



B2. Over the last week ... I haven't felt like talking to anyone

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

B3. 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

B4. Over the last week ... I've thought of hurting myself

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

B5. Over the last week ... There's been someone I felt able to ask for help

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



B6. Over the last week ... My thoughts and feelings distressed me

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

B7. Over the last week ... My problems have felt too much for me

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

B8. Over the last week ... It's been hard to go to sleep or stay asleep

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

B9. Over the last week ... I have felt unhappy

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



B10. Over the last week ... I've done all the things I wanted to

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

THANK YOU FOR ANSWERING THESE QUESTIONS

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