

16. 12. 24

Holly

Post treatment - had to clear house out.  
School holidays  
Kids' events

Rx - 1/12 after

Made me so sleepy within 10 mins of each dose  
Slept really well for 4 nights, then had  
Bowels evacuated madly for 2 days.

Dreams

x 2. (none for a year) - felt an improvement.

1st

- felt important but can't remember

Mood

Short fused; low tolerance; agitated.

(mild cycle)

Otherwise, mood is good

Crazy.

Not thought much about family

M's b.day - didn't get emotional like usual.

Daughter's b.day party. Dad & S's came - was nice

S's unloading onto me but I don't have the capacity

I need more boundaries. Been the problem solver

Met Brad's g/f. Was good.

- v. similar to me.

Made boundaries clear; she's not their M's.

She's open to communication & I am

I felt no emotional connection to Brad - felt really good.

Come a long way from last year.

⊕ be home alone for Xmas.

I'm feeling really good.

It's crazy how far I've come. The difference  
I feel from the past - I feel so different now  
Bless my mind Life changing

**K-10+**

Patient or Client Identifier

Surname **BROWN**Other names **HOLLY**Date of Birth **08.04.1994**

Gender

Male

☒ Female

Other

Address **8 MILEHAM ST, WINDSOR Z756**Date completed: **16/12/2024****Instructions**

The following ten questions ask about how you have been feeling in the **past four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

		None of the time	A little of the time	Some of the time	Most of the time	All of the time
1.	In the past four weeks, about how often did you feel tired out for no good reason?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	In the past four weeks, about how often did you feel nervous?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	In the past four weeks, about how often did you feel so nervous that nothing could calm you down?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	In the past four weeks, about how often did you feel hopeless?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	In the past four weeks, about how often did you feel restless or fidgety?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	In the past four weeks, about how often did you feel so restless you could not sit still?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	In the past four weeks, about how often did you feel depressed?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	In the past four weeks, about how often did you feel that everything was an effort?	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	In the past four weeks, about how often did you feel so sad that nothing could cheer you up?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	In the past four weeks, about how often did you feel worthless?	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please turn over – there are a few more questions on the other side**

The next few questions are about how these feelings may have affected you in the **past four weeks**. You need not answer these questions if you answered 'None of the time' to all of the ten questions about your feelings

11.	In the past four weeks, how many days were you TOTALLY UNABLE to work, study or manage your day to day activities because of these feelings?	<u>0</u> (Number of days)
12.	[Aside from those days], in the past 4 weeks, HOW MANY DAYS were you able to work or study or manage your day to day activities, but had to CUT DOWN on what you did because of these feelings?	<u>0</u> (Number of days)
13.	In the past 4 weeks, how many times have you seen a doctor or any other health professional about these feelings?	<u>1</u> (Number of consultations)
14.	In the past 4 weeks, how often have physical health problems been the main cause of these feelings?	<input checked="" type="radio"/> None of the time <input type="radio"/> A little of the time <input type="radio"/> Some of the time <input type="radio"/> Most of the time <input type="radio"/> All of the time

**Thankyou for completing this questionnaire.**

Please return it to the staff member who asked you to complete it.

Professor Ronald C Kessler of the Department of Health Care Policy, Harvard Medical School is thanked for the use of research on the K10 funded by US Public Health Service Grants R01 MH46376, R01 MH52861, R01 MH49098, and K05 MH00507 and by the John D and Catherine T MacArthur Foundation Network on Successful Midlife Development (Gilbert Brim, Director).