



INTAKE SURVEY - ADULT

1. How strongly do you agree or disagree with the following statements:	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
a. I deal effectively with daily problems.	()	()	()	()	()
b. I adapt quickly, I'm good at bouncing back from difficulties.	()	()	()	()	()

2. During the past 4 weeks, how often have you made a plan of action and followed it in response to physical health or emotional problems?	Always	Often	Sometimes	Rarely	Never
a. How often do you exercise?	()	()	()	()	()

3. During the past 4 weeks, how much of the time have you had any of the following problems with your work or other activities because of your emotional health?	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
a. Accomplished less than you would like	()	()	()	()	()
b. Did work or activities less carefully than usual	()	()	()	()	()

4. How much of the time during the past 4 weeks?	All of the time	Most of the time	Some of the time	None of the time
a. Have you felt calm and peaceful?	()	()	()	()
b. Did you have a lot of energy?	()	()	()	()
c. Have you felt downhearted and depressed?	()	()	()	()

5. During the past 4 weeks, how much of the time have your emotional problems interfered with your social activities?	All of the time	Most of the time	Some of the time	None of the time
a. Affected your alcohol/drug intake?	()	()	()	()
b. Affected your eating habits?	()	()	()	()
c. Affected your sleeping habits?	()	()	()	()