

以下是一些有关行为举止和个人情绪的例子。你今天或上个月有几次有这种情绪，或你是否曾如此。把适合你的情况的圆圈涂黑。

● = 几乎从来没有 ● = 有时 ● = 经常 ● = 几乎总是如此

		●	●	●	●	
		几乎从来没有	有时	经常	几乎总是如此	
1	无缘无故害怕起来	Suddenly scared for no reason	0	0	0	0
2	觉得不安, 没办法静下来	Feeling restless, can't sit still	0	0	0	0
3	很容易生气	Becoming angry easily	0	0	0	0
4	周末出去玩时喝酒	Drinking alcohol when I go out in the weekend	0	0	0	0
5	恐惧	Feeling fearful	0	0	0	0
6	自己责备自己	Blaming myself for things	0	0	0	0
7	欺负或威胁他人	Bullying or threatening others	0	0	0	0
8	抽烟	Smoking cigarettes	0	0	0	0
9	头晕或软弱无力	Faintness, dizziness or weakness	0	0	0	0
10	容易哭	Crying easily	0	0	0	0
11	毁坏或弄坏他人的东西	Destroying or breaking things that belong to others	0	0	0	0
12	紧张或内心发抖	Nervousness or shakiness inside	0	0	0	0
13	对性生活不感兴趣	Loss of sexual interest	0	0	0	0
14	打架斗殴	Starting fights	0	0	0	0
15	没有精力	Feeling low in energy, slowed down	0	0	0	0
16	心跳过速	Heart pounding or racing	0	0	0	0
17	吃饭没有胃口	Poor appetite	0	0	0	0
18	故意伤害他人	Intentionally hurting someone	0	0	0	0
19	发抖	Trembling	0	0	0	0
20	睡不着, 或经常醒过来	Difficulty falling asleep, staying asleep	0	0	0	0
21	经常吵架	Arguing often	0	0	0	0
22	感觉紧张	Feeling tense or keyed up	0	0	0	0
23	对前途毫无希望	Feeling hopeless about the future	0	0	0	0
24	对任何事情都不感兴趣	Feeling no interest in things	0	0	0	0
25	整个星期都喝酒	Drinking alcohol during the week	0	0	0	0
26	头疼	Headaches	0	0	0	0
27	感觉伤心	Feeling blue	0	0	0	0
28	使用安眠药或镇静药	Using sleeping pills or sedatives	0	0	0	0
29	突然恐惧或慌乱	Spells of terror or panic	0	0	0	0
30	感觉孤独	Feeling lonely	0	0	0	0
31	有想结束自己生命的意念	Thoughts of ending my life	0	0	0	0
32	感觉压抑或感觉被囚禁	Feeling of being trapped or caught	0	0	0	0
33	翻来覆去想事情	Worrying too much about things	0	0	0	0
34	偷东西	Stealing things	0	0	0	0
35	感觉什么事都特别困难	Feeling everything is an effort	0	0	0	0
36	感觉自己一文不值	Feelings of worthlessness	0	0	0	0
37	吸毒(大麻, 摇头丸, 速死坑, 可嗜因, 迷幻药)	Using drugs (hash, XTC, speed, coke, LSD)	0	0	0	0

说明： 以下表格列出了一个人在一生中可能遇到的事情。

如果你遇到过这些事情，请将“是”这一栏的小圆圈涂黑(如果你没有经历这些事情，请将“否”这一栏的小圆圈涂黑)。补充说明可以写在此表下面的“进一步说明”之后。

		Yes / 是	No / 否
	亲戚,朋友和家人所经历的重大事情	Stressful life events concerning the family	
1	最近一年，在你的家庭环境中是否有重大变化？	Have there been drastic changes in your family <i>during the last year</i> ?	<input type="radio"/> <input type="radio"/>
2	你是否曾被他人(比如警察、军人或陌生人等)强迫与家人或亲属分离？	Have you ever been separated from your family against your will? (By a stranger, police officer, soldier, fleeing your homeland)	<input type="radio"/> <input type="radio"/>
3	是否有你所喜欢的人去世了？	Has someone died in your life that you really cared about?	<input type="radio"/> <input type="radio"/>
	生病,出事和受灾方面的情况	Experiences with illness, accidents and disasters	
4	是否得过危害生命的疾病？	Have you had a life threatening medical problem?	<input type="radio"/> <input type="radio"/>
5	是否涉及过严重的意外事故(如车祸)？	Have you been involved in a serious accident? (for example involving a car)	<input type="radio"/> <input type="radio"/>
6	你是否经历过灾难(如：洪水、飓风、火灾、龙卷风、雪崩、地震、绑架、)？	Have you ever been involved in a disaster? (For example: flood, hurricane, fire, tornado, avalanche, earthquake, hostage situation, chemical disaster?)	<input type="radio"/> <input type="radio"/>
	战争	War	
7	你是否在你的祖国经历过战争或其它武装冲突？	Have you ever experienced a war or an armed military conflict going on around you in your country of birth?	<input type="radio"/> <input type="radio"/>
	身体虐待和性虐待	Physical and sexual mistreatment	
8	是否有人很重地打过你、踢过你、开枪打你或用其它方式折磨你？	Has someone ever hit, kicked, shot at or some other way tried to physically hurt you?	<input type="radio"/> <input type="radio"/>
9	你是否亲眼看到(电影、电视上的不算)这些真实地发生在其他人身上	Did you ever see it happen to someone else in real life? (Not just on television or in a film)?	<input type="radio"/> <input type="radio"/>
10	是否有人猥亵你或者被强迫与他人发生性关系	Has someone ever tried to touch your private sexual parts against your will or forced you to have sex?	<input type="radio"/> <input type="radio"/>
	其它	Other	
11	你是否经历过其他重大事件，其中你觉得你自己遇到了危险	Did you experience any other very stressful life events where you thought that you were in great danger?	<input type="radio"/> <input type="radio"/>
12	你是否经历过其他重大事件，其中你觉得其他人遇到了危险	Did you experience any other very stressful life event where you thought that someone else was in great danger?	<input type="radio"/> <input type="radio"/>
13	Not listed above but you found the event very frightening /以上没有指出,但我认为是很不平常的经历：		

Comments /进一步说明：