

### Symptom Checklist

Client's Name: \_\_\_\_\_

#### How to Use this Checklist:

1. Think about your or your child's behaviors, complaints, problems and symptoms.
2. Go down the list and check or circle any issues that apply to your child. \*
3. You can add notes to explain any item.
4. Bring this Checklist with your other completed paperwork to your first appointment.

(\*Sometimes an area is so impactful that an area with even one check may merit professional evaluation.)

How long have these symptoms existed?

\_\_\_\_\_ yrs \_\_\_\_\_ mos \_\_\_\_\_ days

What is the earliest age these issues were first noticed? \_\_\_\_\_

What caused or preceded the first appearance of these problems? (If unknown, state "unknown").

\_\_\_\_\_  
\_\_\_\_\_

#### Anxiety

##### General

- Nervousness
- Specific phobias (e.g. fear of spiders, fear of flying)
- Difficulty falling asleep due to over-thinking, planning and worry
- Feeling nervous or anxious in many or most situations, many or most days of the week

##### Panic Attacks

- Passes out/loses consciousness if too scared
- Nausea, intense fear of throwing-up, or actually throws up
- Sweating
- Shaking hands
- Tingling/temperature changes in hands/feet
- Rapid heartbeat
- Avoids situations that could trigger anxiety

##### Social Anxiety

- Frequent worries about what others think of child/teen
- Frequent worries about being rejected
- Attempts to please others even at the cost of not being authentic or true to self

- Fear of authority figures (e.g. teacher)
- Avoids making plans with others due to discomfort calling or initiating an activity
- Difficulty saying no to others requests or demands
- Slow, overly cautious style of verbally responding, e.g. delays before answering questions

##### Performance Anxiety

- Test anxiety
- Intense Anxiety/Panic attacks related to social performances (eg. before/during a speech)
- Going blank (ie forgetting information while in the middle of a presentation or speech)
- Fear of others mocking or rejecting you for poor performance
- Avoidance of performance situations, eg team sports or anywhere you fear you may be judged or observed.

##### Obsessive and Compulsive Symptoms

- Intrusive thoughts that are hard to dismiss
- Activities or behaviors that must be done before feeling at ease (e.g. counting ceiling tiles or naming the capitals of all 50 states)
- Repetitive worries or fears about something "not being quite right"
- Recurrent and persistent thoughts, impulses or images that are experienced as intrusive and inappropriate and that cause marked anxiety or distress
- The child/teen attempts to neutralize such thoughts, impulses and actions through some other thought or action
- The child/teen recognizes that the thoughts and impulses are a product of his or her own mind (not imposed on them by outside forces, Individuals, environments)
- Repetitive behaviors or acts intended to prevent or reduce distress

##### Attention, Learning & Performance

*(Potentially ADD/ADHD, but can be caused by many types of problems from vision impairment to slow processing speed or poor working memory)*

- Poor attention and concentration
- Poor academic performance (can be below grade performance expected)
- Poor organization
- Poor follow through on tasks and chores
- Poor attention to detail, makes easy mistakes
- Poor test and quiz performance
- Procrastinates
- Poor short-term memory
- Forgets directions just given )
- Forgets or loses important items (e.g. cell phone, car keys)

**Attention, Learning & Performance (con't)**

- Does not seem to notice or hear when spoken to directly
- Frequently "spaces out" or day-dreams during class or while being spoken to
- Intense concentration on items of personal interest (e.g. pleasure reading) but poor on items of low personal interest (e.g. school reading)
- Poor concentration/memory for all information, including information of personal interest.
- Punishment is ineffective at getting child to concentrate on work for more than a short span of time (a few hours or days)
- Poor Note Taking
- Difficulty following directions
- Difficulty remembering information just read or heard
- Difficulty learning new information and concepts, it just doesn't seem to sink in
- Slow processing speed

**Academic Skill Deficits:**

- Reading Problems (slow reader, avoids reading, forgets what was just read, reads so fast to get done with it that frequent mistakes are made, fails to complete most reading assignments, frustrated by reading)
- Reads and uses close vision too close to the book, paper/test
- Squints while reading
- Needs to keep finger on text to read
- Writing problems
- Math problems
- Studying proves ineffective
- Disorganized in work and study efforts, or with materials such as messy book bag
- Failure to plan effectively
- Poor time management, procrastinates
- Losing place on page or backing up to re-read frequently
- Takes longer than peers to finish assignments or complete work, finishes last in class

**Intellectual Giftedness**

- Intense interest and aptitude in some content area (which changes over time)
- Uneven abilities, may be very high in one subject and significantly low in others
- Disinterest or inability to focus on subjects or coursework of low personal interest
- Intrinsic motivation (inner drive to pursue subjects of personal interest)
- Empathic, feels others emotions and distress, tends to be drawn to help others

**Mood/Emotion****Depression**

- Depressed mood, sadness
- Excessive crying
- Lack of energy
- Demotivation
- Loss of interest in normally enjoyable activities
- Feelings of hopelessness or of having a foreshortened future
- Thoughts of harming self or others
- Planning to harm self or others

**Anger**

- Verbal outbursts, lashing out at others, name calling
- Highly critical of others
- Vengeful
- Physically violent, toward people, objects (e.g. breaks things, threatens to hit others)

**Bi-Polar Disorder**

- Mood shifts from depression to agitation/irritability/anger
- Mood shifts from depression to euphoria, over-energetic, compulsive
- Mood shifts impact normal sleeping and eating patterns

**General Emotional Disorder**

- Mood fluctuates
- Irritability, anger, outbursts, tantrums
- Poor self-soothing
- Cutting

**Sensory****Visual Problems**

- Blurry vision, difficult to see text clearly
- Difficulty using both eyes effectively (tendency to squint, shut one eye, tilt head or book, place reading material too close to face)
- Blind spots or cloudy vision
- Difficulty keeping nearby objects in focus
- Poor comprehension, doesn't remember what was just read

**Auditory Problems**

- Hearing Problems
- Missing or mishearing words especially when speaker faces away

**Speech/Language**

- Difficulty pronouncing words, lisps
- Stutters
- Difficulty recognizing common words
- Difficulty putting ideas into words (spoken)
- Difficulty writing ideas and concepts (written)
- Difficulty answering questions quickly

**Motor problems**

- Clumsy
- Difficulty with spatial relations
- Accident prone
- Messy handwriting

**Problems in Child's History or Background**

- Difficult birth (Circle any that apply: Birth trauma, poor oxygen during birth, blood loss, premature)
- Was in a car accident (injured? Y/N)
- Head injury (does not need to have caused blackout or loss of consciousness)
- Poor nutrition during childhood
- Neglect during childhood
- Ongoing difficulty adjusting to major life stressor (death, divorce, etc)

**Physical****Allergies**

- Seasonal Allergies
- Food Allergies (e.g. peanuts, shell-fish)
- Gluten intolerance, celiac disease, other
- Iron Deficiency (vitamin)
- Physical illness, chronic (Crohn's Disease, heart disease, cancer)

**Sleep Disturbance\***

- Frequent Vivid/Intense Dreams or Nightmares, or Night Terrors
- Chronic fatigue
- Dreams while napping during daytime hours
- Unable to move for a few seconds or a minute upon waking
- Sudden laughter/ intense emotion causes momentary muscle weakness, knees to buckle
- Dreams shortly after falling asleep, wakes from dreams, goes back to sleep into dreams multiple times per night. (Sleep/wake cycle)
- Oversleeping or Not Enough Sleeping
- Repeat/frequent sinus infections
- Frequently seeks sugar or caffeine to elevate mood or wake up.
- Waking up during the night from panic attacks, feel like you are gasping for breath, racing heartbeat
- Feeling too tired or foggy to start or resume studying, homework, projects, papers, complex tasks.
- Find yourself having moments of inability to focus, eg on a conversation. May feel like you are struggling to stay awake and focus.
- Lucid Dreaming (dreaming while awake)
- During naps, or just before bed, experience a heightened level of creative thought, or uplifted feeling, but unable to remember what you were just thinking about.

**Check any that client has previously been checked for:**

- Hyperthyroidism
- Hypothyroidism
- Iron deficiency
- Pituitary tumor
- Metal Poisoning
- Hypoglycemia (frequent drops in blood sugar)
- Fetal alcohol syndrome
- Fragile X syndrome
- Seizures, Seizure Disorder
- Tourette's syndrome

**Other Physical issues**

- Changes to mood and energy level
- Loss of clear thinking and motivation if not eating at regular intervals
- "Crashes" after eating high sugar or starchy foods
- Oversensitive to touch, taste, smell, hearing, light

**Schizophrenia**

- Sees things or hears things that aren't there or which nobody else can see or hear
- Disorganized or nonsensical behaviors or explanations for behaviors (or avoiding tasks)
- Hallucinations (seeing things not really there)
- Delusions (believes things that don't make sense)
- Paranoia (fear of persecution or harm)
- Bizarre thinking or behavior

**Behavioral****Conduct Disorder/Anti-Social**

- Disregard for the safety of others
- Ignores or Breaks Rules
- Harms others, either out of irritation or with little emotion "just to see what happens."
- Failure to have empathy for others suffering
- Superficially charming but fails to make meaningful connections with others
- Hypersensitive to criticism
- Impulsivity, especially with pleasure or attention seeking behaviors
- Poor anticipation of negative consequences
- Violates other's' boundaries, e.g. physical touching, theft
- Manipulative
- Intense outbursts of anger, especially when punished
- Difficulty taking responsibility for own actions or misbehaviors

**Social**

- Difficulty making friends
- Few/no friends
- Misses social cues
- Intentional rudeness
- Unintentional Rudeness
- Hyper-focused on one or few areas of personal interest and ignores people around him/her
- Inflexible, insists on getting own way
- Poor reciprocity

**Drug and Alcohol Use/Abuse**

- Alcohol
- Cannabis
- Stimulants/Uppers
- Depressants/Pain Relievers (e.g. opium, Oxycontin, morphine)
- Prescription medications, eg codein
- Over the counter medication abuse, eg Coricidan tablets, cough syrup
- Solvents (e.g. aerosols, glues, gas, paint thinner)
- Prescription medications
- Hallucinogens, e.g. LSD, Ecstasy ("E"), Molly, Cough Syrup/Cold medicine

**Other Symptoms You haven't listed:**

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