

## **Biological Unhappiness - Screening Test**

The purpose of this questionnaire is to act as an initial screening for diagnoses that can cause Biological Unhappiness. The absence or presence of any symptom(s) does not mean a diagnosis is present or absent. After each section the diagnosis commonly associated with those symptoms is indicated.

### Questions

*If the answer is YES for your entire life (either since early childhood or puberty, and ever since), place a check next to symptoms that may fit you.*

- \_\_\_\_ Is everything at home and work (or school) in unfinished piles?
- \_\_\_\_ Do you have a long-standing history of not being able to stay on task?
- \_\_\_\_ Are you easily distractible?
- \_\_\_\_ Do you seem to alternate between not staying focused and being so focused that a bomb could go off without you noticing it?

### ***(Attention Deficit Disorder)***

- \_\_\_\_ Do you have a history of feeling really great and then getting yourself in trouble because of feeling so great (and being somewhat out of control and feeling invincible)?

### ***(Bipolar Disorder)***

- \_\_\_\_ Are you moody?
- \_\_\_\_ Are you angry all the time, with spells of rage?
- \_\_\_\_ Are you empty and bored even doing something you enjoy?
- \_\_\_\_ Do you get paranoid under stress?

### ***(Borderline Personality Disorder - BPD)***

- \_\_\_\_ Do you have ups and downs that you can virtually plan on?
- \_\_\_\_ Are there times every month when you just can't function (not including PMS)?

### ***(Cyclothymic Disorder)***

- \_\_\_\_ Are you oversensitive to rejection and criticism?
- \_\_\_\_ Has it always seemed that others find it easy to be happy and you don't?
- \_\_\_\_ Have you spent most of your life between not quite depressed and not quite happy?

### ***("Fractured Enjoyment")***

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### Questions Continued

- \_\_\_\_ Are you a perfectionist to the point where it keeps you from getting things done?
- \_\_\_\_ Are you a pack rat?
- \_\_\_\_ Do you have trouble trusting other people to do things because you're sure they'll mess it up?

#### ***(Obsessive Compulsive Personality Disorder - OCPD)***

- \_\_\_\_ Do you obsess about something to the point where it interferes with your life?
- \_\_\_\_ Do you have any ritual behaviors that you can't stop, like washing your hands too much, checking the door lock too much, counting things, etc.?

#### ***(Obsessive Compulsive Disorder - OCD)***

- \_\_\_\_ Are you nervous more than you are not?
- \_\_\_\_ Do you always feel scared?
- \_\_\_\_ Does your mind never shut off, and has been that way since you were a child?
- \_\_\_\_ Did Prozac make you feel very hyper and/or ill?

#### ***(Generalized Anxiety Disorder - GAD)***

#### **EITHER RECENTLY OR FOR YOUR ENTIRE LIFE:**

- \_\_\_\_ Do you get a sense of impending doom, like everything is going to crash down on you, like you're going to choke, or you're going to die?
- \_\_\_\_ Do you spend much of your time afraid you're going to feel that way again?

#### ***(Panic Disorder)***