

Psychiatric symptom checklist for Adults (Single check for problems present and double checks for major problems)

Problems related to drinking	
Problems related to street drugs	
Increasing forgetfulness	
Hearing voices	
People are out to get me	
People talk about me	
There is a plot against me	
Wanting to hurt someone	
Feeling sad	
Feeling hopeless	
Feeling worthless	
No fun in life	
Cannot sleep	
No energy	
Weight loss	
Weight gain	
Cannot focus	
Don't feel like eating	
Making myself throw up	
Using too many laxatives	
Eating too much	
Wanting to die	
Wanting to kill myself	
Wanting to cut myself	
Full of energy	
Mood swings	
Mood changes for no reason	
Panic attacks	
Feeling nervous and shaky	
Fear of death	
Worrying all the time	
Checking things over and over	
Cleaning myself all the time	
Difficulty leaving home	
Shyness	
Difficulty being with people	
Nightmares	
Flashbacks of past	
Seeing no future	
Procrastination	
Disorganization	
Always running late	

Chronic pain	
Sexual difficulties	
Menstrual irregularities	
Planning pregnancy	
Difficulty in getting along with others	
Problems at workplace	
Problem with gambling	
Many relationship problems	
Not sure who I am	
Difficulty with anger management	
Taking too many risks	
Hoarding things	
Problem with medication side effects of	
Muscles are always tense	
Not enough time to rest or sleep	
Often missing shower or bath	
Unable to work	

Patient Name:

MR #:

Date of birth:

Date of completing list:

Completed by:

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