Screening-Assessment Triggers

Circle a score corresponding to your current mood on each item. Each 0–3 scale. Scoring is in clinician-only Triaggers reference sheet (not included).

Anxiety	0	1	2	3	4	5	6
Panic attacks	0	1	2	3	4	5	6
Worrying about other people's problems	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Guilt	0	1	2	3	4	5	6
Anger	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Difficulty with relationships	0	1	2	3	4	5	6
Feeling alone and lonely	0	1	2	3	4	5	6
Difficulty at work	0	1	2	3	4	5	6
Overeating	0	1	2	3	4	5	6
Hopelessness	0	1	2	3	4	5	6
Insomnia	0	1	2	3	4	5	6
Thoughts of death	0	1	2	3	4	5	6
Obsessions	0	1	2	3	4	5	6
Other: _____	0	1	2	3	4	5	6
Other: _____	0	1	2	3	4	5	6
Other: _____	0	1	2	3	4	5	6
Other: _____	0	1	2	3	4	5	6
Other: _____	0	1	2	3	4	5	6