

**RESPONSE CARD (GIVE TO INDIVIDUAL BEFORE ASSESSMENT)**

Think about your thoughts, feelings, and behavior **DURING THE PAST MONTH**. Use these frequency rating options to help answer how often the problem has happened in the past month. For each question choose **ONE** of the following responses. .

1

S	M	T	W	T	F	S

"Not at all" means never in the past month.

2

S	M	T	W	T	F	S
		X				
					X	

A "little bit" means about 2 times per month.

3

S	M	T	W	T	F	S
		X			X	
		X				
			X			
		X		X		

"Somewhat" means about 1-2 times each week during the past month.

4

S	M	T	W	T	F	S
	X		X		X	
X		X		X		
	X		X		X	
X		X				

"Quite a bit" means 2-3 times a week during the past month.

5

S	M	T	W	T	F	S
X	X	X	X	X	X	X
X		X		X		X
	X		X	X	X	
X	X	X	X	X	X	X

"Very much" means almost every day during the past month.