

SA-45[®]

Client ID: _____ Age: _____ Gender: Male Female Date: ____/____/____

Other Comments: _____

Below is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, circle the number on the right that best describes *how much that problem has bothered or distressed you during the past 7 days, including today*. Circle only one number for each problem, and do not skip any items.

	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Feeling lonely	1	2	3	4	5
2. Feeling blue	1	2	3	4	5
3. Feeling no interest in things	1	2	3	4	5
4. Feeling fearful	1	2	3	4	5
5. The idea that someone else can control your thoughts	1	2	3	4	5
6. Feeling others are to blame for most of your troubles	1	2	3	4	5
7. Feeling afraid in open spaces or on the streets	1	2	3	4	5
8. Hearing voices that other people do not hear	1	2	3	4	5
9. Feeling that most people cannot be trusted	1	2	3	4	5
10. Suddenly scared for no reason	1	2	3	4	5
11. Temper outbursts that you could not control	1	2	3	4	5
12. Feeling afraid to go out of your house alone	1	2	3	4	5
13. Other people being aware of your private thoughts	1	2	3	4	5
14. Feeling others do not understand you or are unsympathetic	1	2	3	4	5
15. Feeling that people are unfriendly or dislike you	1	2	3	4	5
16. Having to do things very slowly to ensure correctness	1	2	3	4	5
17. Feeling inferior to others	1	2	3	4	5
18. Soreness of your muscles	1	2	3	4	5
19. Feeling that you are watched or talked about by others	1	2	3	4	5
20. Having to check and double-check what you do	1	2	3	4	5
21. Difficulty making decisions	1	2	3	4	5
22. Feeling afraid to travel on buses, subways, or trains	1	2	3	4	5
23. Hot or cold spells	1	2	3	4	5
24. Having to avoid certain things, places, or activities because they frighten you	1	2	3	4	5
25. Your mind going blank	1	2	3	4	5
26. Numbness or tingling in parts of your body	1	2	3	4	5
27. Feeling hopeless about the future	1	2	3	4	5
28. Trouble concentrating	1	2	3	4	5
29. Feeling weak in parts of your body	1	2	3	4	5
30. Feeling tense or keyed up	1	2	3	4	5
31. Heavy feelings in your arms or legs	1	2	3	4	5
32. Feeling uneasy when people are watching or talking about you	1	2	3	4	5
33. Having thoughts that are not your own	1	2	3	4	5
34. Having urges to beat, injure, or harm someone	1	2	3	4	5
35. Having urges to break or smash things	1	2	3	4	5
36. Feeling very self-conscious with others	1	2	3	4	5
37. Feeling uneasy in crowds, such as shopping or at a movie	1	2	3	4	5
38. Spells of terror or panic	1	2	3	4	5
39. Getting into frequent arguments	1	2	3	4	5
40. Others not giving you proper credit for your achievements	1	2	3	4	5
41. Feeling so restless you couldn't sit still	1	2	3	4	5
42. Feelings of worthlessness	1	2	3	4	5
43. Shouting or throwing things	1	2	3	4	5
44. Feeling that people will take advantage of you if you let them	1	2	3	4	5
45. The idea that you should be punished for your sins	1	2	3	4	5

