

## Progress Monitoring Checklist (18+ Years)

Please answer the questions based on how it is going since your last appointment.

This progress monitoring tool will help you and the counselor know how you are doing. The counselor will discuss the results with you.

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things. Feeling down, depressed, or	0	1	2	3
2. hopeless.	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself--or that you are a failure or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite--being so fidgety or restless that you have been moving around a lot more than usual.	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3
10+				
10. Feeling nervous, anxious or on edge.	0	1	2	3
11. Not being able to stop or control worrying.	0	1	2	3
3+				

Never	Once in a while	Half the time	Almost always
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<b>12. Bad dreams related to a stressful event that feels like it is happening in a dream.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>13. Acting or feeling as if the stressful event is happening right now.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>14. Trying not to remember, talk about or have feelings about an event.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>15. Avoiding activities, people, places or things that remind you of a stressful event.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>16. Being overly alert or on guard.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>17. Being jumpy or easily startled.</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

4+