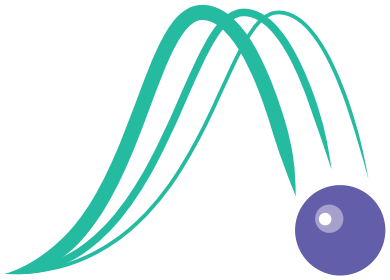

CORE-SFB

Office use only

Therapist ID

Client ID

Date of completion of form

Day | Month | Year

Stage completed: e

F First session of therapy
D During therapy
L Last session of therapy

Session number: (001 = First session of this therapy episode)

IMPORTANT - PLEASE READ THIS FIRST

This form has 18 statements about how you have been OVER THE LAST WEEK.
Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this. ☒

Over the last week ...

		Not at all	Only occasionally	Sometimes	Often	Most or all the time	Office use only
1	I have felt terribly alone and isolated.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	F
2	I have had difficulty getting to sleep or staying asleep.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	P
3	I have felt optimistic about my future.	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0	W
4	I have felt totally lacking in energy and enthusiasm.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	P
5	I made plans to end my life.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	R
6	I have been troubled by aches, pains or other physical problems.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	P
7	I have been happy with the things I have done.	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0	F
8	Talking to people has felt too much for me.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	F
9	I have felt O.K. about myself.	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0	W
10	Tension and anxiety have prevented me doing important things.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	P
11	I have been disturbed by unwanted thoughts and feelings.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	P
12	I have felt overwhelmed by my problems.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	W
13	I have felt I have someone to turn to for support when needed.	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0	F
14	I have felt like crying.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	W
15	I have threatened or intimidated another person.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	R
16	I have been able to do most things I needed to.	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0	F
17	I have thought I have no friends.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	F
18	I have thought I am to blame for my problems and difficulties.	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	P

Office use only

Total scores

Mean scores
(Total score for each domain divided by number of items completed in that domain.)

(W)	(P)	(F)	(R)	All items	All minus R