

**Please Check any of these symptoms that you have experienced over the past 3 months**

- Palpitations, increased heart rate
  - Sweating
  - Trembling or shaking
  - Sensation of shortness of breath
  - Feeling of Choking
  - Chest pain or discomfort
  - Nausea or abdominal distress
  - Feeling dizzy/unsteady/lightheaded/faint
  - Derealization or depersonalization
  - Fear of losing control or going crazy
  - Fear of dying
  - Paresthesias (numbness/ tingling)
  - Chills or hot flushes
  
  - Depressed mood
  - Less interest or pleasure in activities
  - Significant weight loss or gain
  - Loss of appetite
  - Insomnia or hypersomnia
  - Psychomotor agitation or retardation
  - Fatigue or loss of energy
  - Feelings of worthlessness
  - Excessive inappropriate guilt
  - Diminished ability to think or concentrate
  - Indecisiveness
  - Recurrent thoughts of death,
  - Suicidal ideation w/wo plan
  
  - Inflated self-esteem or grandiosity
  - Decreased need for sleep
  - Increased talkativeness
  - Pressure to keep talking
  - Flight of ideas
  - Racing thoughts
  - Distractibility
  - Increase in goal-directed activity
  - Psychomotor agitation
  - Excessive involvement in pleasures with painful consequences
  
  - Restlessness/feeling keyed up/on edge
  - Pervasive worries
  - Easily fatigued
  - Difficulty concentrating
  - Mind going blank
  - Irritability
  - Muscle tension
- Sleep disturbance (difficulty falling or staying asleep, or restless sleep)
  
  - Recurrent and persistent thoughts, impulses, or images
  - Obsessional thoughts, impulses, or images
  - Rituals to control or neutralize obsessions (counting, checking)
  - Rituals demand sufficient time to interfere with daily living
  
  - Delusions
  - Hallucinations
  - Disorganized speech
  - Grossly disorganized or catatonic behavior
  
  - Trauma exposure
  - Recurrent intrusive recollections of event; flashbacks
  - Recurrent distressing dreams of the event
  - Psychological distress on exposure to cues that resemble trauma
  - Avoidance of stimuli associated with trauma
  - Psychological numbing
  - Inability to recall parts of an event
  - Detachment/estrangement from others
  - Sense of foreshortened future
  - Restricted range of affect
  - Heightened startle response
  
  - Lost time
  - Found unfamiliar objects
  - Unexplained mileage on vehicle
  - Spacing out while watching TV (losing plot)