

## DSM-5 Symptom Checklist

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Depression

**Core symptoms:** (need at least 1)

\_\_\_ Depressed/Irritable mood    **Ever?** Y/N    **Past 2 weeks?** Y/N  
\_\_\_ Anhedonia    **Ever?** Y/N    **Past 2 weeks?** Y/N

**Additional symptoms:** (need at least 5 nearly every day for diagnosis of Major Depressive Disorder [need 4 if both core symptoms are present])

\_\_\_ Weight/appetite change  
\_\_\_ Psychomotor agitation/retardation (observable)  
\_\_\_ Sleep disturbance  
\_\_\_ Fatigue  
\_\_\_ Worthlessness/guilt  
\_\_\_ Hopelessness  
\_\_\_ Concentration/indecision  
\_\_\_ Suicidal ideation/thoughts of death

**Onset:** \_\_\_\_\_ **# Episodes:** \_\_\_\_\_ **Duration:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

**Suicidal thoughts and behaviors history:** (for teen report, can be pulled from information gathered during C-SSRS)

Ever thoughts of suicide, ending life, or harming self? Thoughts about not wanting to be here? \_\_\_\_\_

Last occurrence: \_\_\_\_\_

Attempts: Y/N Age and method: \_\_\_\_\_

### Dysthymia (for differential diagnosis)

**Diagnostic criteria:** (need 1+ yr of depressed/irritable mood plus at least 2)

\_\_\_ Depressed/irritable mood  
\_\_\_ High/low appetite  
\_\_\_ Sleep disturbance  
\_\_\_ Fatigue  
\_\_\_ Low self-esteem  
\_\_\_ Poor concentration/difficulty making decisions  
\_\_\_ Hopelessness

**Additional criterion:**

\_\_\_ Not without symptoms for more than 2 months

### Mania

**Core symptoms:** (need both plus time)

\_\_\_ Elevated/irritable/expansive mood  
\_\_\_ Increase in goal-directed activity or energy  
\_\_\_ Occurring most of time for 1 week

**Additional symptoms:** (need 3, or need 4 if mood only irritable)

\_\_\_ Inflated self-esteem/grandiosity  
\_\_\_ Decreased need for sleep

- ☐ More talkative/pressured speech
- ☐ Racing thoughts
- ☐ Distractibility
- ☐ Psychomotor agitation
- ☐ Risky behaviors
- ☐ Hospitalization/psychosis \_\_\_\_\_

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Schizophrenia**

**Core symptoms:** (need 2, at least 1 of which is a starred symptom)

- ☐ \*Delusions
- ☐ \*Hallucinations
- ☐ \*Disorganized speech
- ☐ Grossly disorganized/catatonic behavior
- ☐ Negative symptoms

**Additional symptoms:** (need all)

- ☐ Level of functioning in at least one domain is markedly lower than prior to onset
- ☐ Continuous signs of disturbance for 6mo, at least 1mo of which core symptoms are present
- ☐ Ruled out schizoaffective disorder and depressive or bipolar disorder w/ psychotic features

**Schizoaffective Disorder** (for differential diagnosis)

**Diagnostic criteria:**

- ☐ Meets core symptoms requirement for schizophrenia *plus* concurrent major mood episode (major depressive, manic)
- ☐ At least 2wks of delusions or hallucinations in the absence of major mood episode (lifetime)
- ☐ Major mood episode present for majority of total duration

**Brief Psychotic Disorder** (for differential diagnosis)

**Diagnostic criteria:**

- ☐ Meets core symptoms requirement for schizophrenia
- ☐ Duration of episode at least 1 day - <1mo with return to premorbid functioning
- ☐ Ruled out depressive or bipolar disorder w/ psychotic features and other psychotic disorders

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Separation Anxiety**

**Diagnostic criteria:** (need 3 + duration of at least 4 weeks)

Persistent and excessive...

- ☐ ...distress when anticipating/experiencing separation from home or caregiver
- ☐ ...worry about losing caregiver or harm to them (illness/injury/disaster/death)
- ☐ ...worry about experiencing untoward event (lost, kidnapped, accident) causing separation
- ☐ ...fear or reluctance about being alone or without caregiver at home or in other settings
- ☐ reluctance or refusal to go out, away from home, to school, work, or elsewhere b/c of fear of separation
- ☐ reluctance or refusal to sleep away from home or go to sleep w/o being near caregiver
- ☐ repeated nightmares involving theme of separation
- ☐ repeated complaints of physical sx's (headache, GI) when separation occurs or is anticipated
- ☐ symptoms reported lasting at least 4 weeks?

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Social Anxiety Disorder**

### **Diagnostic criteria:** (need all)

- ☐ Marked fear/anxiety in social (peer) situations (conversations, being watched, performance)
- ☐ Fear of showing anxiety sxs or doing something that will lead to embarrassment, rejection, or offending someone
- ☐ Situations almost always provoke fear or anxiety and are avoided or endured with intense fear/anxiety
- ☐ Persistent (~6mo)

### **Fear/anxiety present in:**

- ☐ Conversation
- ☐ Meeting new people
- ☐ Eating in front of others
- ☐ Speech/performance
- ☐ Talking in class
- ☐ Speaking with authority figures
- ☐ Using public restrooms
- ☐ Dating

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Generalized Anxiety Disorder**

### **Core symptoms:** (need all)

- ☐ Several different everyday things
- ☐ Duration of 6 mo
- ☐ Excessive
- ☐ More days than not
- ☐ Difficult to control

### **Other symptoms:** (need 1)

- ☐ Easily fatigued
- ☐ Irritability
- ☐ Restless/on edge
- ☐ Concentration difficult/mind going blank
- ☐ Muscle tension
- ☐ Sleep disturbance

### **Content of anxiety/worries:**

- ☐ Work/school/other performance
- ☐ Health/wellbeing (self)
- ☐ Health/wellbeing (others)
- ☐ Bad things happening
- ☐ Money/finances
- ☐ Chores/responsibilities
- ☐ Making mistakes
- ☐ Being late
- ☐ Future events/appts
- ☐ Friends
- ☐ Current events

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Panic Disorder**

### **Core symptoms:**

- ☐ Abrupt surge of intense fear/discomfort, peak within minutes
- ☐ +
- ☐ 1 mo of persistent worry of having another panic attack or of its consequences
- OR**
- ☐ Maladaptive behavior change

### **Additional symptoms: (need 4+)**

- ☐ Increased heart rate
- ☐ Sweating
- ☐ Chest pain
- ☐ Difficulty breathing
- ☐ Choking
- ☐ Trembling/shaking
- ☐ Nausea
- ☐ Chills/hot flashes
- ☐ Dizzy/lightheaded/faint
- ☐ Numb/tingle
- ☐ Detached from body
- ☐ Things seem unreal
- ☐ Fear that dying
- ☐ fear losing control/going crazy

### **Agoraphobia** (for differential diagnosis)

### **Diagnostic criteria:** (need fear + avoidance of 2 + 6 mo duration)

- ☐ Transportation
- ☐ Open spaces
- ☐ Enclosed places
- ☐ In line/crowd
- ☐ Outside home alone
- ☐ At least 6mo in duration

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Obsessive-Compulsive Disorder**

### **Core symptoms:** (need obsessions or compulsions plus time/distress)

- ☐ Obsessions (both of below)
  - ☐ Recurrent and persistent thoughts, urges, images that are unwanted/intrusive (dirt/germs, harm, religion)
  - ☐ +
  - ☐ Attempts to ignore/suppress/neutralize
- ☐ Compulsions (feel need to repeat behaviors/mental acts to prevent/reduce distress or bad outcome; e.g., wash/check/count/even out)
- ☐ Take >1 hr/day or cause distress/impairment

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Oppositional Defiant Disorder**

**Core symptoms:** (need 4 that occur “often”)

- ☐ Loses temper
- ☐ Touchy or easily annoyed
- ☐ Angry and resentful
- ☐ Argues w/ adults
- ☐ Deliberately annoys others
- ☐ Actively defies or refuses to comply w/ requests from adults or rules
- ☐ Blames others for mistakes or misbehavior
- ☐ Has been spiteful or vindictive at least twice w/in the past 6 months

**Duration/frequency:** (need both)

- ☐ Duration of 6 mo
- ☐ Occurring 1+ times per week (age 5 and up [most days if 4 or younger])

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Intermittent Explosive Disorder**

**Core symptom:** (need in one of the listed forms)

- ☐ Recurrent behavioral outbursts manifested by either:
  - ☐ Verbal aggression or physical aggression toward property, animals, or other individuals, occurring ~2x/week for period of 3mo
  - ☐ no damage or destruction of property, no physical injury to animals or other individuals
- OR**
- ☐ Three behavioral outbursts involving damage or destruction of property and/or physical assault involving physical injury against animals or other individuals, occurring within a 12mo period

**Additional symptoms:** (need all)

- ☐ Aggressiveness during outbursts grossly out of proportion to precipitant
- ☐ Outbursts not premeditated or committed to achieve tangible objective (e.g., money)
- ☐ Cause distress in individual, impairment, or associated with or legal consequences
- ☐ At least 6 years old

**Onset:** \_\_\_\_\_ **Frequency:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

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## **Conduct Disorder**

**Core symptoms:** (need 3 in past 12mo, with at least 1 in past 6mo + impairment)

- ☐ Bullies/threatens/intimidates
- ☐ Initiates physical fights
- ☐ Used weapon
- ☐ Physically cruel to people
- ☐ Physically cruel to animals
- ☐ Stolen while confronting victim
- ☐ Forced other into sexual act
- ☐ Fire setting
- ☐ Destroyed others' property
- ☐ Broken into house, building, or car
- ☐ Lies/"cons"
- ☐ Stolen without confronting victim (item of nontrivial value)
- ☐ Stays out at night (beginning before age 13)

- ☐ Run away overnight at least 2x or 1x without returning for long period  
☐ Impairment

Onset: \_\_\_\_\_ Frequency: \_\_\_\_\_ Impairment: \_\_\_\_\_

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### **Attention Deficit/Hyperactivity Disorder**

**Core symptoms:** (need 6 [need 5 for age 17 and older])

- ☐ Fails to give close attention to detail or makes careless mistakes in work
- ☐ Difficulty sustaining attention in tasks/activities (lectures/conversations/lengthy readings)
- ☐ Doesn't listen when spoken directly to (mind seems elsewhere, even in absence of obvious distraction)
- ☐ Fails to follow through on instructions or complete tasks (school/chores) not due to noncompliance (starts but quickly loses focus, easily sidetracked)
- ☐ Difficulty organizing tasks/activities (managing sequential tasks, keeping material/belongings in order, messy, disorganized work, poor time mgmt., fails to meet deadlines)
- ☐ Avoids, dislikes, or reluctant to engage in tasks requiring sustained mental effort (HW, reports, completing forms)
- ☐ Loses things necessary for tasks/activities (school materials, pencils, books, wallets, keys, paperwork, glasses, phone)
- ☐ Distracted by extraneous stimuli or unrelated thoughts
- ☐ Fidgets w/ or taps hands/feet, squirms in seat
- ☐ Leaves seat when in situations expected to remain seated
- ☐ Funs about or climbs when inappropriate (adol: restlessness)
- ☐ Unable to play or engage in leisure activities quietly
- ☐ On the go or acts like driven by motor (unable to be or uncomfortable sitting still for extended time (restaurants, meetings; others experience as difficult to keep up with)
- ☐ Talks excessively
- ☐ Blurts out answer before question completed (completes others' sentences, can't wait for turn in conversation)
- ☐ Difficulty waiting turn (e.g., while waiting in line)
- ☐ Interrupts or intrudes on others (butts into conversations, games, activities; using others' things w/o permission; intrude into/take over what others are doing)

**Additional criteria:** (need all)

- ☐ Symptoms occurring often
- ☐ Several symptoms present before age 12
- ☐ Occur across 2 or more settings

Onset: \_\_\_\_\_ Frequency: \_\_\_\_\_ Impairment: \_\_\_\_\_

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### **Post-Traumatic Stress Disorder**

*\*\*Note that your client's and/or parent's report of trauma-related symptoms from the CATS assessment can be mapped onto the diagnostic criteria below. Clinicians can use the responses from the CATS to aid in diagnosis and follow up on individual symptoms for clarity as needed.\*\**

**Criterion A:**

- ☐ Exposure to trauma

**Criterion B:** (need 1)

- ☐ Intrusive thoughts (CATS #1)
- ☐ Nightmares (CATS #2)
- ☐ Flashbacks (CATS #3)
- ☐ Reminders cause intense/prolonged distress (CATS #4)
- ☐ Physiological reactions/arousal (CATS #5)

**Criterion C:** (need 1)

Avoidance of...

- \_\_\_ ... thoughts, feelings, memories (*CATS #6*)
- \_\_\_ ... people, places, conversations, activities, objects, situations (*CATS #7*)

**Criterion D:** (need 2)

- \_\_\_ Inability to remember important aspects of event (*CATS #8*)
- \_\_\_ Negative beliefs about self/others/world (*CATS #9*)
- \_\_\_ Blame self/others (*CATS #10*)
- \_\_\_ Persistent negative emotional state (*CATS #11*)
- \_\_\_ Low interest in activities (*CATS #12*)
- \_\_\_ Feeling detached/estranged (*CATS #13*)
- \_\_\_ Inability to experience positive emotions (*CATS #14*)

**Criterion E:** (need 2)

- \_\_\_ Verbal or physical aggression (*CATS #15*)
- \_\_\_ Reckless or self-destructive behavior (*CATS #16*)
- \_\_\_ Hypervigilance (*CATS #17*)
- \_\_\_ Exaggerated startle response (*CATS #18*)
- \_\_\_ Concentration problems (*CATS #19*)
- \_\_\_ Sleep disturbance (*CATS #20*)

**Diagnostic criteria:** (need all 7)

- \_\_\_ Criterion A met
- \_\_\_ Criterion B met
- \_\_\_ Criterion C met
- \_\_\_ Criterion D met
- \_\_\_ Criterion E met
- \_\_\_ Duration of Criteria B, C, D, and E all >1mo
- \_\_\_ Impairment/distress

**Acute Stress Disorder** (for differential diagnosis)

**Diagnostic criteria:** (need exposure + 9)

- \_\_\_ Exposure to trauma
- \_\_\_ \*Intrusive thoughts (*CATS #1*)
- \_\_\_ \*Nightmares (*CATS #2*)
- \_\_\_ \*Flashbacks (*CATS #3*)
- \_\_\_ \*Reminders cause intense/prolonged distress (*CATS #4*) or physiological reactions/arousal (*CATS #5*)
- \_\_\_ Inability to experience positive emotions (*CATS #14*)
- \_\_\_ Altered sense of reality (daze, time slowing, see self from other's perspective) (*note: no CATS item*)
- \_\_\_ Inability to remember important aspects of event (*CATS #8*)
- \_\_\_ Efforts to avoid thoughts, feelings, memories (*CATS #6*)
- \_\_\_ Efforts to avoid people, places, conversations, activities, objects, situations (*CATS #7*)
- \_\_\_ Sleep disturbance (*CATS #20*)
- \_\_\_ Verbal or physical aggression (*CATS #15*)
- \_\_\_ Hypervigilance (*CATS #17*)
- \_\_\_ Concentration problems (*CATS #19*)
- \_\_\_ Exaggerated startle response (*CATS #18*)

**Additional criteria:** (need both)

- \_\_\_ Duration of starred symptoms is 3 days - 1mo after trauma exposure
- \_\_\_ Impairment/distress

**Traumatic event:** \_\_\_\_\_

**Specifics of avoidance:** \_\_\_\_\_

Onset: \_\_\_\_\_ Impairment: \_\_\_\_\_

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### **Anorexia Nervosa**

**Diagnostic criteria:** (need all)

- \_\_\_ Significantly low body weight from restriction of energy intake relative to physical requirements
- \_\_\_ Intense fear of gaining weight/becoming fat or persistent behavior interfering with gaining weight
- \_\_\_ Disturbance in perception/experience of one's body weight/shape

Onset: \_\_\_\_\_ Frequency: \_\_\_\_\_ Impairment: \_\_\_\_\_

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### **Bulimia Nervosa**

**Diagnostic criteria:** (need all)

- \_\_\_ Recurrent binge eating episodes (characterized by both below)
  - \_\_\_ Eating amount of food definitely larger than what others would eat
  - \_\_\_ Lack of control over eating during episode
- \_\_\_ Recurrent compensatory behaviors
- \_\_\_ Binge eating and compensatory behaviors both occur at least 1x/wk for 3mo
- \_\_\_ Not exclusively occurring during periods of anorexia nervosa

Onset: \_\_\_\_\_ Frequency: \_\_\_\_\_ Impairment: \_\_\_\_\_

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### **Binge Eating Disorder**

**Core symptoms:** (need binge eating episodes + 3 associated symptoms)

- \_\_\_ Recurrent binge eating episodes (characterized by both below)
  - \_\_\_ Eating amount of food definitely larger than what others would eat
  - \_\_\_ Lack of control over eating during episode

Binge-eating episodes associated with...

- \_\_\_ ...eating much more rapidly than normal
- \_\_\_ ...eating until uncomfortably full
- \_\_\_ ...eating large amounts when not physically hungry
- \_\_\_ ...eating alone because embarrassed by amount
- \_\_\_ ...feeling disgusted with self, depressed, or very guilty

**Additional criteria:** (need all)

- \_\_\_ Marked distress
- \_\_\_ Binge eating occurs at least 1x/wk for 3mo
- \_\_\_ Not associated with compensatory behavior and not exclusively occurring during periods of anorexia nervosa

Onset: \_\_\_\_\_ Frequency: \_\_\_\_\_ Impairment: \_\_\_\_\_

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### **Alcohol/Substance Use Disorder**

**Core symptoms:** (need 2)

- \_\_\_ Substance taken in larger amounts or over longer period than intended
- \_\_\_ Persistent desire or unsuccessful efforts to cut down or control use
- \_\_\_ Great deal of time spent in obtaining, using, or recovering from its effects



- ☐ Craving or strong desire/urge to use
- ☐ Recurrent use results in failure to fulfill major role obligations at work/school/home
- ☐ Continued use despite persistent or recurrent social/interpersonal problems
- ☐ Important social, occupational, or recreational activities given up or reduced
- ☐ Recurrent use in situations in which it is physically hazardous
- ☐ Use continued despite persistent or recurrent physical or psychological problem likely to have been caused or exacerbated by substance
- ☐ Tolerance (either need for increased amount for same effect or diminished effect with use of same amount)
- ☐ Withdrawal (either presence of withdrawal symptoms or substance used to relieve/avoid withdrawal symptoms)

**Additional criteria:** (need all)

- ☐ Symptoms occur within a 12mo period of each other
- ☐ Impairment/distress

**Substance(s):** \_\_\_\_\_

**Onset:** \_\_\_\_\_ **Impairment:** \_\_\_\_\_

\_\_\_\_\_