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SCL-90 Form

Name:

ID #:

Below is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, select one of the numbered descriptors that best describes how much that problem has bothered or distressed you during the past week, **including** today. Click on the box in the space to the right of the problem and chose the option that best describes you. To choose the option, click on “choose an item”. Click the arrow at the right side of the phrase, then choose which option best describes how much the problem has bothered you in the past week, including today. Do not skip any items.

Date:

|  |  |  |
| --- | --- | --- |
| How much were you bothered by: | |  |
| 1. | Headaches | Choose an item. |
| 2. | Nervousness or shakiness inside | Choose an item. |
| 3. | Unwanted thoughts, words, or ideas that will not leave your mind | Choose an item. |
| 4. | Faintness or dizziness | Choose an item. |
| 5. | Loss of sexual interest or pleasure | Choose an item. |
| 6. | Feeling critical of others | Choose an item. |
| 7. | The idea that someone else can control your thoughts | Choose an item. |
| 8. | Feeling others are to blame for most of your troubles | Choose an item. |
| 9. | Trouble remembering things | Choose an item. |
| 10. | Worried about sloppiness or carelessness | Choose an item. |
| 11. | Feeling easily annoyed or irritated | Choose an item. |
| 12. | Pains in heart or chest | Choose an item. |
| 13. | Feeling afraid in open spaces or on the streets | Choose an item. |
| 14. | Feeling low in energy or slowed down | Choose an item. |
| 15. | Thoughts of ending your life | Choose an item. |
| How much were you bothered by: | | |
| 16. | Hearing voices that other people do not hear | Choose an item. |
| 17. | Trembling | Choose an item. |
| 18. | Feeling that most people cannot be trusted | Choose an item. |
| 19. | Poor appetite | Choose an item. |
| 20. | Crying easily | Choose an item. |
| 21. | Feeling shy or uneasy with the opposite sex | Choose an item. |
| 22. | Feeling of being trapped or caught | Choose an item. |
| 23. | Suddenly scared for no reason | Choose an item. |
| 24. | Temper outbursts that you could not control | Choose an item. |
| 25. | Feeling afraid to go out of your house alone | Choose an item. |
| 26. | Blaming yourself for things | Choose an item. |
| 27. | Pains in lower back | Choose an item. |
| 28. | Feeling blocked in getting things done | Choose an item. |
| 29. | Feeling lonely | Choose an item. |
| 30. | Feeling blue | Choose an item. |
| 31. | Worrying too much about things | Choose an item. |
| 32. | Feeling no interest in things | Choose an item. |
| 33. | Feeling fearful | Choose an item. |
| 34. | Your feelings being easily hurt | Choose an item. |
| 35. | Other people being aware of your private thoughts | Choose an item. |
| 36. | Feeling others do not understand you or are unsympathetic | Choose an item. |
| 37. | Feeling that people are unfriendly or dislike you | Choose an item. |
| 38. | Having to do things very slowly to insure correctness | Choose an item. |
| 39. | Heart pounding or racing | Choose an item. |
| 40. | Nausea or upset stomach | Choose an item. |
| 41. | Feeling inferior to others | Choose an item. |
| 42. | Soreness of your muscles | Choose an item. |
| 43. | Feeling that you are watched or talked about by others | Choose an item. |
| 44. | Trouble falling asleep | Choose an item. |
| 45. | Having to check and double-check what you do | Choose an item. |
| 46. | Difficulty making decisions | Choose an item. |
| 47. | Feeling afraid to travel on buses, subways, trains | Choose an item. |
| 48. | Trouble getting your breath | Choose an item. |
| 49. | Hot or cold spells | Choose an item. |
| 50. | Having to avoid certain things, places, or activities because they frighten you | Choose an item. |
| How much were you bothered by: | | |
| 51. | Your mind going blank | Choose an item. |
| 52. | Numbness or tingly in parts of your body | Choose an item. |
| 53. | A lump in your throat | Choose an item. |
| 54. | Feeling hopeless about the future | Choose an item. |
| 55. | Trouble concentrating | Choose an item. |
| 56. | Feeling weak in parts of your body | Choose an item. |
| 57. | Feeling tense or keyed up | Choose an item. |
| 58. | Heavy feelings in your arms or legs | Choose an item. |
| 59. | Thoughts of death or dying | Choose an item. |
| 60. | Overeating | Choose an item. |
| 61. | Feeling uneasy when people are watching or talking about you | Choose an item. |
| 62. | Having thoughts that are not your own | Choose an item. |
| 63. | Having urges to beat, injure, or harm someone | Choose an item. |
| 64. | Awakening in the early morning | Choose an item. |
| 65. | Sleep that is restless or disturbed | Choose an item. |
| 66. | Having to repeat the same actions such as touching, counting, washing | Choose an item. |
| 67. | Having urges to break or smash things | Choose an item. |
| 68. | Having ideas or beliefs that others do not share | Choose an item. |
| 69. | Feeling very self-conscious with others | Choose an item. |
| 70. | Feeling uneasy in crowds, such as shopping or at the movies | Choose an item. |
| 71. | Feeling everything is an effort | Choose an item. |
| 72. | Spells of terror or panic | Choose an item. |
| 73. | Feeling uncomfortable about eating or drinking in public | Choose an item. |
| 74. | Getting into frequent arguments | Choose an item. |
| 75. | Feeling nervous when you are left alone | Choose an item. |
| 76. | Others not giving you proper credit for your achievements | Choose an item. |
| 77. | Feeling lonely even when you are with people | Choose an item. |
| 78. | Feeling so restless you could not sit still | Choose an item. |
| 79. | Feelings of worthlessness | Choose an item. |
| 80. | Feeling that familiar things are strange or unreal | Choose an item. |
| 81. | Shouting or throwing things | Choose an item. |
| 82. | Feeling afraid you will faint in public | Choose an item. |
| 83. | Feeling that people will take advantage of you if you let them | Choose an item. |
| 84. | Having thoughts about sex that bother you a lot | Choose an item. |
| 85. | The idea that you should be punished for your sins | Choose an item. |
| How much were you bothered by: | | |
| 86. | Feeling pushed to get things done | Choose an item. |
| 87. | The idea that something serious is wrong with your body | Choose an item. |
| 88. | Never feeling close to another person | Choose an item. |
| 89. | Feelings of guilt | Choose an item. |
| 90. | The idea that something is wrong with your mind | Choose an item. |

*Reference:* Derogatis, L.R., Lipman, R.S., & Covi, L. (1973). SCL-90: An outpatient psychiatric rating scale—Preliminary Report. *Psychopharmacol. Bull.9* 13-28.