



SCL90

by Derogatis et al. 1973

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Surname	Name
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Initials Surname and Name, Birth ddmmyy, Provincial Code	
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Date (ddmmyy)	Name of the rater
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Below is a list of problems and complaints that people sometimes have. Please read each one carefully. After you have done so, please fill in the code that best describes HOW MUCH THAT PROBLEM HAS BOTHERED OR DISTRESSED YOU DURING THE PAST WEEK INCLUDING TODAY. Use only a code for such problem and do not skip any items.

How much were you bothered by:
0 = Not at all 1 = A little bit 2 = Moderately 3 = Quite a bit 4 = Extremely

1. Headaches	
2. Nervousness or shakiness inside	
3. Unwanted thoughts, words, or ideas that won't leave your mind	
4. Faintness or dizziness	
5. Loss of sexual interest or pleasure	
6. Feeling critical of others	
7. The idea that someone else can control your thoughts	
8. Feeling others are to blame the most of your troubles	
9. Trouble remembering things	
10. Worried about sloppiness or carelessness	
11. Feeling easily annoyed or irritated	
12. Pains in heart or chest	
13. Feeling afraid in open spaces or on the streets	
14. Feeling low in energy or slowed down	
15. Thoughts of ending your life	
16. Hearing voices that other people do not hear	
17. Trembling	
18. Feeling that most people cannot be trusted	

How much were you bothered by:
0 = Not at all 1 = A little bit 2 = Moderately 3 = Quite a bit 4 = Extremely

19. Poor appetite

20. Crying easily

21. Feeling shy or uneasy with the opposite sex

22. Feeling of being trapped or caught

23. Suddenly scared for no reason

24. Temper outbursts that you could not control

25. Feeling afraid to go out of your house alone

26. Blaming yourself for things

27. Pains in lower back

28. Feeling blocked in getting things done

29. Feeling lonely

30. Feeling blue

31. Worrying too much about things

32. Feeling no interest in things

33. Feeling fearful

34. Your feelings being easily hurt

35. Other people being aware of your private thoughts

36. Feeling others do not understand you or are unsympathetic

37. Feeling that people are unfriendly or dislike you

38. Having to do things very slowly to insure correctness

39. Heart pounding or racing

40. Nausea or upset stomach

41. Feeling inferior to others

42. Soreness of your muscles

How much were you bothered by:
0 = Not at all 1 = A little bit 2 = Moderately 3 = Quite a bit 4 = Extremely

43. Feeling that you are watched or talked about by others

44. Trouble falling asleep

45. Having to check and double-check what you do

46. Difficulty making decisions

47. Feeling afraid to travel on buses, subways or trains

48. Trouble getting your breath

49. Hot or cold spells

50. Having to avoid certain things, places, or activities because they frighten you

51. Your mind going blank

52. Numbness or tingling in parts of your body

53. A lump in your throat

54. Feeling hopeless about the future

55. Trouble concentrating

56. Feeling weak in parts of your body

57. Feeling tense or keyed up

58. Heavy feelings in your arms or legs

59. Thoughts of death or dying

60. Overeating

61. Feeling uneasy when people are watching or talking about you

62. Having thoughts that are not your own

63. Having urges to beat, injure, or harm someone

64. Awakening in the early morning

65. Having to repeat the same actions such as touching, counting, washing

66. Sleep that is restless or disturbed

How much were you bothered by:
 0 = Not at all 1 = A little bit 2 = Moderately 3 = Quite a bit 4 = Extremely

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| 67. Having urges to break or smash things | |
| 68. Having ideas or beliefs that others do not share | |
| 69. Feeling very self-conscious with others | |
| 70. Feeling uneasy in crowds, such as shopping or at a movie | |
| 71. Feeling everything is an effort | |
| 72. Spells of terror or panic | |
| 73. Feeling uncomfortable about eating or drinking in public | |
| 74. Getting into frequent arguments | |
| 75. Feeling nervous when are left alone | |
| 76. Others not giving you proper credit for your achievements | |
| 77. Feeling lonely even when you are with people | |
| 78. Feeling so restless you couldn't sit still | |
| 79. Feeling of worthlessness | |
| 80. Feeling that familiar things are strange or unreal | |
| 81. Shouting or throwing things | |
| 82. Feeling afraid you will faint in public | |
| 83. Feeling that people will take advantage of you if you let them | |
| 84. Having thoughts about sex you bother you a lot | |
| 85. The idea that you should be punished for your sins | |
| 86. Feeling pushed to get things done | |
| 87. The idea that something serious is wrong with your body | |
| 88. Never feeling close to another person | |
| 89. Feelings of guilt | |
| 90. The idea that something is wrong with your mind | |