

## THE AMEN CLINIC QUESTIONNAIRE

0=Never 1=Rarely 2=Occasionally 3=Frequently 4=Very Frequently

- \_\_\_ 1. Frequent feelings of nervousness or anxiety
- \_\_\_ 2. Panic attacks
- \_\_\_ 3. Avoidance of places due to fear of having an anxiety attack
- \_\_\_ 4. Symptoms of heightened muscle tension (sore muscles, headaches)
- \_\_\_ 5. Periods of heart pounding, nausea, or dizziness (not w/ exercise)
- \_\_\_ 6. Tendency to predict the worst
- \_\_\_ 7. Multiple, persistent fears or phobias (dying, doing something crazy)
- \_\_\_ 8. Conflict Avoidance
- \_\_\_ 9. Excessive fear of being judged or scrutinized by others
- \_\_\_ 10. Easily startled or tendency to freeze in intense situations
- \_\_\_ 11. Seemingly shy, timid, and easily embarrassed
- \_\_\_ 12. Bites fingernails or picks skin
- \_\_\_ Total number of questions with a score of 3 or 4 for questions 1- 12 (GAD)
  
- \_\_\_ 13. Persistent sad or empty mood
- \_\_\_ 14. Loss of interest or pleasure from activities that are normally fun
- \_\_\_ 15. Restlessness, irritability, or excessive crying
- \_\_\_ 16. Feelings of guilt, worthlessness, helplessness, hopelessness
- \_\_\_ 17. Sleeping too much or too little, or early morning waking
- \_\_\_ 18. Appetite changes/ weight loss or weight gain through overeating
- \_\_\_ 19. Decreased energy, fatigue, feeling "slowed down"
- \_\_\_ 20. Thoughts of death or suicide, or suicide attempts
- \_\_\_ 21. Difficulty concentrating, remembering, making decisions
- \_\_\_ 22. Physical symptoms; headaches, chronic pain, digestive problems
- \_\_\_ 23. Persistent negativity or low self esteem
- \_\_\_ 24. Persistent feeling of dissatisfaction or boredom
- \_\_\_ Total number of questions with a score of 3 or 4 for questions 13-24 (MDD)

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- 25. Excessive or senseless worrying
- 26. Upset when things are out of place or don't go according to plan
- 27. Tendency to be oppositional or argumentative
- 28. Tendency to have repetitive negative or anxious thoughts
- 29. Tendency toward compulsive behaviors
- 30. Intense dislike of change
- 31. Tendency to hold grudges
- 32. Difficulty seeing options in situations
- 33. Tendency to hold on to own opinion and not listen to others
- 34. Needing to have things done a certain way or you become upset
- 35. Others complain you worry too much
- 36. Tendency to say no without first thinking about the question (OFA)
- Total number of questions with a score of 3 or 4 for questions 25-36
  
- 37. Periods of abnormally happy, depressed or anxious mood
- 38. Periods of decreased need for sleep, energetic on much less sleep
- 39. Periods of grandiose thoughts and ideas (feeling very powerful)
- 40. Periods of increased talking or pressured speech
- 41. Periods of too many thoughts racing through your mind
- 42. Periods of increased energy level
- 43. Periods of poor judgment that leads to risk-taking behaviors
- 44. Periods of inappropriate social behavior
- 45. Periods of irritability or aggression
- 46. Periods of delusional or psychotic thinking
- Total number of questions with a score of 3 or 4 for questions 37 – 46 (BD)

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- \_\_\_ 47. Short fuse or periods of extreme irritability
- \_\_\_ 48. Periods of rage without being provoked
- \_\_\_ 49. Often misinterprets comments as negative when they are not
- \_\_\_ 50. Periods of spaciness or confusion
- \_\_\_ 51. Periods of panic or fear for no specific reason
- \_\_\_ 52. Visual or auditory changes (seeing shadows or hearing sounds)
- \_\_\_ 53. Frequent periods of déjà vu (feeling you've been somewhere you have never been)
- \_\_\_ 54. Sensitivity or mild paranoia
- \_\_\_ 55. Headaches or abdominal pain or uncertain origin
- \_\_\_ 56. History of head injury or family history of violence/ explosiveness
- \_\_\_ 57. Dark thoughts, may be homicidal or suicidal
- \_\_\_ 58. Periods of forgetfulness or memory problems
- \_\_\_ Total number of questions with a score of 3 or 4 for questions 47- 58 (TL)

- \_\_\_ 59. Trouble staying focused
- \_\_\_ 60. Spaciness or feeling like you're in a fog
- \_\_\_ 61. Overwhelmed by tasks of daily living
- \_\_\_ 62. Feels tired, sluggish, or slow moving
- \_\_\_ 63. Procrastination, failure to finish things
- \_\_\_ 64. Chronic boredom
- \_\_\_ 65. Loses things
- \_\_\_ 66. Easily distracted
- \_\_\_ 67. Forgetful
- \_\_\_ 68. Poor planning skills
- \_\_\_ 69. Difficulty expressing feelings
- \_\_\_ 70. Difficulty expressing empathy for others
- \_\_\_ Total number of questions with a score of 3 or 4 for questions 59-70 (AD)