

APPENDIX A: PROGRESS QUESTIONNAIRE

0=Never	1=Rarely	2=Sometimes	3=Frequently	4=Almost Always	
					INSTRUCTIONS: Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and <u>circle the number</u> best describes your current situation. For this questionnaire, <u>work is defined as employment, school, housework, volunteer work and so forth.</u>
0	1	2	3	4	1. I get along well with others.
0	1	2	3	4	2. I tire quickly.
0	1	2	3	4	3. I feel no interest in things.
0	1	2	3	4	4. I feel stressed at work/school.
0	1	2	3	4	5. I blame myself for things.
0	1	2	3	4	6. I feel irritated.
0	1	2	3	4	7. I feel unhappy in my marriage/significant relationship.
0	1	2	3	4	8. I have thoughts of ending my life.
0	1	2	3	4	9. I feel weak.
0	1	2	3	4	10. I feel fearful.
0	1	2	3	4	11. After heavy drinking, I need a drink the next morning to get going (If you do not drink, mark "never").
0	1	2	3	4	12. I find my work/school satisfying.
0	1	2	3	4	13. I am a happy person.
0	1	2	3	4	14. I work/study too much.
0	1	2	3	4	15. I feel worthless.
0	1	2	3	4	16. I am concerned about family troubles.
0	1	2	3	4	17. I have an unfulfilling sex life.
0	1	2	3	4	18. I feel lonely.
0	1	2	3	4	19. I have frequent arguments.
0	1	2	3	4	20. I feel loved and wanted.
0	1	2	3	4	21. I enjoy my spare time.
0	1	2	3	4	22. I have difficulty concentrating.
0	1	2	3	4	23. I feel hopeless about the future.
0	1	2	3	4	24. I like myself.
0	1	2	3	4	25. Disturbing thoughts come into my mind that I cannot get rid of.
0	1	2	3	4	26. I feel annoyed by people who criticize my drinking (or drug use) (if not applicable, mark "never").
0	1	2	3	4	27. I have an upset stomach.
0	1	2	3	4	28. I am not working/studying as well as I used to.
0	1	2	3	4	29. My heart pounds too much.

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0	1	2	3	4	30. I have trouble getting along with friends and close acquaintances.
0	1	2	3	4	31. I am satisfied with my life.
0	1	2	3	4	32. I have trouble at work/school because of my drinking or drug use (if not applicable, mark "never").
0	1	2	3	4	33. I feel that something bad is going to happen.
0	1	2	3	4	34. I have sore muscles.
0	1	2	3	4	35. I feel afraid of open spaces, of driving, or being on buses, subways, and so forth.
0	1	2	3	4	36. I feel nervous.
0	1	2	3	4	37. I feel my love relationships are full and complete.
0	1	2	3	4	38. I feel that I am not doing well at work/school.
0	1	2	3	4	39. I have too many disagreements at work/school.
0	1	2	3	4	40. I feel something is wrong with my mind.
0	1	2	3	4	41. I have trouble falling asleep or staying asleep.
0	1	2	3	4	42. I feel blue.
0	1	2	3	4	43. I am satisfied with my relationships with others.
0	1	2	3	4	44. I feel angry enough at work/school to do something I might regret.
0	1	2	3	4	45. I have headaches.
0	1	2	3	4	46. I have episodes where I do things to hurt myself physically.
0	1	2	3	4	47. I worry about my physical health problems.
0	1	2	3	4	48. I have crises where I call my therapist or psychiatrist.
0	1	2	3	4	49. I have thoughts of hurting other people.
0	1	2	3	4	50. I have days where I am less productive at work because of emotional distress.
0	1	2	3	4	51. I have a poor appetite or I find myself overeating.
0	1	2	3	4	52. I have been moving or speaking so slowly that other people have noticed.
0	1	2	3	4	53. I have been so fidgety or restless that other people have noticed.
0	1	2	3	4	54. I have had periods that lasted more than a few days where I felt speeded up, had lots of energy, and didn't need sleep.
0	1	2	3	4	55. I have excessive worry (that I can't control) occurring more days than not, about a number of events or activities.
0	1	2	3	4	56. I am taking medication for depression, anxiety, or other mental health problems.
0	1	2	3	4	57. I am taking my medication exactly as prescribed.
0	1	2	3	4	58. I see and hear things that other people do not see or hear and that really might not be there.

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0	1	2	3	4	59. I have panic or anxiety attacks that come suddenly out of the blue.
0	1	2	3	4	60. I have upsetting thoughts, nightmares, or flashbacks about a stressful event that I experienced.