GENERAL DISTRESS SCALE

This form is designed to make medication visits more of a joint undertaking between patient and psychopharmacologist. It asks about some of the more common symptoms for which medications are prescribed.

The first question asks for a general overall rating of your emotional state for the past 2 weeks. Think of this like body temperature - 98 being normal, 106 being deathly ill. An "emotional" temperature of 98 would be feeling fine, 106 would be intolerable and require hospitalization. For the past 2 weeks your emotional temperature has been _____ degrees.

The following 10 questions ask about symptoms for the last 2 weeks. They each ask you to rate a symptom on a scale from 1 – 10, with 1 being the best ever and 10 being the worst ever.

Depression	1	2	3	4	5	6	7	8	9	10
Anxiety	1	2	3	4	5	6	7	8	9	10
Sleep	1	2	3	4	5	6	7	8	9	10
Appetite	1	2	3	4	5	6	7	8	9	10
Guilty feelings or thoughts	1	2	3	4	5	6	7	8	9	10
Energy	1	2	3	4	5	6	7	8	9	10
Tearfulness	1	2	3	4	5	6	7	8	9	10
Racing thoughts	1	2	3	4	5	6	7	8	9	10
Self destructive thoughts	1	2	3	4	5	6	7	8	9	10
Anger	1	2	3	4	5	6	7	8	9	10

The following questions ask about the past month:

Any self-injurious behaviors? Y/N
    Is yes, what and when
Any hospitalizations? Y/N
    Medical?
    Psychiatric?
Any alcohol use? Y/N
    When and how much?
Any drug use? Y/N
    When and what?
Any emergency room visits? Y/N
    If yes, where and when