 15. Feeling blocked in getting things done
- \_\_\_ 16. Feeling lonely
- \_\_\_ 17. Feeling blue
- \_\_\_ 18. Feeling no interest in things
- \_\_\_ 19. Feeling fearful
- \_\_\_ 20. Your feelings being easily hurt
- \_\_\_ 21. Feeling that people are unfriendly or dislike you
- \_\_\_ 22. Feeling inferior to others
- \_\_\_ 23. Nausea or upset stomach
- \_\_\_ 24. Feeling that you are watched or talked about by others
- \_\_\_ 25. Trouble falling asleep
- \_\_\_ 26. Having to check and double-check what you do
- \_\_\_ 27. Difficulty making decisions
- \_\_\_ 28. Feeling afraid to travel on buses, subways or trains

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Not at all</b>	<b>A little bit</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Extremely</b>

- \_\_\_ 29. Trouble getting your breath
- \_\_\_ 30. Hot or cold spells
- \_\_\_ 31. Having to avoid certain things, places or activities because they frighten you
- \_\_\_ 32. Your mind goes blank
- \_\_\_ 33. Numbness or tingling in parts of your body
- \_\_\_ 34. The idea that you should be punished for your sins
- \_\_\_ 35. Feeling hopeless about the future
- \_\_\_ 36. Trouble concentrating
- \_\_\_ 37. Feeling weak in parts of your body
- \_\_\_ 38. Feeling tense or keyed up
- \_\_\_ 39. Thoughts of death or dying
- \_\_\_ 40. Having urges to beat, injure or harm someone
- \_\_\_ 41. Having urges to break or smash things
- \_\_\_ 42. Feeling very self-conscious with others
- \_\_\_ 43. Feeling uneasy in crowds, such as shopping or at a movie
- \_\_\_ 44. Never feeling close to another person
- \_\_\_ 45. Spells or terror or panic
- \_\_\_ 46. Getting into frequent arguments
- \_\_\_ 47. Feeling nervous when you are left alone
- \_\_\_ 48. Others not giving you proper credit for your achievement
- \_\_\_ 49. Feeling so restless you could not sit still
- \_\_\_ 50. Feelings of worthlessness
- \_\_\_ 51. Feelings that people will take advantage of you if you let them
- \_\_\_ 52. Feelings of guilt
- \_\_\_ 53. The idea that something is wrong with your mind