

# DO I HAVE A MENTAL HEALTH CONDITION?

The health of your mind is an essential factor in the health of your brain. Mental health can contribute to a higher risk of memory and other brain health problems. This is why you need to make sure your mind is as fit as possible. The first step to healing a mental health problem is recognizing the symptoms. Here are common symptoms of ADD/ADHD, depression, bipolar disorder, and PTSD from questionnaires we use at Amen Clinics.

*Please rate yourself on each of the symptoms listed below using the following scale. If possible, to give yourself the most accurate picture, have another person who knows you well (such as a spouse, partner or parent) rate you as well.*

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>NA</b>
Never	Rarely	Occasionally	Frequently	Very Frequently	Not Applicable /Not Known

## ADD/ADHD:

If you have four or more symptoms with a score of 3 or 4, consider seeking an evaluation.

- 1. Trouble sustaining attention or easily distracted
- 2. Difficulty completing projects
- 3. Feeling overwhelmed by the tasks of everyday living
- 4. Trouble maintaining an organized work or living area
- 5. Inconsistent work performance
- 6. Lacks attention to detail
- 7. makes decisions impulsively
- 8. difficulty delaying what you want, having to have your needs met immediately
- 9. restless, fidgety
- 10. makes comments to others without considering their impact
- 11. impatient, easily frustrated
- 12. frequent traffic violations or near accidents



## Depression:

If you have four or more symptoms with a score of 3 or 4, consider seeking an evaluation

- 1. depressed or sad mood
- 2. decreased interest in things that are usually fun, including sex
- 3. significant weight gain or loss without trying, or appetite changes
- 4. recurrent thoughts of death or suicide
- 5. sleep changes, lack of sleep or marked increase in sleep
- 6. physically agitated or "slowed down"
- 7. low energy or feelings of tiredness
- 8. feelings of worthlessness, helplessness, hopelessness or guilt
- 9. decreased concentration or memory

## Bipolar Disorder:

Includes periods of depression (questions above) that tend to cycle with the manic symptoms below. If you have three or more of these symptoms with a score of 3 or 4, along with depression, consider seeking an evaluation.

- 1. periods of an elevated, high or irritable mood
- 2. periods of very high self-esteem or grandiose thinking
- 3. periods of decreased need for sleep without feeling tired
- 4. more talkative than usual or pressure to keep talking
- 5. racing thoughts or frequent jumping from one subject to another
- 6. easily distracted by irrelevant things
- 7. marked increase in activity level
- 8. excessive involvement in pleasurable activities with painful consequences (affairs, gambling, etc.)



## Posttraumatic Stress Disorder (PTSD):

If you have four or more symptoms with a score of 3 or 4, consider seeking an evaluation

- 1. recurrent and upsetting thoughts of a past traumatic event (being molested, accident, fire, etc.)
- 2. recurrent distressing dreams of a past upsetting event
- 3. a sense of reliving a past upsetting event
- 4. a sense of panic or fear of events that resemble an upsetting past event
- 5. effort spent avoiding thoughts or feelings associated with a past trauma
- 6. persistent avoidance of activities/situations which cause remembrance of upsetting event
- 7. inability to recall an important aspect of a past upsetting event
- 8. marked decreased interest in important activities
- 9. feeling detached or distant from others
- 10. feeling numb or restricted in your feelings
- 11. feeling that your future is shortened
- 12. quick to startle
- 13. feeling like you're always watching for bad things to happen
- 14. marked physical response to events that remind you of a past upsetting event, i.e., sweating when getting in a car if you have been in a car accident

