

COMBINE

Brief Symptom Inventory (BSI ver. A)

Center	Participant #	Participant Initials	Week	Sequence
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	Date		Staff ID	
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	mo. da. yr.			

Instructions: Below is a list of problems that people sometimes have. Please read each one carefully. Then circle the number that best describes how much that problem has distressed or bothered you during the past 7 days including today. The numbers refer to the following descriptive phrases:

0=Not at all 1=A little bit 2=Moderately 3=Quite a bit 4=Extremely

- 1) . Nervousness or shakiness inside..... 0 1 2 3 4
- 2) . Faintness or dizziness..... 0 1 2 3 4
- 3) The idea that someone else can control your thoughts..... 0 1 2 3 4
- 4) Feeling others are to blame for most of your troubles..... 0 1 2 3 4
- 5) Trouble remembering things..... 0 1 2 3 4
- 6) Feeling easily annoyed or irritated..... 0 1 2 3 4
- 7) Pains in heart or chest..... 0 1 2 3 4
- 8) Feeling afraid in open spaces or on the streets..... 0 1 2 3 4
- 9) Thoughts of ending your life..... 0 1 2 3 4
- 10) Feeling that most people cannot be trusted..... 0 1 2 3 4
- 11) Poor appetite..... 0 1 2 3 4
- 12) Suddenly scared for no reason..... 0 1 2 3 4
- 13) Temper outbursts that you could not control..... 0 1 2 3 4
- 14) Feeling lonely even when you are with people..... 0 1 2 3 4
- 15) Feeling blocked in getting things done..... 0 1 2 3 4
- 16) Feeling lonely..... 0 1 2 3 4

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Date		Staff ID		
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mo.		da.		yr.

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- 17) Feeling blue 0 1 2 3 4
- 18) Feeling no interest in things..... 0 1 2 3 4
- 19) Feeling fearful.....0 1 2 3 4
- 20) Your feelings being easily hurt0 1 2 3 4
- 21) Feeling that people are unfriendly or dislike you.....0 1 2 3 4
- 22) Feeling inferior to others.....0 1 2 3 4
- 23) Nausea or upset stomach0 1 2 3 4
- 24) Feeling that you are watched or talked about by others0 1 2 3 4
- 25) Trouble falling asleep.....0 1 2 3 4
- 26) Having to check and double-check what you do.....0 1 2 3 4
- 27) Difficulty making decisions0 1 2 3 4
- 28) Feeling afraid to travel on buses, subways or trains0 1 2 3 4
- 29) Trouble getting your breath0 1 2 3 4
- 30) Hot or cold spells.....0 1 2 3 4
- 31) Having to avoid certain things, places, or activities because they frighten you.....0 1 2 3 4
- 32) Your mind going blank0 1 2 3 4
- 33) Numbness or tingling in parts of your body0 1 2 3 4
- 34) The idea that you should be punished for your sins.....0 1 2 3 4
- 35) Feeling hopeless about your future.....0 1 2 3 4

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- 36) Trouble concentrating.....0 1 2 3 4
- 37) Feeling weak in parts of your body.....0 1 2 3 4
- 38) Feeling tense or keyed up.....0 1 2 3 4
- 39) Thoughts of death or dying.....0 1 2 3 4
- 40) Having urges to beat, injure, or harm someone.....0 1 2 3 4
- 41) Having urges to break or smash things.....0 1 2 3 4
- 42) Feeling very self-conscious with others.....0 1 2 3 4
- 43) Feeling uneasy in crowds, such as shopping or at a movie.....0 1 2 3 4
- 44) Never feeling close to another person.....0 1 2 3 4
- 45) Spells of terror or panic.....0 1 2 3 4
- 46) Getting into frequent arguments.....0 1 2 3 4
- 47) Feeling nervous when you are left alone.....0 1 2 3 4
- 48) Others not giving you proper credit for your achievements.....0 1 2 3 4
- 49) Feeling so restless you couldn't sit still.....0 1 2 3 4
- 50) Feelings of worthlessness.....0 1 2 3 4
- 51) Feeling that people will take advantage of you if you let them.....0 1 2 3 4
- 52) Feelings of guilt.....0 1 2 3 4
- 53) The idea that something is wrong with you.....0 1 2 3 4