

# Psychiatric Symptom Checklist

Name:

## Mood and Emotions

- Persistent sadness or low mood
- Irritability or mood swings
- Lack of interest or pleasure in activities
- Excessive guilt or feelings of worthlessness
- Suicidal thoughts

## Anxiety and Stress

- Excessive worry or anxiety
- Restlessness or feeling on edge
- Panic attacks
- Difficulty concentrating
- Muscle tension

## Behavior and Habits

- Changes in sleep patterns (insomnia or hypersomnia)
- Changes in appetite or weight
- Social withdrawal or isolation
- Difficulty making decisions
- Agitation or slowed movements

## Cognitive Symptoms

- Racing thoughts
- Difficulty concentrating or making decisions
- Memory problems
- Intrusive thoughts or obsessions

## Perceptual Disturbances

- Hallucinations (seeing or hearing things that others don't)
- Delusions (false beliefs)

- Paranoia or excessive suspiciousness

### **Physical Symptoms**

- Fatigue or low-energy
- Aches and pains without a clear physical cause
- Changes in libido

### **Psychosocial Stressors**

- Recent life changes (loss of a loved one, job changes, etc.)
- Relationship difficulties
- Financial stress
- Traumatic experiences or history of abuse

### **Impulse Control**

- Impulsive behaviors (substance abuse, reckless driving, etc.)
- Compulsive behaviors (repetitive actions or rituals)

### **Social and Occupational Functioning**

- Impairment in daily functioning
- Difficulty maintaining relationships
- Problems at work or school