

Name of Athlete _____

Sport/season _____ Gender F/M _____ Date Received: _____

How Much are You Distressed By:	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Faintness or Dizziness					
2. Feeling no interest in things					
3 Nervousness or shakiness inside					
4. Pains in the heart or chest					
5. Feeling lonely					
6. Feeling tense or keyed up					
7. Nausea or upset stomach					
8. Feeling blue					
9. Suddenly scared for no reason					
10. Trouble getting your breath					
11. Feeling of worthlessness					
12. Spells of terror or panic					
13. Numbness or tingling in parts of your body					
14. Feeling hopelessness about the future					
15. Feeling so restless you can't sit still					
16. Feeling weak in parts of your body					
17. Thoughts of ending your life					
18. Feeling fearful					