

CNS Symptom Check List 100

(modified from D.G. Amen, 1998)

Last Name: _____ First Name: _____ Age: ____ Gender: ____ Date: _____

Below is a list of experiences or symptoms that people sometimes have. Please read each one carefully, and circle the number to the right that best describes HOW MUCH THAT EXPERIENCE OR SYMPTOM HAS DISTRESSED YOU OR BEEN A PROBLEM FOR YOU IN THE PAST MONTH INCLUDING TODAY. Circle only one number for each experience or symptom and do not skip any. If you change your mind simply erase or cross off your error and circle the correct number.

0 = not at all 1 = a little bit 2 = moderately 3 = quite a bit 4 = extremely

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|---|---|---|---|---|---|
| 1. Feelings of sadness | 0 | 1 | 2 | 3 | 4 |
| 2. Feelings of nervousness or anxiety | 0 | 1 | 2 | 3 | 4 |
| 3. Inability to give close attention to details or avoid careless mistakes | 0 | 1 | 2 | 3 | 4 |
| 4. Excessive or senseless worrying | 0 | 1 | 2 | 3 | 4 |
| 5. Short fuse or periods of extreme irritability | 0 | 1 | 2 | 3 | 4 |
| 6. Moodiness | 0 | 1 | 2 | 3 | 4 |
| 7. Panic attacks | 0 | 1 | 2 | 3 | 4 |
| 8. Trouble sustaining attention in routine situations (e.g., homework, chores, paperwork, etc.) | 0 | 1 | 2 | 3 | 4 |
| 9. Being upset when things do not go your way | 0 | 1 | 2 | 3 | 4 |
| 10. Periods of rage with little provocation | 0 | 1 | 2 | 3 | 4 |
| 11. Negativity, pessimism | 0 | 1 | 2 | 3 | 4 |
| 12. Symptoms of heightened muscle tension (e.g., headaches, sore muscles, hand tremor) | 0 | 1 | 2 | 3 | 4 |
| 13. Trouble listening | 0 | 1 | 2 | 3 | 4 |
| 14. Being upset when things are out of place | 0 | 1 | 2 | 3 | 4 |
| 15. Frequent misinterpretation of comments as negative when they are not | 0 | 1 | 2 | 3 | 4 |
| 16. Low energy, poor stamina | 0 | 1 | 2 | 3 | 4 |
| 17. Periods of heart pounding, rapid heart rate, or chest pain | 0 | 1 | 2 | 3 | 4 |
| 18. Inability to finish things, poor follow-through | 0 | 1 | 2 | 3 | 4 |
| 19. Tendency to be oppositional or argumentative | 0 | 1 | 2 | 3 | 4 |
| 20. Irritability that tends to build, then explodes, then recedes; often feeling tired after a rage | 0 | 1 | 2 | 3 | 4 |
| 21. Constant or near constant irritability | 0 | 1 | 2 | 3 | 4 |
| 22. Periods of trouble breathing or feeling smothered | 0 | 1 | 2 | 3 | 4 |
| 23. Poor organization of time or space | 0 | 1 | 2 | 3 | 4 |
| 24. Tendency to have repetitive negative thoughts | 0 | 1 | 2 | 3 | 4 |
| 25. Periods of spaciness or confusion | 0 | 1 | 2 | 3 | 4 |
| 26. Decreased interest in others | 0 | 1 | 2 | 3 | 4 |
| 27. Periods of feeling dizzy, faint, or unsteady on your feet | 0 | 1 | 2 | 3 | 4 |
| 28. Distractibility | 0 | 1 | 2 | 3 | 4 |
| 29. Tendency toward compulsive behaviours | 0 | 1 | 2 | 3 | 4 |
| 30. Periods of panic and/or fear for no specific reason | 0 | 1 | 2 | 3 | 4 |

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31. Feelings of hopelessness about the future	0	1	2	3	4
32. Periods of nausea or abdominal upset	0	1	2	3	4
33. Poor planning skills	0	1	2	3	4
34. Intense dislike of change	0	1	2	3	4
35. Visual or auditory changes, such as seeing shadows or hearing muffled sounds, ringing ears	0	1	2	3	4
36. Feelings of helplessness or powerlessness	0	1	2	3	4
37. Periods of sweating, hot or cold flashes, frequent cold hands	0	1	2	3	4
38. Lack of clear goals or forward thinking	0	1	2	3	4
39. Tendency to hold grudges	0	1	2	3	4
40. Frequent periods of déjà vu (e.g., feelings of being somewhere you have never been) or jamais vu (e.g., not recalling a familiar place or person)	0	1	2	3	4
41. Feeling dissatisfied or bored	0	1	2	3	4
42. Tendency to predict the worst	0	1	2	3	4
43. Difficulty expressing feelings	0	1	2	3	4
44. Trouble shifting attention from subject to subject	0	1	2	3	4
45. Sensitivity to criticism, suspiciousness or mild paranoia	0	1	2	3	4
46. Excessive guilt	0	1	2	3	4
47. Fear of dying or doing something crazy	0	1	2	3	4
48. Difficulty feeling or expressing empathy for others	0	1	2	3	4
49. Trouble shifting behaviour from task to task	0	1	2	3	4
50. Headaches or abdominal pain of uncertain origin	0	1	2	3	4
51. Suicidal feelings or thoughts	0	1	2	3	4
52. Avoidance of public places for fear of having an anxiety or panic attack	0	1	2	3	4
53. Excessive daydreaming	0	1	2	3	4
54. Difficulties seeing options or alternatives in situations	0	1	2	3	4
55. History of a head injury or concussion or family history of violence or explosiveness	0	1	2	3	4
56. Crying, tearfulness	0	1	2	3	4
57. Too much conflict avoidance	0	1	2	3	4
58. Boredom, easily bored, unexcitable	0	1	2	3	4
59. Tendency to hold on to own opinion and not listen to others	0	1	2	3	4
60. Dark thoughts, such as suicidal or homicidal thoughts	0	1	2	3	4
61. Reduced interest in things usually considered fun	0	1	2	3	4
62. Excessive fear of being judged or scrutinized by others	0	1	2	3	4
63. Apathy or lack of motivation	0	1	2	3	4
64. Tendency to get locked into a course of action, whether or not it is good	0	1	2	3	4
65. Periods of forgetfulness	0	1	2	3	4
66. Sleep changes (e.g., too much or too little) or disrupted sleep	0	1	2	3	4
67. Persistent phobias or specific unreasoning fears	0	1	2	3	4
68. Lethargy, low energy, feeling sluggish	0	1	2	3	4
69. Being very upset unless things are done a certain way	0	1	2	3	4
70. Memory problems	0	1	2	3	4
71. Appetite changes (e.g., too much or too little appetite)	0	1	2	3	4
72. Low motivation, feelings of apathy	0	1	2	3	4
73. A feeling of spaciness or being “in a fog”	0	1	2	3	4

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74. Perception by others that you worry too much	0	1	2	3	4
75. Reading comprehension problems, difficulty understanding what you read	0	1	2	3	4
76. Low self-esteem	0	1	2	3	4
77. Excessive motivation, too much drive, too much energy	0	1	2	3	4
78. Restlessness or trouble sitting still	0	1	2	3	4
79. Tendency to say no without first thinking about question	0	1	2	3	4
80. Preoccupation with moral or religious ideas	0	1	2	3	4
81. Decreased interest in sex	0	1	2	3	4
82. Tics or other involuntary spasmodic muscle movements or stereotyped movements	0	1	2	3	4
83. Difficulty remaining seated in situations where remaining seated is expected	0	1	2	3	4
84. Tendency to predict negative outcomes or think the worst	0	1	2	3	4
85. Negative sensitivity to smells/odors	0	1	2	3	4
86. Poor handwriting	0	1	2	3	4
87. Conflict seeking or being argumentative	0	1	2	3	4
88. Forgetfulness	0	1	2	3	4
89. Quick startle reaction	0	1	2	3	4
90. Talking too much or too little	0	1	2	3	4
91. Poor concentration	0	1	2	3	4
92. Tendency to freeze in anxiety-provoking situations	0	1	2	3	4
93. Blurting out of answers before questions have been completed	0	1	2	3	4
94. Excessive worry about what others think	0	1	2	3	4
95. Difficulty awaiting your turn	0	1	2	3	4
96. Shyness or timidity	0	1	2	3	4
97. Interruption of or intrusion on others (e.g., butting into conversations or games)	0	1	2	3	4
98. Low threshold of embarrassment (e.g., very easily embarrassed)	0	1	2	3	4
99. Impulsivity (e.g., saying or doing things without thinking first)	0	1	2	3	4
100. Trouble learning from experience, tendency to make repetitive mistakes	0	1	2	3	4

— Thank You —

DL: ____/20 BG: ____/23 PFC: ____/24 CS: ____/17 TL: ____/16 Total: ____/100

Positive Symptom Total: ____ Positive Symptom Distress Index: ____

Comments: