Symptoms and Issues Checklist

This checklist was developed to help students and new clinicians with conducting initial diagnostic assessments and crisis sessions. Several of the items listed here may not be included in some agencies' typical paperwork and might otherwise be overlooked early in one's practice.

Anxiety

* Racing heart
* Panic attacks
* Restlessness
* Shaking
* Rapid breathing
* Sweating
* Trouble sleeping

Depression

* Social isolation
* Crying spells
* Trouble sleeping- falling asleep, staying asleep, or sleeping too much
* Appetite - over/under eating
* Lack of energy
* Lack of enjoyment
* Lack of interest in formerly pleasurable activities
* Lack of sexual activity
* Poor concentration
* Hopelessness
* Pessimistic attitude
* Confused thoughts
* Inability to make decisions
* Loss of memory
* Moodiness
* Poor self-image
* Guilt/shame

Traumatic life event(s)

* Recent loss(es)
* Recent crime victimization
* Recent disaster
* Panic episodes
* Unusual dreams/nightmares
* Hypervigilance
* Increased anxiety
* Emotional arousal
* Avoidance behaviors
* Dissociation
* Re-experiencing the event
* Anger and irritability
* Guilt and shame
* Health crises (self or family)

Other Issues

* Irritability, anger, aggression, violent behavior
* Substance abuse
* Other addictive behaviors
* Lack of empathy
* Self-harm (cutting, burning, etc.)
* Scratching
* Picking cuts/skin
* Biting nails/skin
* Plucking hair
* Eating non-food items
* Unemployment/underemployment
* Educational stress
* Job related stress
* Retirement stress
* Financial problems
* Relationship problems
* Health problems (self or family)
* Recent or pending lifestyle change(s)