

## Anxiety/Panic (Signs and Symptoms)

Please  Check the Symptoms  
you have been experiencing

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date: \_\_\_\_\_

### Generalized Anxiety

Excessive worry

Difficulty controlling the worry

Persistent worry for longer than 6  
months

Feeling very restless and on edge

Easily tired

Easily crying

Trouble concentrating

Very irritable

Muscle tension

Trouble falling or staying asleep

Anxiety interfering with daily life

### Panic Attacks

Episodes of palpitation (rapid heartbeat)

Sweaty palms

Feelings of impending doom

Fear of losing control

Fear of dying

Hot flashes

Trembling

Anxiety

Shortness of breath

Feeling of choking

Chest pain

Nausea, dizziness

Tingling sensations

Sense of dread lasting for several  
minutes and brought on spontaneously

## Depression (Signs and Symptoms)

Please  Check the Symptoms  
you have been experiencing

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date: \_\_\_\_\_

Persistent sadness

Difficulty remembering

Withdrawal from activities that were  
once enjoyed

Difficulty making decisions

Withdrawal from friends

Fatigue or loss of energy

Recurrent thoughts of suicide

Irritability

Feelings of hopelessness

Loss of appetite or weight loss

Feelings of worthlessness

Gain of appetite or weight gain

Feelings of helplessness

Inability to sleep

Feelings of guilt

Too much sleep

Difficulty concentrating

Loss of self esteem

# Mania / Hypomania (Signs and Symptoms)

Please  Check the Symptoms  
you have been experiencing

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date: \_\_\_\_\_

Elevated moods

Spending sprees

Racing thoughts

Binge eating

Hyperactivity

Drinking (alcohol)

Increased energy

Drug use

Lack of self-control

Sexual promiscuity

Inflated self-esteem

Tendency to be easily distracted

Delusions of grandeur

Little need for sleep

False beliefs in special abilities

Easily agitated/ irritated

Over-involvement in activities

Poor temper control

Reckless behavior

More talkative than usual/ feeling of  
pressure to keep talking