

Awareness Counseling Center

100 Katelyn Circle, Suite B

Warner Robins, GA 31088

Amen Child/Teen General Symptom Checklist

Copyright Daniel G. Amen, MD

Parents please rate your child or teen on each of the symptoms listed below using the following scale. If possible, to give us the most complete picture, have the child or teen rate him/herself as well. For young children it may not be practical to have them fill out the questionnaire. Use your best judgment and do the best you can.

0	1	2	3	4	NA
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable/Not Known

Ch/Tn Parent

- | | | |
|-----|-----|--|
| ___ | ___ | 1. Feeling depressed or being in a sad mood |
| ___ | ___ | 2. Not having as much interest in things that are usually fun |
| ___ | ___ | 3. Experiencing a significant change in weight or appetite |
| ___ | ___ | 4. Having recurrent thoughts of death or suicide |
| ___ | ___ | 5. Experiencing sleep changes, such as a lack of sleep or a marked increase in sleep |
| ___ | ___ | 6. Having feelings of low energy or tiredness |
| ___ | ___ | 7. Having feelings of being worthless, helpless, hopeless or guilty |
| ___ | ___ | 8. Playing alone or being socially withdrawn |
| ___ | ___ | 9. Easily being made to cry |
| ___ | ___ | 10. Thinking bad or negative thoughts |
| ___ | ___ | 11. Having periods of an elevated, high or irritable mood |
| ___ | ___ | 12. Having periods of a very high self-esteem or big thinking |
| ___ | ___ | 13. Having periods of decreased need for sleep without feeling tired |
| ___ | ___ | 14. Being more talkative than usual or feeling pressure to keep talking |
| ___ | ___ | 15. Having fast thoughts or frequently jumping from one subject to another |
| ___ | ___ | 16. Being easily distracted by irrelevant things |
| ___ | ___ | 17. Having a marked increase in activity level |
| ___ | ___ | 18. Experiencing cyclic periods of angry, mean or violent behavior |
| ___ | ___ | 19. Having periods of time where you feel intensely anxious or nervous |
| ___ | ___ | 20. Having periods of trouble breathing or feeling smothered |
| ___ | ___ | 21. Having periods of feeling dizzy, faint or unsteady on your feet |
| ___ | ___ | 22. Having periods of heart pounding, fast heart rate or chest pain |
| ___ | ___ | 23. Having periods of trembling, shaking or sweating |
| ___ | ___ | 24. Having periods of nausea, stomach discomfort/trouble, or choking |
| ___ | ___ | 25. Having an intense fear of dying |
| ___ | ___ | 26. Lacking confidence in one's abilities |
| ___ | ___ | 27. Needing lots of reassurance |
| ___ | ___ | 28. Needing to be perfect |
| ___ | ___ | 29. Feeling fearful and/or anxious |
| ___ | ___ | 30. Being shy or timid |
| ___ | ___ | 31. Being easily embarrassed |
| ___ | ___ | 32. Being sensitive to criticism |
| ___ | ___ | 33. Biting fingernails or chews clothing |
| ___ | ___ | 34. Regularly refusing to go to school |
| ___ | ___ | 35. Having an excessive fear of interacting with other children or adults |

- ___ ___ 36. Having a persistent, excessive fear (e.g., of heights, closed spaces, specific animals, etc.).
Please list: _____
- ___ ___ 37. Being excessively anxious about separation from home or from those to whom you're attached.
- ___ ___ 38. Having recurrent bothersome thoughts, ideas, or images that you try to ignore
- ___ ___ 39. Having trouble getting "stuck" on certain thoughts, or having the same thought over and over
- ___ ___ 40. Experiencing excessive or senseless worrying
- ___ ___ 41. Others complaining that you worry too much or get "stuck" on the same thoughts
- ___ ___ 42. Having compulsive behaviors that you must do or else you feel very anxious, such as excessive hand washing, cleaning, checking locks, or counting or spelling
- ___ ___ 43. Needing to have things done a certain way or else you become very upset
- ___ ___ 44. Experiencing recurrent and upsetting thoughts of a past traumatic event (molestation [sexually inappropriate touching], an accident, a fire, etc.). Please list: _____
- ___ ___ 45. Experiencing recurrent distressing dreams of a past upsetting event
- ___ ___ 46. Having a sense of reliving a past upsetting event
- ___ ___ 47. Spending effort avoiding thoughts or feelings related to a past trauma
- ___ ___ 48. Feeling that your future is shortened
- ___ ___ 49. Being quick to startle
- ___ ___ 50. Feeling like you're always watching for bad things to happen
- ___ ___ 51. Refusing to maintain body weight above a level that most people consider healthy
- ___ ___ 52. Intensely fearing gaining weight or becoming fat even though underweight
- ___ ___ 53. Having feelings of being fat, even though you're underweight
- ___ ___ 54. Experiencing recurrent episodes of eating large amounts of food
- ___ ___ 55. Feeling a lack of control over eating behavior
- ___ ___ 56. Engaging in activities to eliminate excess food, such as self-induced vomiting, laxatives, strict dieting, or strenuous exercise
- ___ ___ 57. Being overly concerned with body shape and weight
- ___ ___ 58. Experiencing involuntary physical movements and/or motor tics (such as eye blinking, shoulder shrugging, head jerking or picking). How long have motor tics been present? _____ How often? _____
Please describe: _____
- ___ ___ 59. Experiencing involuntary vocal sounds and/or verbal tics (such as coughing, puffing, blowing, whistling, swearing). How long have verbal tics been present? _____ How often? _____
Please describe: _____
- ___ ___ 60. Behaving in a repetitive, seemingly driven motor manner (e.g., hand-shaking or waving, body-rocking, head-banging, mouthing of objects, self-biting, picking at skin or bodily orifices, hitting own body) that interferes with normal activities or results in self-inflicted bodily injury that requires medical treatment (or would result in an injury if preventive measures were not used).
- ___ ___ 61. Eliminating feces in inappropriate places (e.g., clothing or floor).
- ___ ___ 62. Bed wetting. If present, how often? _____
- ___ ___ 63. Being unable to speak in specific social situations (in which there is an expectation for speaking, e.g., at school) despite speaking in other situations.
- ___ ___ 64. Experiencing delusional or bizarre thoughts (thoughts you know others would think are false)
- ___ ___ 65. Experiencing visual hallucinations, seeing objects or images are not really present
- ___ ___ 66. Hearing voices that are not really present
- ___ ___ 67. Behaving in an odd manner
- ___ ___ 68. Having poor personal hygiene and/or grooming
- ___ ___ 69. Being in an inappropriate mood for a given situation (e.g., laughing at sad events)
- ___ ___ 70. Frequently feeling that someone or something is out to hurt you
- ___ ___ 71. Having problems with social relatedness before the age of 5, either by failing to respond appropriately to others or becoming indiscriminately attached to others
- ___ ___ 72. Having multiple changes in caregivers before the age of 5
- ___ ___ 73. Stealing behavior
- ___ ___ 74. Bullying, threatening, or intimidating others
- ___ ___ 75. Initiating physical fights

- ___ ___ 76. Being cruel to animals
- ___ ___ 77. Forcing others into things they do not want to do (sexually or criminally)
- ___ ___ 78. Setting fires
- ___ ___ 79. Being destructive to property
- ___ ___ 80. Breaking another person's home, school, car, or place of business
- ___ ___ 81. Lying behavior
- ___ ___ 82. Staying out at night despite parental prohibitions
- ___ ___ 83. Running away overnight
- ___ ___ 84. Cutting school (truancy)
- ___ ___ 85. Not seeming sorry for hurting others
- ___ ___ 86. Behaving in a negative, hostile, or defiant way
- ___ ___ 87. Losing temper
- ___ ___ 88. Arguing with adults
- ___ ___ 89. Actively defying or refusing to comply with adults' requests or rules
- ___ ___ 90. Annoying people deliberately
- ___ ___ 91. Blaming others for own mistakes and/or misbehavior
- ___ ___ 92. Being touchy or easily annoyed by others
- ___ ___ 93. Being angry and/or resentful
- ___ ___ 94. Behaving spitefully or vindictively
- ___ ___ 95. Having an impairment in communication as manifested by at least one of the following (please circle all that apply):
- A delay in, or total lack of, the development of spoken language (not accompanied by an attempt to compensate through alternative modes of communication such as gesture or mime)
 - In individuals with adequate speech, a marked impairment in the ability to initiate or sustain a conversation with others
 - A repetitive use of language or odd language
 - A lack of varied, spontaneous make-believe play or social imitative play appropriate to developmental level
- ___ ___ 96. Having an impairment in social interaction, with at least two of the following (please circle all that apply):
- A marked impairment in the use of multiple nonverbal behaviors such as eye-to-eye gaze, facial expression, body postures, and gestures to regulate social interaction
 - A failure to develop peer relationships appropriate to developmental level
 - A lack of spontaneous seeking to share enjoyment, interests, or achievements with other people (e.g., by a lack of showing, bringing, or pointing out objects of interest)
 - A lack of social or emotional reciprocity
- ___ ___ 97. Showing repetitive patterns of behavior, interests, and activities, as manifested by at least one of the following (please circle all that apply):
- A preoccupation with an area of that is abnormal either in intensity or focus
 - A rigid adherence to specific, nonfunctional routines or rituals
 - Any repetitive motor mannerisms (e.g., hand or finger flapping or twisting, or complex whole-body movements)
 - A persistent preoccupation with parts of objects
- ___ ___ 98. Stuttering
- ___ ___ 99. Feeling tired during the day
- ___ ___ 100. Feeling cold when others feel fine or they are warm
- ___ ___ 101. Often feeling warm when others feel fine or they are cold
- ___ ___ 102. Having problems with brittle or dry hair
- ___ ___ 103. Having problems with dry skin
- ___ ___ 104. Having problems with sweating
- ___ ___ 105. Having problems with chronic anxiety or tension