



Welcome to this limesurvey data entry form for CORE-OM data. (Created by Chris Evans for CORE System Trust © <https://www.coresystemtrust.org.uk/copyright.pdf>.)

Section A: Demographic questions from CORE-OM

These are the questions in the box at the top of page one of the CORE-OM

A1. Please put your name and Email address here so your therapist knows the form is from you. Without it, there is no way s/he can know!

You must have a value for this.

A2. Date the CORE-OM was completed.

This is a mandatory question.

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Section B: CORE-OM items

OVER THE LAST WEEK. Please read each question carefully. Think how often you have felt like that in the last week and then select the option which is closest to this.

B1. Over the last week ... I have felt terribly alone and isolated

- Not at all ☐
- Only occasionally ☐
- Sometimes ☐
- Often ☐
- Most or all the time ☐

B2. Over the last week ... I have felt tense, anxious or nervous

- Not at all ☐
- Only occasionally ☐
- Sometimes ☐
- Often ☐
- Most or all the time ☐



B3. Over the last week ... I have felt I have someone to turn to for support when needed

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B4. Over the last week ... I have felt O.K. about myself

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B5. Over the last week ... I have felt totally lacking in energy and enthusiasm

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B6. Over the last week ... I have been physically violent to others

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐



B7. Over the last week ... I have felt able to cope when things go wrong

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B8. Over the last week ... I have been troubled by aches, pains or other physical problems

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B9. Over the last week ... I have thought of hurting myself

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B10. Over the last week ... Talking to people has felt too much for me

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐



B11. Over the last week ... Tension and anxiety have prevented me doing important things

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B12. Over the last week ... I have been happy with the things I have done

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B13. Over the last week ... I have been disturbed by unwanted thoughts and feelings

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B14. Over the last week ... I have felt like crying

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐



B15. Over the last week ... I have felt panic or terror

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B16. Over the last week ... I made plans to end my life

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B17. Over the last week ... I have felt overwhelmed by my problems

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B18. Over the last week ... I have had difficulty getting to sleep or staying asleep

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐



B19. Over the last week ... I have felt warmth or affection for someone

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐

B20. Over the last week ... My problems have been impossible to put to one side

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐

B21. Over the last week ... I have been able to do most things I needed to

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐

B22. Over the last week ... I have threatened or intimidated another person

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐



B23. Over the last week ... I have felt despairing or hopeless

- Not at all ☐
- Only occasionally ☐
- Sometimes ☐
- Often ☐
- Most or all the time ☐

B24. Over the last week ... I have thought it would be better if I were dead

- Not at all ☐
- Only occasionally ☐
- Sometimes ☐
- Often ☐
- Most or all the time ☐

B25. Over the last week ... I have felt criticised by other people

- Not at all ☐
- Only occasionally ☐
- Sometimes ☐
- Often ☐
- Most or all the time ☐

B26. Over the last week ... I have thought I have no friends

- Not at all ☐
- Only occasionally ☐
- Sometimes ☐
- Often ☐
- Most or all the time ☐



B27. Over the last week ... I have felt unhappy

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B28. Over the last week ... Unwanted images or memories have been distressing me

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B29. Over the last week ... I have been irritable when with other people

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐

B30. Over the last week ... I have thought I am to blame for my problems and difficulties

Not at all ☐
Only occasionally ☐
Sometimes ☐
Often ☐
Most or all the time ☐



B31. Over the last week ... I have felt optimistic about my future

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐

B32. Over the last week ... I have achieved the things I wanted to

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐

B33. Over the last week ... I have felt humiliated or shamed by other people

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐

B34. Over the last week ... I have hurt myself physically or taken dangerous risks with my health

Not at all ☐

Only occasionally ☐

Sometimes ☐

Often ☐

Most or all the time ☐



THANK YOU FOR YOUR TIME IN COMPLETING THIS QUESTIONNAIRE

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