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 ●

Subscriber ID

Date of Birth: (mm/dd/yy)

Today's Date: (mm/dd/yy)

Clinician ID/Tax ID

Clinician Phone

Visit #: ○ 1 or 2 ○ 3 to 5 ○ 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

2. Feeling sad or blue

3. Feeling hopeless about the future

4. Feeling everything is an effort

5. Feeling no interest in things

6. Your heart pounding or racing

7. Trouble sleeping

8. Feeling fearful or afraid

9. Difficulty at home

10. Difficulty socially

11. Difficulty at work or school

How much do you agree with the following?

Strongly Agree Agree Disagree Strongly Disagree

12. I feel good about myself

13. I can deal with my problems

14. I am able to accomplish the things I want

15. I have friends or family that I can count on for help

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:

○ Excellent ○ Very Good ○ Good ○ Fair ○ Poor

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

○ Asthma ○ Diabetes ○ Heart Disease ○ Back Pain or Other Chronic Pain ○ Other Condition

19. In the past 6 months, how many times did you visit a medical doctor?

○ None ○ 1 ○ 2-3 ○ 4-5 ○ 6+

20. In the past month, how many days were you unable to work because of your physical or mental health?

(answer only if employed) Days

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 employed) Days

22. In the past month have you ever felt you ought to cut down on your drinking or drug use?

○ Yes ○ No

23. In the past month have you ever felt annoyed by people criticizing your drinking or drug use?

○ Yes ○ No

24. In the past month have you felt bad or guilty about your drinking or drug use?

○ Yes ○ No

Clinician Last Name, First Name

Client Last Name, First Name

Authorization #

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Clinician: Please fax to (800) 985-6894

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