

The information in this questionnaire reflects current medical knowledge. The recommendations and information are appropriate in most cases; however, they are not a substitute for professional diagnosis and treatment. For specific information, the publisher suggests that you consult a physician. The names of organizations, products, or alternative therapies that may appear here are given for informational purposes only. Their inclusion does not imply an endorsement, nor does the omission of any organization, product, or alternative therapy indicate a disapproval.

THE EMOTIONAL ROLL CALL QUESTIONNAIRE

Now I want you to complete another test so you can gain further awareness of your emotions and the physical symptoms they can cause. I call this test the "Emotional Roll Call"; it's adapted from the Hamilton Depression Scale, a standard depression test used by many therapists. For each of the items, circle the response that best describes your feelings. The object is not to see how you "score" on this test. The reward is to be aware of how you feel.

Depressed mood (sadness, hopelessness, worthlessness)

Absent

These feelings occur spontaneously

I cry only when I feel sad

I feel depressed all the time

Guilt feelings

Absent

I feel I have let people down

I mull over past errors and deeds

I'm being punished for wrongdoing

I hear voices telling me I'm bad

Suicidal thoughts

Absent

Life is not worth living

I wish I were dead

I have suicidal thoughts and plans

I have attempted suicide

Insomnia early in night

I have no difficulty falling asleep

I have occasional trouble falling asleep

I have nightly trouble falling asleep

I use a sleeping pill

Insomnia in middle of night

None

I'm restless during the night

I wake regularly during the night but go back to sleep

I wake regularly during the night and can't go back to sleep

Insomnia in early morning

None

I wake early but go back to sleep

I wake early and can't go back to sleep

Work and leisure activities

No difficulty

I feel fatigued or apathetic, but I push myself

I've lost interest

I spend little time at these activities

I've stopped working due to depression

Slowing of thought and speech, can't concentrate, impaired motor skills

None

I've slowed down a little

I've slowed down a lot

I just sit and stare all day

I stay in bed all day

Agitation

None

My hands and feet are restless

My hands shake, I pull my hair,

I bite my lips and nails

Anxiety

None

I'm tense and irritable

I worry about minor things

I'm often anxious

I feel fearful all the time

Physical symptoms of anxiety (tremors, sweating, dry mouth, indigestion, diarrhea, cramps, sighing, crying, palpitations, tension headaches, backaches)

None

Mild
Moderate
Severe
Incapacitating

Abdominal symptoms

None
I've lost my appetite, I have a heavy feeling
I have difficulty eating or need laxatives

Sexual symptoms

None
I have a mild loss of desire
I have a severe loss of desire, I no longer have
erections/orgasm

Health concerns

None
I'm preoccupied with my health
I make frequent complaints, requests for help,
visits to doctors
I'm sure I have some severe sickness,
but the doctors are missing it

Loss of weight

None
Probably, I haven't weighed myself
I've lost _____ pounds

Insight

I know I'm depressed and anxious
I'm depressed and anxious, but it's from bad
food, climate, overwork, need of rest
I deny having a problem

Time variation

My symptoms are not tied to any time of day
My symptoms are worse in the AM/PM

Feelings of unreality

None
Mild
Moderate
Severe
Incapacitating

Feelings of persecution

None
I suspect others are making trouble for me
I think there are people who are against me
Others look strangely at me
I'm sure someone is out to get me

Perfectionism

Absent, I am easygoing
I don't like errors but can cope with them
Errors upset me very much

Birth-family conflicts

None or mild
We're OK as long as we keep our distance
Within twelve hours of a visit, we fight
We rarely contact each other

In-law conflicts

None or mild
We're OK as long as we keep our distance
Within twelve hours of a visit, we fight
We rarely contact each other

Child-rearing conflicts

None
Mild
Moderate
Severe

Stepfamily conflicts

None
Mild
Moderate
Severe

Housekeeping or mealtime conflicts

None
Mild
Moderate
Severe

Social activity conflicts

None
Mild
Moderate
Severe

Feelings of jealousy

None
Mild, we tease each other about it
I need reassurance and cause arguments about it
I do not trust my partner

Time conflicts

None
Mild
Moderate
Severe

Alcohol or drug conflicts

None
Mild
Moderate
Severe

Money conflicts

None
Mild
Moderate
Severe

Trust conflicts

None
Mild
Moderate
Severe

Sex fantasy conflicts

I'm comfortable with my sex thoughts
I worry vaguely
I worry, "Am I abnormal?"
I think I must be crazy

Again, I want you to go over your answers carefully. They will reveal the overall condition of your emotional state. How do you think your partner would react if he or she read your responses? Consider trading questionnaire answers and talking them over. Disclosing your inner thoughts and feelings to your partner in this way can be a bridge to greater intimacy.

If your answers show that you have frequent feelings of depression, severe physical problems caused by anxiety, or suicidal thoughts, I urge you to seek help from a professional immediately. These feelings are treatable. Talk to your doctor, who can refer you to a local psychiatrist for counseling and treatment. Please take these feelings seriously and get the help you need right away.