

Date _____

Your name _____

Relationship to patient _____

Number of years you have known the patient _____

INSTRUCTIONS:

- Please r

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Rating Guidelines/Examples

- (1) **He is not selfish.** He is very considerate of the wishes of others and he often deprives himself of something he would like so that others get what they want.
- (2) *[In between ratings 1 and 3]*
- (3) **He is about as selfish as most people.** He usually considers the wishes and needs of others, and tries to balance them with his own preferences. He does not always have to have his way and he is good about taking turns with others. When there is something to be shared with others, like food at a gathering, he only takes his fair share.
- (4) *[In between ratings 3 and 5]*
- (5) **He is more selfish than most people.** He might sometimes consider the wishes and needs of others, but he often does what he wants, at the expense of others.
others in a reasonable way, most of the time he will do what he wants. He will often take more than his fair share of something that is being shared in a group.
- (6) *[In between ratings 5 and 7]*
- (7) **He is very selfish.** He is almost always concerned with what he wants and with his preferences, and he lacks consideration for the wishes and even the needs of others. For example, he will do what he wants almost all the time, even when a different activity is really important for a family member. He always takes more than his fair share of something being shared in a group, if he can.

BEFORE:	1	2	3	4	5	6	7
NOW:	1	2	3	4	5	6	7

Rating

Rating Guidelines/Examples

- (1) **He is a cheerful person who never seems to get down about things.** He enjoys his usual activities as much as anyone. He is quite optimistic about how things will work out for him in the future. He feels good about himself, and rarely makes self-critical statements.
- (2) *[In between ratings 1 and 3]*
- (3) **His mood is pretty good most of the time,** and his mood is rarely down for long. He enjoys his usual activities as much as most people. He is pretty realistic in his expectations for how things will work out in the future. He does not criticize himself too often, and when he does it is usually for good reason.
- (4) *[In between ratings 3 and 5]*
- (5) **He seems to be down much of the time,** though his mood improves when things are going really well. He gets less enjoyment out of things, even some of his favorite activities, than most people would. He often has a pessimistic attitude about the future. He might blame himself for things that go wrong.
- (6) *[In between ratings 5 and 7]*

Rating Guidelines/Examples

- (1) **He is not impulsive at all.** He typically takes time to think through a situation and make a very sensible decision.
- (2) *[In between ratif* ~~105~~ *ive at]*

Rating Guidelines/Examples

(1)

Rating Guidelines/Examples

- (1) **He has very good stamina.** Even under very demanding circumstances such as lack of sleep, hard physical activity or having to concentrate on something for a long time, he remains very energetic.
- (2) *[In between ratings 1 and 3]*
- (3) **His stamina is about as good as most people's.** He gets about as exhausted or tired as you would expect for a man his age when he has been in demanding circumstances (such as lack of sleep, hard physical activity or having to concentrate on something for a long time).
- (4) *[In between ratings 3 and 5]*
- (5) **He tends to have less stamina than most people.** When he has been in demanding circumstances, he often gets more exhausted or tired than you would expect for a man his age. He may even tend to wear out in situations that would not be too demanding for most people.
- (6) *[In between ratings 5 and 7]*
- (7) **He has very poor stamina.** He regularly gets much more exhausted or tired than you would expect for a man his age. He even gets exhausted or tired after eng

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Rating Guidelines/Examples

- (1) **He has very good persistence.** Even when a task is very boring or frustrating, if it needs to get done he will keep at it until it is completed.
- (2) [

Rating Guidelines/Examples

- (1)** He regularly plans things out well ahead of time so that things usually go smoothly when the time comes.
- (2)** *[In between ratings 1 and 3]*
- (3)**

Rating Guidelines/Examples

- (1) **He is quite open-minded**, and will consider several sides of an issue before making up his mind. He is quite open to suggestions about a better way to do something.
- (2) *[In between ratings 1 and 3]*
- (3) **Even though he has his own opinion on most subjects, he will listen to and think about other people's points of view.** It is not unusual for him to be influenced by what others have to say, and then change his mind about something. Even if he wants things a certain way, he is often willing to let someone else have their way.
- (4) *[In between ratings 3 and 5]*
- (5) **He has a pretty strong opinion about most things, and it is unusual for others to get him to change his mind.** He usually thinks his point of view is the right one, and he doesn't like others telling him otherwise. If he wants things a certain way, he tends to be stubborn about it. His inflexibility might sometimes irritate friends or family.
- (6) *[In between ratings 5 and 7]*
- (7) **He is so inflexible that friends and family often get very frustrated with him.** As a result, people might avoid discussing certain topics with him to avoid arguments. Or, he may be difficult to be around because he usually wants things his way, and is generally unwilling to let others have their way.

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Comments

Rating Guidelines/Examples

(1) **He has very good judgment.**

(2) *[In between ratings 1 and 3]*

(3) **His judgment is about as good as most people's.** In making a decision, he is usually able to think of all the important factors, and to realize what the effects of his decisions are likely to be in the future.

(4) *[In between ratings 3 and 5]*

(5) **He has some difficulty with his judgment.** He might frequently make decisions that do not turn out very well, but do not cause serious problems. From time to time, he might make a bad decision that causes problems which are significant but not disastrous.

(6) *[In between ratings 5 and 7]*

(7) **His poor judgment tends to cause significant problems.** Often, he makes a poor decision when a better decision would be obvious to most people. His poor decisions have led to, or could have led to serious problems (such as, for example, losing a large sum of money, getting fired from a job, getting into

Rating Guidelines/Examples

(1) He is not an anxious person at all and is rarely nervous,

INSENSITIVITY -- The extent to which he has difficulty understanding the feelings of others, and acts without considering the feelings of others when he does something.

Rating Guidelines/Examples

- (1) **He is better than most people at understanding how others are feeling, and it is rare for him to do something that would hurt someone else's feelings.** He can tell if something is bothering someone, and will often say or do something to make them feel better.
- (2) *[In between ratings 1 and 3]*
- (3) **He is about as sensitive as most people.** He can usually tell if someone is feeling uncomfortable or upset about something, and he will often let that person know he understands how they are feeling. He tries to be sensitive, and most of the time he will avoid saying or doing things that would hurt someone
- (4) *[In between ratings 3 and 5]*
- (5) **He tends to be less sensitive than most people toward others.** He tends to be very focused on his own circumstances so that his actions may often be inconsiderate of others. He seems to have more so he tends to say or do things which may hurt people's feelings, upset them, or embarrass them. These incidents are usually not very serious.
- (6) *[In between ratings 5 and 7]*
- (7) **He is very insensitive to the feelings and circumstances of others.** He has a great deal of difficulty knowing how others are feeling, even when it would be obvious to most people that someone is feeling unhappy, upset or worried. He frequently says or does things that hurt other people's feelings or irritate them. Even if he should know -- or it is pointed out to him -- that what he did was insensitive, he may continue to do the same sort of thing again and again.

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Comments

Rating Guidelines/Examp

Rating Guidelines/Examples

(1) He is very patient, more patient than most people.

(2) *[In between ratings 1 and 3]*

(3) He is about as patient as most people.

(4) *[In between ratings 3 and 5]*

(5) He is more impatient than most people. For example, he often gets upset if he has to wait in a short line, or if service at a restaurant is a little slower than it should be. He may get upset by slow traffic even if he doesn't have to get some place by a particular time.

"TYPE A" BEHAVIOR -- The extent to which he stays busy and is unable to relax because there is always "so much to get done" (whether or not he really does have too much going on).

Rating Guidelines/Examples

- (1) **He has no trouble setting aside work or tasks and just relaxing.** In fact, even when he is working on something, he likes to work at a pretty easy pace.
- (2) *[In between ratings 1 and 3]*
- (3) **He tries to get a lot done when he is working, but he regularly makes time for relaxing and doing things he enjoys.**
- (4) *[In between ratings 3 and 5]*
- (5) **He is the kind of person who has to be doing something most of the time.** He often does more than one activity at a time. If nothing is going on, he'll often find something to do instead of sitting around "wasting time." As a result, it is often hard for him to enjoy quiet, peaceful leisure activities.
- (6) *[In between ratings 5 and 7]*
- (7) **He feels he has to make every minute count, so it is very difficult for him to relax.** This occurs even during his "free time," because he is almost always thinking about what he could be getting done. He feels so much pressure to get everything done that he has a very hard time taking more than a little time away from those tasks.

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Comments

Rating Guidelines/Examples

- (1)** It is clear that he has very strong emotional feelings. Whatever the situation, his feelings are likely to be stronger than most people's would be.
- (2)** *[In between ratings 1 and 3]*
- (3)**

Rating Guidelines/Examples

(1) **He is very sociable.** He enjoys being with groups of people, and frequently engages in group activities, even with groups of people he does not know very well.

(2) [

INDECISIVENESS -- The extent to

Rating Guidelines/Examples

- (1) **He makes decisions easily, even important decisions.**
(2) *[In between ratings 1 and 3]*
- (3) **He makes most decisions about as easily as anyone else.**
(4) *[In between ratings 3 and 5]*
- (5) **He often has more difficulty than most people making decisions.** He takes longer to arrive at many decisions than most people would, and he may change his mind a lot. He may often put off making decisions, even decisions that should not be that difficult.
- (6) *[In between ratings 5 and 7]*
- (7) **He regularly has great difficulty making decisions, even about simple matters.** He frequently takes a very long time or is unable to make a final decision. As a result, others might often have to step in and help him decide, or make the decision for him.

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Comments

VANITY --

looking, smarter, or richer than others.

Rating Guidelines/Examples

- (1) **He is not vain.** He never concerns himself with comparing himself with others.
- (2) *[In between ratings 1 and 3]*
- (3) **He is no more vain than most people.** He may be aware of and pleased with his positive qualities, but he is not overly concerned with them. He does not go out of his way to let other people know about his good qualities.
- (4) *[In between ratings 3 and 5]*
- (5) **He is more vain than most people.** He is more concerned than most people with comparing himself to others and good looking, smart, successful, skillful, etc. by how he attends to his appearance, or makes a point of showing off his knowledge, money, skill, etc.
- (6) *[In between ratings 5 and 7]*
- (7) **He is extremely vain.** regularly goes out of his way to show others that he is very good looking, smart, successful, skillful, etc. He works so hard to negative impression on others.

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Comments

SUSPICIOUSNESS -- The extent to which he mistrusts others, and he believes that others are trying to cause him problems.

Rating Guidelines/Examples

- (1) **He is not a suspicious person, and tends to be overly trusting of others.**
- (2) *[In between ratings 1 and 3]*
- (3) **He is not particularly suspicious.** He trusts others about as much as everyone else, but he will question
- (4) *[In between ratings 3 and 5]*
- (5) **He is more suspicious of others than are most people.** For example, he may occasionally misread
of you.
- (6) *[In between ratings 5 and 7]*
- (7) **He is very suspicious of others.**
advantage of you. He might regularly misread situations involving other people because he believes that others are trying to cause him problems. He may become concerned that various people mean him harm (when there are no good reasons for believing that.)

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Comments

APATHY -- The extent to which he lacks interest in all sorts of activities, and doesn't care about things going on in his life and around him.

Rating Guidelines/Examples

- (1) **He tries to "make every day count."** He is interested in and excited by a wide variety of activities.
- (2) *[In between ratings 1 and 3]*
- (3) **He has about as much interest in things as most people.** He is interested in the lives of family and friends, and has various activities about which he is enthusiastic.
- (4) *[In between ratings 3 and 5]*
- (5) **He seems to be less interested in things than most people.** He often lacks enthusiasm for everyday activities and most leisure activities. In general, he doesn't seem to care very much about things going on with family or friends. However, he will usually participate in activities if others encourage it.
- (6) *[In between ratings 5 and 7]*
- (7) **Very little seems to interest him.** He has very little interest in things going on with family or friends. Even if he engages in an activity that most people would enjoy, he might just "go through the motions."

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Comments

Rating

EASILY OVERWHELMED -- The

Rating Guidelines/Examples

- (1) **He is rarely if ever overwhelmed by circumstances.** Even when circumstances are stressful, he is able to maintain his composure and continue to function well.
- (2) *[In between ratings 1 and 3]*
- (3) **He does not get any more overwhelmed by pressure than most people.**
- (4) *[In between ratings 3 and 5]*
- (5) **He tends to get overwhelmed more easily than most people would.** More than most people, pressure or stress interferes with his ability to think clearly, and may upset him.
- (6) *[In between ratings 5 and 7]*
- (7) **He is very easily overwhelmed.** He regularly gets very overwhelmed by the kinds of stressful circumstances such as having to work very quickly at a task, having a lot of activity going on around him, or having to do more than one thing at a time. He may even have some difficulty handling circumstances most people would not find very stressful. Having to work under pressure may overwhelm him to the point that he cannot think clearly or get much done.

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Comments



Circle the one statement that best describes the time you have spent with the patient.

- (a) I have known him well, and have seen him regularly both before and after the onset of his condition.
- (b) I know him well and have seen him regularly since the onset of his condition. However, I did not know him well before, or had not seen him all that often for years before the onset of his condition.
- (c) I have known him well and used to see him regularly before he developed his condition. However, I have not seen him all that often since the onset of his condition.
- (d) I really haven't known him that well, or haven't seen him all that often both before and after the onset of his condition.

Have there been any changes in his behavior, emotions or personality that have not been covered? (If so, please describe.)

Are there any problems which are included among these scales, but for which the examples do not describe his problem very well? (Please explain.)