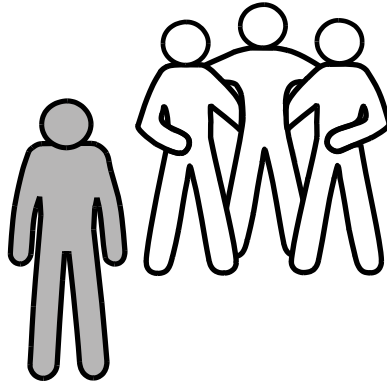


1



Have you felt very, very lonely?
Have you felt really alone?

2



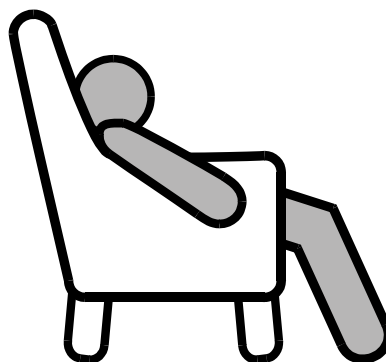
Have you felt really worried?
Have you felt really anxious?

3



Have you felt confused?
Has it been hard to think straight?

4



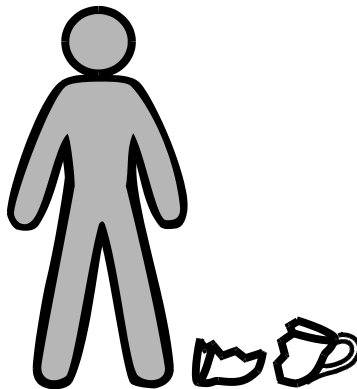
Have you felt like you have no energy to do anything?
Have you felt you just couldn't be bothered to do anything at all?

5



Have you attacked someone?
Have you hurt anyone?

6



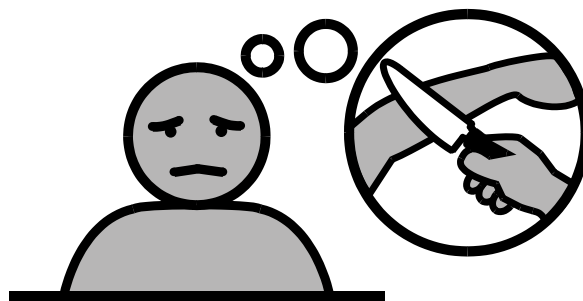
Have you managed to cope when things went wrong?

7



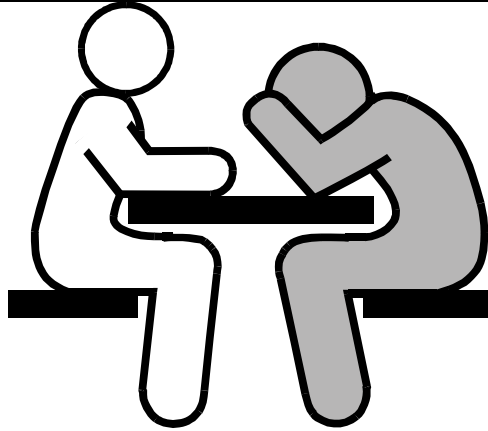
Have you felt frustrated or upset with your learning disability?

8



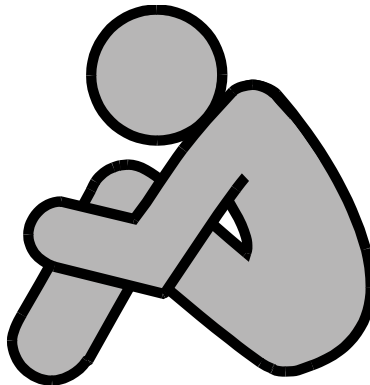
Have you thought about hurting yourself?

9



Have you found it hard to say how you feel?

10



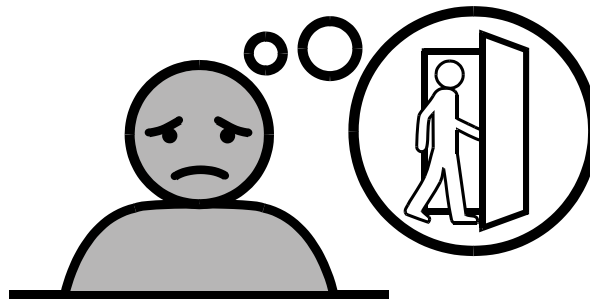
Have you been too worried or anxious to do important things?

11



Have you felt happy with the things you have done?

12



Have you felt sad about people you have lost?

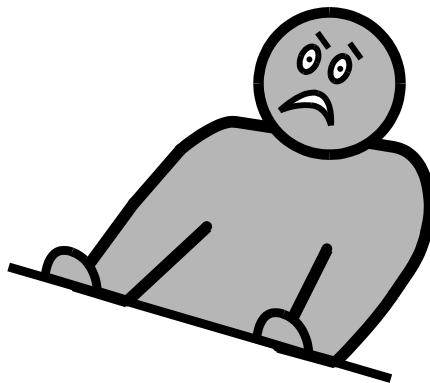
E.g. Family, friends, staff

13



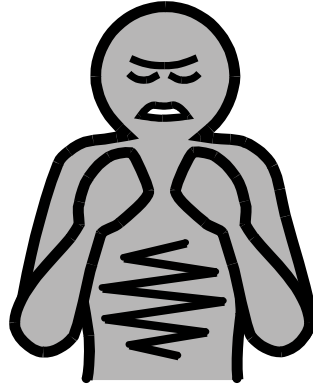
Have you felt like crying?

14



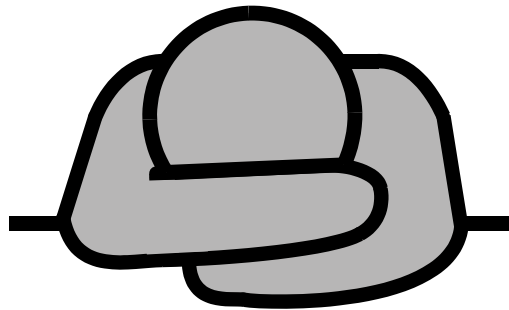
Have you felt really scared and frightened?

15



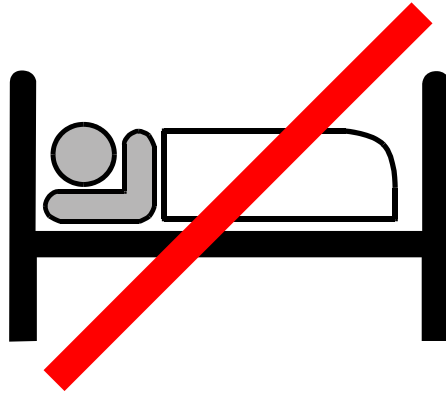
Have you bottled up angry feelings?

16



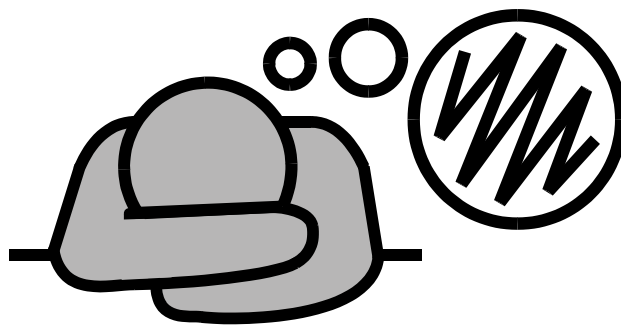
Have your problems just felt too much for you?

17



Have you had difficulty getting to sleep or staying asleep?

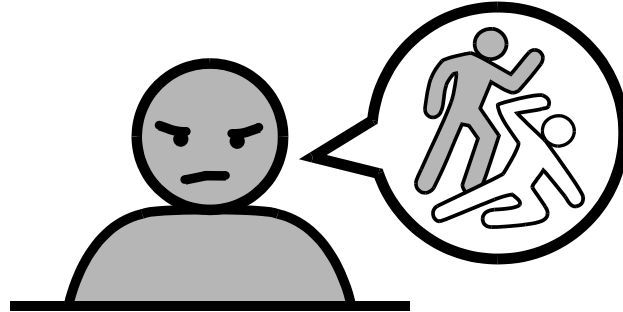
18



Did you think about your problems all the time?

Has it been difficult to stop thinking about your problems?

19



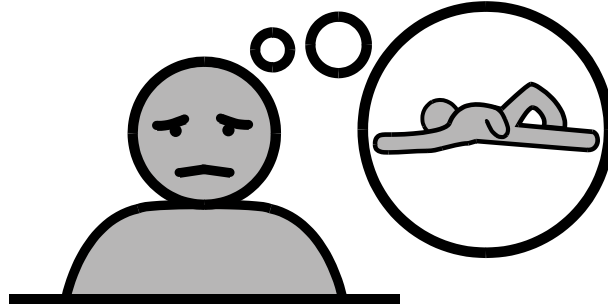
Have you threatened or shouted at someone?

20



Have you felt that life is hopeless?
Have you felt really low like you can't see any way forward?

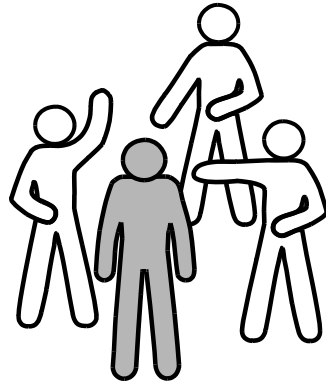
21



Have you thought about ending your life?

Have you wanted to be dead?

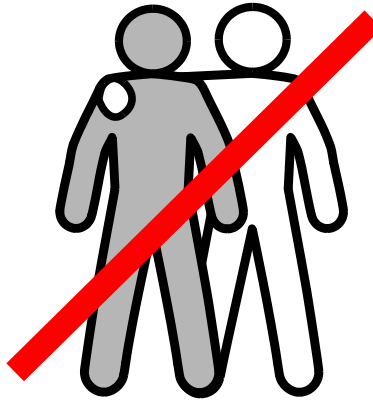
22



Have you felt people are getting at you?

Have you felt people were picking on you?

23



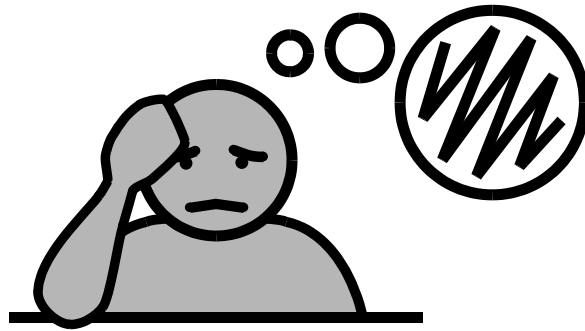
Has it been hard to make friends?

24



Have you felt unhappy?

25



Have you been really upset by memories or pictures that pop in to your head?

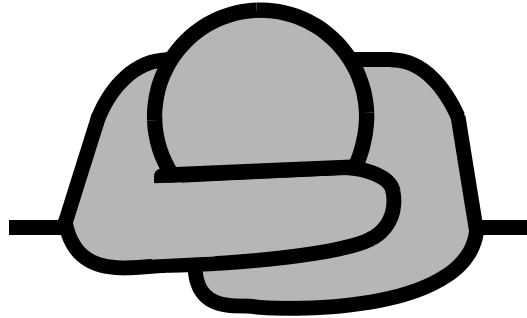
Have you seen things or remembered things that upset you?

26



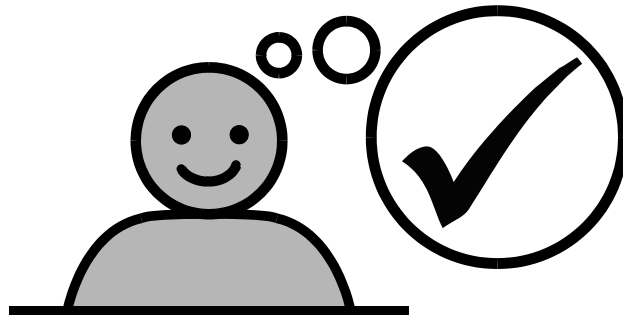
Have you been cross or grumpy with other people?

27



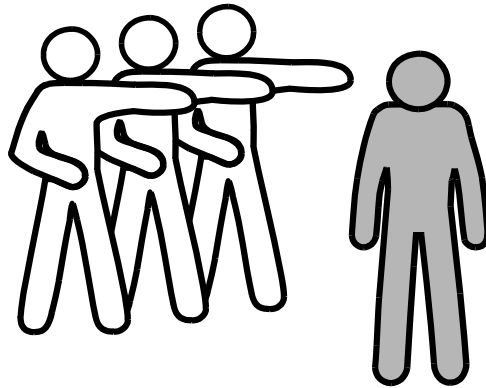
Have you thought your problems were your fault?

28



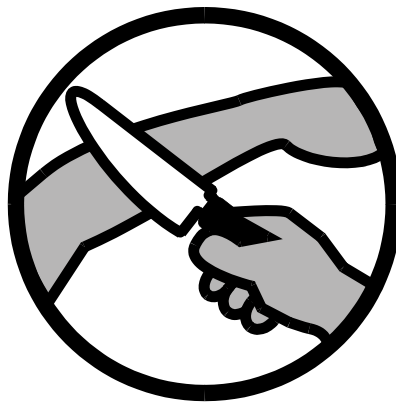
Have you thought things will get better?

29



Have other people made you feel really bad about yourself?
Have other people made you feel embarrassed about yourself?

30



Have you hurt yourself on purpose?
E.g.: cutting/picking/hitting yourself – not taken tablets/drinking lots of alcohol?

3 Point Scale



Not a lot

Sometimes

Always / A lot