

Young Person CORE

Instructions to Client

These questions are about how you have been feeling OVER THE LAST WEEK.
Please read each question carefully. Think how often you have felt like that in the last week and then choose the option that you think fits best.

1. I have felt edgy or nervous

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. I have not felt like talking to anyone

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. I have felt able to cope when things go wrong

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. I have thought of hurting myself

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. There has been someone I felt able to ask for help

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. My thoughts and feelings distressed me

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. My problems have felt too much for me

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. It has been hard to go to sleep or stay asleep

Not at all	Only occasionally	Sometimes	Often	Most or all of the time
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. I have felt unhappy

Not at all

Only occasionally

Sometimes

Often

Most or all of the
time

10. I have done all the things I wanted to

Most or all of the
time

Often

Sometimes

Only occasionally

Not at all

End of questions