
APPENDIX 4.1

SYMPTOM CHECKLIST

Please indicate which of the following is currently or has been a problem:

Symptom	In general		When studying, taking tests, or thinking about academics	
	Yes	No	Yes	No
Nausea or stomachaches	—	—	—	—
Difficulty following instructions	—	—	—	—
Depressed mood	—	—	—	—
Easily distracted	—	—	—	—

(continues)

Symptom	In general		When studying, taking tests, or thinking about academics	
	Yes	No	Yes	No
Restless	—	—	—	—
Careless	—	—	—	—
Feeling of losing control	—	—	—	—
Poor concentration	—	—	—	—
Anxious or worried	—	—	—	—
Cannot sit still, fidgets	—	—	—	—
Feeling hopeless	—	—	—	—
Poor organizational skills	—	—	—	—
Palpitations, increased heart rate	—	—	—	—
Act as if “driven by a motor”/ have nonstop energy	—	—	—	—
Irritable	—	—	—	—
Trembling or shaking	—	—	—	—
Forgetful	—	—	—	—
Difficulty sleeping	—	—	—	—
Act without thinking, impulsive	—	—	—	—
Fail to finish tasks	—	—	—	—
Talk excessively	—	—	—	—
Shortness of breath, dizziness	—	—	—	—
Feel sluggish, low energy, or fatigued	—	—	—	—
Difficulty sustaining attention	—	—	—	—