

Outcome Questionnaire

Name: _____ Date: _____

Please rate the following statements based on your experiences in the past week, using the scale provided (1-5: Never to Almost Always).

1: Never - I have not experienced this symptom or problem at all in the past week.

2: Rarely - I have experienced this symptom or problem infrequently or to a minimal extent in the past week.

3: Sometimes - I have experienced this symptom or problem occasionally or moderately in the past week.

4: Often - I have experienced this symptom or problem frequently or to a considerable extent in the past week.

5: Almost Always - I have experienced this symptom or problem consistently or extensively throughout the past week.

Symptom Distress	1	2	3	4	5
I experienced distressing physical symptoms (e.g., pain, fatigue, sleep problems).	☐	☐	☐	☐	☐
I felt anxious or worried most of the time.	☐	☐	☐	☐	☐
I felt depressed or sad.	☐	☐	☐	☐	☐
I had difficulty concentrating or making decisions.	☐	☐	☐	☐	☐
I experienced intense or uncontrollable emotions.	☐	☐	☐	☐	☐
I had intrusive or unwanted thoughts.	☐	☐	☐	☐	☐

Interpersonal Relations	1	2	3	4	5
I felt understood and supported by the people in my life.	☐	☐	☐	☐	☐
I had conflicts or difficulties in my close relationships.	☐	☐	☐	☐	☐
I felt lonely or isolated.	☐	☐	☐	☐	☐
I had trouble expressing my needs or emotions to others.	☐	☐	☐	☐	☐
I received positive feedback and encouragement from others.	☐	☐	☐	☐	☐
I felt connected and valued in my social interactions.	☐	☐	☐	☐	☐

Social Role	1	2	3	4	5
I faced challenges in fulfilling my work or academic responsibilities.	☐	☐	☐	☐	☐
I struggled with balancing my personal and professional life.	☐	☐	☐	☐	☐
I experienced a lack of fulfillment or purpose in my daily activities.	☐	☐	☐	☐	☐
I had difficulty setting and achieving goals.	☐	☐	☐	☐	☐
I felt confident in my abilities and accomplishments.	☐	☐	☐	☐	☐
I felt satisfied with my contributions to society.	☐	☐	☐	☐	☐

Global Distress	1	2	3	4	5
I experienced a general sense of unhappiness or dissatisfaction.	☐	☐	☐	☐	☐
I felt overwhelmed or unable to cope with daily life.	☐	☐	☐	☐	☐
I had frequent thoughts of giving up or hopelessness.	☐	☐	☐	☐	☐
I experienced significant stress related to various life domains.	☐	☐	☐	☐	☐
I felt a lack of enjoyment or interest in activities I used to find pleasurable.	☐	☐	☐	☐	☐
I had difficulty finding meaning or purpose in my life.	☐	☐	☐	☐	☐