

## BISCHOF ADULT SYMPTOM INVENTORY

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

DATE OF TEST \_\_\_\_\_

**CIRCLE THE NUMBER THAT BEST DESCRIBES THE DEGREE OF DIFFICULTY YOU HAVE BEEN EXPERIENCING IN EACH AREA RECENTLY.**

0=No Difficulty      1=A Little      2=Moderate      3=Quite a Bit      4=Extreme

1.	Depressed mood, hopelessness.	0	1	2	3	4
2.	Fatigue, loss of energy, drive or motivation.	0	1	2	3	4
3.	Suicidal thoughts or behavior.	0	1	2	3	4
4.	Poor concentration, difficulty making decisions.	0	1	2	3	4
5.	Loss of appetite.	0	1	2	3	4
6.	Sleep disturbance.	0	1	2	3	4
7.	Body aches and pains, dizziness.	0	1	2	3	4
8.	Restlessness or feeling keyed-up, on edge.	0	1	2	3	4
9.	Fearful or anxious about upcoming situations or events.	0	1	2	3	4
10.	Managing major life transitions (e.g., the loss of primary relationship, changes in family, job, health or school, death).	0	1	2	3	4
11.	Episodes of terror or panic.	0	1	2	3	4
12.	Unwanted persistent and intrusive thoughts.	0	1	2	3	4
13.	Hearing voices, seeing things.	0	1	2	3	4
14.	Socially isolated because of thoughts or beliefs that are not acceptable.	0	1	2	3	4
15.	Behavior considered eccentric or "different".	0	1	2	3	4
16.	Feelings of worthlessness.	0	1	2	3	4
17.	Feeling you are in control of your own life.	0	1	2	3	4
18.	Being yourself, express your feelings.	0	1	2	3	4
19.	Lack of self-confidence, feeling critical of yourself.	0	1	2	3	4
20.	Able to pursue and enjoy personal interests and activities.	0	1	2	3	4
21.	Relationship with family.	0	1	2	3	4

Copyright 1994 by Edward C. Bischof, Ph.D.

**BISCHOF ADULT SYMPTOM INVENTORY (Continued)**

22.	Being able to get along with others.	0	1	2	3	4
23.	Feeling lonely even when you are with people.	0	1	2	3	4
24.	Feeling misunderstood or mistreated by others.	0	1	2	3	4
25.	Function on your job or at school to your full potential.	0	1	2	3	4
26.	Able to maintain focus on task and get things accomplished.	0	1	2	3	4
27.	Job/career not going well (e.g., wrong job, no progress, difficulty with co-worker or boss).	0	1	2	3	4
28.	Maintaining good work / school evaluations (e.g., attendance, evaluations (e.g., attendance, evaluations, performance statistics, standards).	0	1	2	3	4
29.	Volatile, aggressive, violent behavior.	0	1	2	3	4
30.	Moody, emotional, driven by your feeling.	0	1	2	3	4
31.	Overly sensitive, easily hurt or upset.	0	1	2	3	4
32.	Feeling easily annoyed or irritated.	0	1	2	3	4
33.	Temper outbursts that you cannot control.	0	1	2	3	4
34.	Pains in heart and chest.	0	1	2	3	4
35.	Nausea, upset stomach.	0	1	2	3	4
36.	Trouble getting your breath.	0	1	2	3	4
37.	Feeling weakness in part of your body.	0	1	2	3	4
	<b>RATE DIFFICULTY OVER THE PREVIOUS SIX MONTHS.</b>					
38.	Recurrent misuse of prescription or illegal drugs.	0	1	2	3	4
39.	Diminished effectiveness in major life role; work, school, or home resulting from use of drugs or alcohol.	0	1	2	3	4
40.	Recurrent use of substances in situations that are hazardous or potentially self-defeating.	0	1	2	3	4
41.	Recurrent hangovers or withdrawal symptoms when attempting to cut back or stop the use of alcohol or drugs.	0	1	2	3	4

Copyright 1994 by Edward C. Bischof, Ph.D.