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| Case | # |  |  |
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## **Outcomes Questionnaire (OQ 45.2)**

Instructions: Looking back over the last week, including today, help us understand how you have been feeling. Read each item carefully and mark the box which most accurately reflects your current situation. For the questionnaire, work is defined as employment, school, housework, volunteer work, etc. Do not mark in the shaded area.

|   | Never  | Rarely                 | Sometimes     | Frequently  | Almost<br>Always | SD IR<br>DO NOT | SR<br>MARK<br>BELOW |
|---|--|------------------------|---------------|-------------|------------------|-----------------|---------------------|
| I get along well with others.             | □4   | $\square 3$            | $\square$ 2   | $\square$ 1 | $\Box 0$         |                 |                     |
| 2. I tire quickly.                        | $\Box 0$   | $\Box$ 1               | $\square$ 2   | $\square$ 3 | $\Box 4$         |                 |                     |
| 3. I feel no interest in things.          | $\Box 0$   | $\square$ 1            | $\square$ 2   | $\square$ 3 | $\Box 4$         |                 |                     |
| 4. I feel stressed at work/school.        | $\Box 0$   | $\Box$ 1               | $\square$ 2   | $\square$ 3 | $\Box 4$         |                 |                     |
| 5. I blame myself for things.             | $\Box 0$   | $\Box$ 1               | $\square$ 2   | $\square$ 3 | $\Box 4$         |                 |                     |
| 6. I feel irritated.                      | $\Box 0$   | $\Box$ 1               | $\square$ 2   | $\square$ 3 | $\Box 4$         |                 |                     |
| 7. I feel unhappy in my                   | $\Box 0$   | $\Box$ 1               | $\square$ 2   | $\square$ 3 | $\Box 4$         |                 |                     |
| marriage/significant                      |  |                        |               |             |                  |                 |                     |
| relationship.                             |  |                        |               |             |                  |                 |                     |
| 8. I have thoughts of ending my           | $\Box 0$   | <u> </u>               | 2             | ☐ 3         | $\Box 4$         |                 |                     |
| life.                                     |  |                        |               |             |                  |                 |                     |
| 9. I feel weak.                           | $\Box 0$   | <u> </u>               | $\square 2$   | $\square 3$ | $\square 4$      |                 |                     |
| 10. I feel fearful.                       | $\Box 0$   | <u> </u>               | $\square 2$   | ☐ 3         | $\square 4$      |                 |                     |
| 11. After heavy drinking, I need a        | $\Box 0$   | 1                      | $\square 2$   | $\square 3$ | $\square 4$      |                 |                     |
| drink the next morning to get             |  |                        |               |             |                  |                 |                     |
| going. (If you do not drink,              |  |                        |               |             |                  |                 |                     |
| mark "never.")                            |  |                        |               |             |                  |                 |                     |
| 12. I find my work/school                 | <b>4</b>   | ☐ 3                    | $\square 2$   | <u> </u>    | $\square 0$      |                 |                     |
| satisfying.                               | <u> </u> ,   |                        |               |             |                  |                 |                     |
| 13. I am a happy person.                  | <u>4</u>   | <u>3</u>               |               |             |                  | Ш               |                     |
| 14. I work/study too much.                |  |                        | $\square$ 2   | $\square 3$ | <u></u>          |                 |                     |
| 15. I feel worthless.                     |  |                        | $\square$ 2   | $\square 3$ | <u>4</u>         |                 |                     |
| 16. I am concerned about family troubles. |  |                        | □ 2           | <u></u> 3   | <u> </u>         |                 |                     |
| 17. I have an unfulfilling sex life.      | $\Box 0$   | $\Box$ 1               | $\square 2$   | □ 3         | $\Box 4$         |                 |                     |
| 18. I feel lonely.                        | $\exists \overset{\circ}{\Box} \overset{\circ}{0}$ |                        |               | $\square$ 3 | <br>□4           |                 |                     |
| 19. I have frequent arguments.            | $\begin{bmatrix} 0 \\ 0 \end{bmatrix}$             | $\Box$ 1               |               | $\square$ 3 | <br>□4           |                 |                     |
| 20. I feel loved and valued.              | <br> 4   | $\square$ 3            |               |             | $\Box$ 0         |                 |                     |
| 21. I enjoy my spare time.                | 4  | $\square$ 3            | $\square^{-}$ |             | $\Box$ 0         |                 |                     |
| 22. I have difficulty concentrating.      | $\Box$ 0   | $\Box$ 1               | 2             | <u></u> 3   | <u>4</u>         |                 |                     |
| 23. I feel hopeless about the             | $\Box$ 0   | $\overline{\square}_1$ | $\Box$ 2      | $\square$ 3 | <u></u> 4        |                 |                     |
| future.                                   |  |                        |               |             |                  |                 |                     |
| 24. I like myself.                        | <b>4</b>   | $\square 3$            | $\square 2$   | $\square$ 1 | $\Box 0$         |                 |                     |
| 25. Disturbing thoughts come into         | $\Box 0$   | <u> </u>               | $\square$ 2   | <u></u> 3   | 4                |                 |                     |
| my head that I cannot get rid             |  |                        |               |             |                  |                 |                     |
| of.                                       |  |                        |               |             |                  |                 |                     |
| 26. I feel annoyed by people who          | $\Box 0$   | <u> </u>               | $\square 2$   | ☐ 3         | <b>4</b>         |                 |                     |
| criticize my drinking (or drug            |  |                        |               |             |                  |                 |                     |
| use). (If not applicable, mark            |  |                        |               |             |                  |                 |                     |
| "never.")                                 |  |                        |               |             |                  |                 |                     |
| 27. I have an upset stomach.              | 0  |                        | $\square$ 2   | □3          | <u>4</u>         |                 |                     |
| 28. I am not working/studying as          | $\Box 0$   | $\square$ 1            | $\square 2$   | $\square 3$ | $\Box 4$         |                 |                     |
| well as I used to.                        |  |                        |               |             |                  |                 |                     |



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|---|----------|-------------|-------------|-------------|------------------|---------|---|
| CATTA DA CONSCIDIO SAVISSUIT INTASTI          | Never    | Rarely      | Sometimes   | Frequently  | Almost<br>Always |         |   |
| 29. My heart pounds too much.                 | $\Box 0$ | <u> </u>    | $\square 2$ | ☐ 3         | <u></u> 4        |         |   |
| 30. I have trouble getting along              | $\Box 0$ | <u> </u>    | $\square 2$ | ☐ 3         | <b>4</b>         |         |   |
| with friends and close                        |          |             |             |             |                  |         |   |
| acquaintances.                                |          |             |             |             |                  |         |   |
| 31. I am satisfying with my life.             | <b>4</b> | $\square 3$ | $\square$ 2 | $\square$ 1 | $\Box 0$         |         |   |
| 32. I have trouble at work/school             | $\Box 0$ | $\Box$ 1    | $\square$ 2 | $\square 3$ | $\Box 4$         |         |   |
| because of my drinking (or                    |          |             |             |             |                  |         |   |
| drug use). (If not applicable,                |          |             |             |             |                  |         |   |
| mark "never.")                                |          | _           |             |             |                  |         |   |
| 33. I feel that something bad is              | $\Box 0$ | $\square$ 1 | $\square 2$ | $\square 3$ | □ 4              |         |   |
| going to happen.                              |          |             |             |             |                  |         |   |
| 34. I have sore muscles.                      | $\Box 0$ |             | <u></u> 2   | $\square 3$ | <b>∐</b> 4       |         |   |
| 35. I feel afraid of open spaces, of          | $\Box 0$ | $\Box$ 1    | $\square$ 2 | $\square 3$ | $\Box 4$         |         |   |
| driving, of being on busses,                  |          |             |             |             |                  |         |   |
| subways, and so forth.                        |          |             |             |             |                  |         |   |
| 36. I feel nervous.                           | 0        |             |             | □3          | □4<br>□ a        |         |   |
| 37. I feel my love relationships are          | <u>4</u> | □ 3         | 2           | <u> </u>    | $\Box 0$         | ш       |   |
| full and complete.                            |          |             |             |             |                  |         |   |
| 38. I feel that I am not doing well           | $\Box 0$ | <u></u> 1   | <b>□</b> 2  | ☐ 3         | <u> </u>         |         |   |
| at work/school.                               |          |             |             |             |                  | i       |   |
| 39. I have too many disagreements             | $\Box 0$ | 1           | $\square 2$ | <b>□</b> 3  | <u></u> 4        |         |   |
| at work/school.                               |          | □ 1         |             |             |                  |         |   |
| 40. I feel something is wrong with            | $\Box 0$ | <u> </u>    | $\square 2$ | $\square 3$ | <u></u> 4        |         |   |
| my mind. 41. I have trouble falling asleep or | $\Box 0$ | □ 1         | $\square 2$ | □3          | <b>□</b> 4       |         |   |
| staying asleep.                               |          | <u> </u>    |             | 3           | 4                |         |   |
| 42. I feel blue.                              | $\Box 0$ | $\Box$ 1    | $\square_2$ | $\square$ 3 | $\Box 4$         |         |   |
| 43. I am satisfied with my                    |          | <u></u> 3   | $\square^2$ | <u></u> 1   | $\Box$ 0         |         |   |
| relationships with others.                    | Γ'.      |             |             | 1           |                  |         |   |
| 44. I feel angry enough at                    | $\Box 0$ | $\Box$ 1    | $\square_2$ | $\square 3$ | $\Box$ 4         |         |   |
| work/school to do something I                 |          |             |             |             |                  |         | t |
| might regret.                                 |          |             |             |             |                  |         |   |
| 45. I have headaches.                         | $\Box 0$ | $\Box$ 1    | $\square$ 2 | $\square 3$ | $\Box 4$         |         |   |
|   | 1        |             |             |             |                  |         |   |
|   |          |             |             |             |                  | +       | + |
|   |          |             |             |             | Total            |         |   |

Developed by Michael J. Lambert, Ph.D. and Gary M. Burlingame, Ph.D. © Copyright 1996 American Professional Counseling Services LLD All rights reserved. License required for all users.



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## **CAGE-AID**

When thinking about drug use, include illegal drug use and the use of prescription drug other than prescribed.

|    |   | Yes | No |
|----|---|-----|----|
| 1. | Have you ever thought that you need to cut down on your       |     |    |
|    | drinking and drug use?  |     |    |
| 2. | Have people annoyed you by criticizing your drinking and drug |     |    |
|    | use?  |     |    |
| 3. | Have you ever felt bad or guilty about your drug use?         |     |    |
| 4. | Have you ever had a drink or used drugs first thing in the    |     |    |
|    | morning to steady your nerves or to get rid of a hangover?    |     |    |

| Are you ii | a romantic relationship?                           |
|------------|--|
|            | Yes (complete the Couple Satisfaction Index below) |
|            | No (end assessment)                                |

## **Couple Satisfaction Index**

Please indicate the degree of happiness, all things considered, of your couple/romantic relationship.

| Extremely | Fairly  | A Little |       | Very  | Extremely |         |
|-----------|---------|----------|-------|-------|-----------|---------|
| Unhappy   | Unhappy | Unhappy  | Happy | Happy | Happy     | Perfect |
| 0         | 1       | 2        | 3     | 4     | 5         | 6       |

|                               | Not at<br>all<br>TRUE | A<br>little<br>TRUE | Some-<br>what<br>TRUE | Mostly<br>TRUE | Almost<br>Completely<br>TRUE | Completely<br>TRUE |
|-------------------------------|-----------------------|---------------------|-----------------------|----------------|------------------------------|--------------------|
| I have a warm and comfortable | 0                     | 1                   | 2                     | 3              | 4                            | 5                  |
| relationship with my partner  |                       |                     |                       |                |                              |                    |

|   | Not at all | A<br>little | Some-<br>what | Mostly | Almost<br>Completely | Completely |
|---|------------|-------------|---------------|--------|----------------------|------------|
| How rewarding is your relationship with your partner?     | 0          | 1           | 2             | 3      | 4                    | 5          |
| In general, how satisfied are you with your relationship? | 0          | 1           | 2             | 3      | 4                    | 5          |