## **ALERT**<sup>®</sup>

## Wellness Assessment - Adult

Completing this brief questionnaire will help us provide services that meet your needs. Answer each question as best you can and then review your responses with your clinician. Please shade circles like this

Client Name		Date of Birth
Subscriber ID		Authorization #
Clinician Name		Today's Date (mm/dd/yy)
Clinician ID/Tax ID	Clinician Phone	State MRefC

Visit  $#: \bigcirc 1 \text{ or } 2 \bigcirc 3 \text{ to } 5 \bigcirc \text{Other}$ 

For questions 1-16, please think about your experience in the past week.						
How much did the following problems bother you?	Not at All	A Little	Somewhat	A Lot		
1. Nervousness or shakiness	0	0	0	0		
2. Feeling sad or blue	0	0	0	0		
3. Feeling hopeless about the future	0	0	0	0		
4. Feeling everything is an effort	0	0	0	0		
5. Feeling no interest in things	0	0	0	0		
6. Your heart pounding or racing	0	0	0	0		
7. Trouble sleeping	0	0	0	0		
8. Feeling fearful or afraid	0	0	0	0		
9. Difficulty at home	0	0	0	0		
10. Difficulty socially	0	0	0	0		
11. Difficulty at work or school	0	0	0	0		
How much do you agree with the following?	Strongly Agree	Agree	Disagree	Strongly Disagree		
12. I feel good about myself	0	0	0	0		
13. I can deal with my problems	0	0	0	0		
14. I am able to accomplish the things I want	0	0	0	0		
15. I have friends or family that I can count on for help	0	0		$\neg \circ$		
16. In the past week, approximately how many drinks of alcohol did you have? Drinks						

## Please answer the following questions only if this is your first time completing this questionnaire.

17. In general, would you say your health is: O Excellent OVery Good O Good O Fair O Poor

18. Please indicate if you have a serious or chronic medical condition:

O Asthma O Diabetes O Heart Disease O Back Pain or Other Chronic Pain O Other

- 19. In the past 6 months, how many times did you visit a medical doctor?ONone O1 O2-3 O4-5
- 20. In the past month, how many days were you unable to work because of your physical or mental health? *(answer only if employed)*
- 21. In the past month, how many days were you able to work but had to cut back on how much you got done because of your physical or mental health?(*answer only if*
- 22. In the past month have you ever felt you ought to cut down on your drinking or drug use? OYes ONo
- 23. In the past month have you ever felt annoyed by people criticizing your drinking or drug use? OYes ONo
- 24. In the past month have you felt bad or guilty about your drinking or drug use? OYes ONo

 $O_{6+}$ 

Days

Days