

Client Name: _____

Date: ____ / ____ / ____

DSM-IV-TR DISORDER SYMPTOM CHECKLIST

GENERALISED ANXIETY DISORDER 300.02		ADJUSTMENT DISORDER	
A. Excessive anxiety and worry occurring more days than not for at least 6 months about a number of events or activities (work or school performance)		A. Development of emotional or behavioural symptoms in response to a stressor within 3 months onset of stressor	
B. Person finds it difficult to control the worry.	<input type="checkbox"/>	B. These symptoms are clinically significant by (1) marked distress that is in excess of what would be expected from the type of stressor (2) Significant impairment in social or occupational (academic) functioning	<input type="checkbox"/> <input type="checkbox"/>
C. The anxiety and worry are associated with three (or more) of the following six symptoms present for more days than not for the past 6 months) (only one item is required in children). (1) restlessness or feeling keyed up or on edge (2) being easily fatigued (3) difficulty concentrating or mind going blank (4) irritability (5) muscle tension (6) sleep disturbance	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	C. Stress-related disturbance does not meet the criteria for another specific Axis I disorder and not merely an exacerbation of a pre-existing Axis I or II disorder	<input type="checkbox"/>
D. The focus of the anxiety and worry is not confined to features of an Axis 1 disorder. That is anxiety or worry is not about having - a panic attack as in Panic Disorder - embarrassed in public as in Social Phobia - being contaminated as in OCD - away from home as in Separation Anxiety Disorder - gaining weight as in Anorexia Nervosa - having a serious illness as in Hypochondriasis - multiple physical complaints as in Somatisation Disorder, or - do not occur exclusively during PTSD	<input type="checkbox"/>	D. The symptoms do not represent Bereavement Acute: if disturbance < 6 months Chronic: if disturbance > 6 months or longer	<input type="checkbox"/>
E. The anxiety or worry or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.	<input type="checkbox"/>	NB: Adjustment Disorder is coded on the following subtypes. 309.0 With Depressed Mood – use when dominant symptoms are depressed mood, tearfulness, or feelings of hopelessness 309.24 With Anxiety – use when dominant symptoms are nervousness, worry, or jitteriness (in children, fears of separation from major attachment figures 309.28 With Mixed Anxiety and Depression 309.3 With Disturbance of Conduct – use when dominant symptoms are in violation of the rights of others, or major age-appropriate societal norms (fighting, reckless driving, vandalism, etc) 309.4 With Mixed Disturbance of Emotions and Conduct	
F. The disturbance is not due to direct physiological effects of a substance (drug of abuse, medication)	<input type="checkbox"/>		

MAJOR DEPRESSIVE EPISODE		POST-TRAUMATIC STRESS DISORDER	
A. Five or more of the following in 2 wk period (1) Depressed mood most of the day every day* (2) Markedly diminished interest in activities* (3) Weight change > 5% (4) Insomnia or hypersomnia nearly daily (5) Psychomotor agitation/retardation nearly daily (6) Fatigue or low energy nearly daily (7) Feeling worthless or excessive guilt often (8) Poor concentration/indecisiveness often (9) Suicidal ideation/attempts/thoughts of death	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Person exposed to traumatic event with both : (1) Experienced event involving death or injury (2) Response involved fear, hopelessness or horror	<input type="checkbox"/> <input type="checkbox"/>
B. Symptoms not part of Mixed Episode	<input type="checkbox"/>	B. Traumatic events re-experienced in 1 or more of: (1) Intrusive, distressing memories of event (2) Recurrent, distressing dreams of event (3) Flashbacks (feeling as if event occurring again) (4) Distress associated with internal/external cues (5) Physiological response to internal/external cues	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
C. Symptoms impair social or occupational funct.	<input type="checkbox"/>	C. Avoidance triggers or numbing – 3 or more of: (1) Avoids related thoughts, feelings, conversations (2) Avoids related activities, places, people (3) Inability to recall important aspects of trauma (4) Diminished interest in significant activities (5) Feeling detached or estranged from others (6) Restricted range of affect (7) Sense of foreshortened future	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
D. Symptoms not due to med. condition or drugs	<input type="checkbox"/>	D. Arousal symptoms – 2 or more problems with: Sleep, Anger, Concentration, Hypervigilance, Startle	<input type="checkbox"/>
E. Symptoms not due to bereavement	<input type="checkbox"/>	E. Disturbance (B,C, & D) lasts > 1 month	<input type="checkbox"/>
* At least 1 of these symptoms		F. Impairs social or occupational functioning	<input type="checkbox"/>
		Specifiers: <i>Acute</i> (<3mths), <i>Chronic</i> (>3mths), <i>Delayed onset</i> (onset after 6 months)	

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DSM-IV-TR MULTIAXIAL ASSESSMENT		
Axis	Category	Examples of Disorders
Axis I	Clinical Disorders Other conditions That May be A focus of Clinical Attention	<ul style="list-style-type: none"> - Disorders usually first diagnosed in infancy - Delirium, Dementia and other Cognitive Disorders - Mental Disorders due to a General Medical Condition - Substance-Related Disorders - Schizophrenia and Other Psychotic Disorders - Mood Disorders - Anxiety Disorders - Somatoform Disorders - Factitious Disorders - Sexual and Gender Identity Disorders - Eating – Sleep Disorders - Adjustment Disorder
Axis II	Personality Disorders Mental Retardation	<ul style="list-style-type: none"> - Paranoid Personality Disorder - Narcissistic Personality Disorder - Avoidant Personality Disorder - Schizoid Personality Disorder - Schizotypal Personality Disorder - Antisocial Personality Disorder - Dependent Personality Disorder - Borderline Personality Disorder - Personality Disorder Otherwise Not Stated - Histrionic Personality Disorder - Obsessive-Compulsive Personality Disorder - Mental retardation.
Axis III	General Medical Conditions	<ul style="list-style-type: none"> - Infectious and Parasitic Diseases - Neoplasms - Endocrine, Nutritional, and Metabolic and Immunity Disorders - Diseases of the Blood and Blood Forming Organs - Diseases of the Nervous System and Sense Organs
Axis IV	Psychosocial and Environmental Problems	<ul style="list-style-type: none"> - Problems with Primary Support Group - Problems related to the Social environment - Educational problems - Occupational Problems - Housing problems - Economic Problems - Problems with Access to Health Care - Problems related to interaction with the legal system/crime - Other psychosocial and environmental problems
Axis V	Global assessment of Functioning	Global Assessment of Functioning (GAF) Scale (page 34 – DSM-IV-TR)