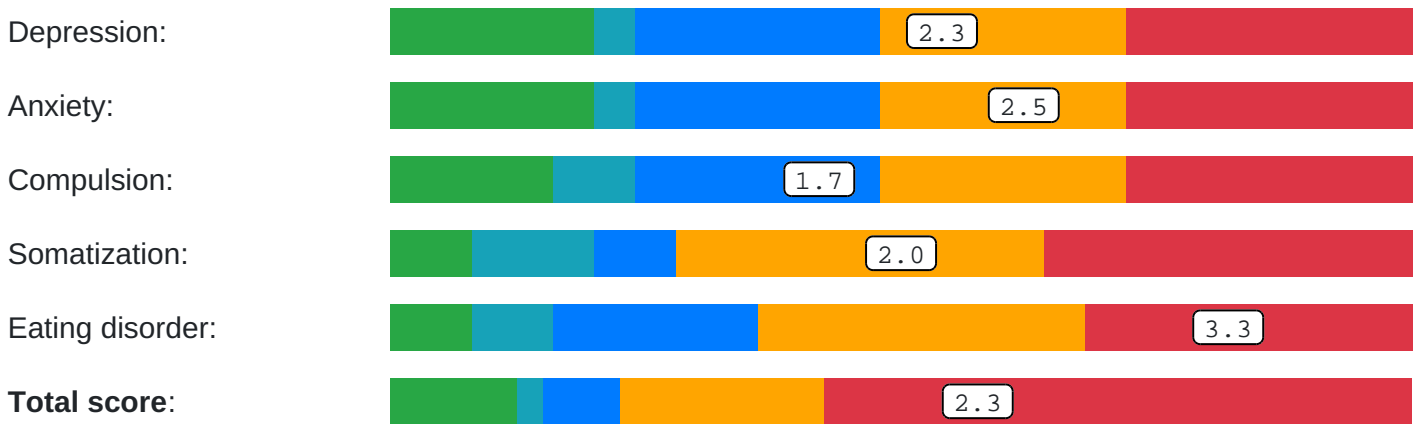


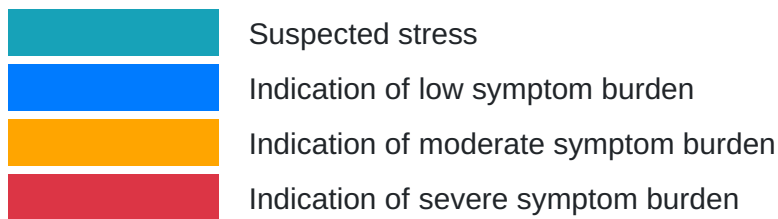
Scoring ICD-10-Symptom-Rating (ISR)

10.09.2023



0 does not apply, 1 applies a little, 2 applies quite a bit, 3 applies to a great extent, 4 applies extremely

Legend



For each supplementary item (from: *I have a difficult time concentrating.*): All item values of 1 and higher (from "applies a little") should be explored in more detail.

Below you will find a list of symptoms which people can experience. Currently you may be affected by some of them. To ensure we don't overlook any afflictions, we would like you to look at a range of symptoms.

Please indicate if you have personally been affected from any one of the following symptoms within the past two weeks (with exception of the second last question, which relates to the past few years). We would also like to know to what extent you have been affected by each symptom.

Please rate how each of the following statements applies to you without thinking much about it.

- Select "does not apply", if you do not suffer from this symptom at all
- Select "applies a little", if you suffer from this symptom a little
- Select "applies quite a bit", if you suffer from this symptom quite a bit
- Select "applies to a great extent", if you suffer from this symptom to a great extent
- Select "applies extremely", if you suffer from this symptom extremely

I feel down and depressed.	applies extremely
I no longer enjoy doing things I used to enjoy.	applies a little
When I want to do something I lack energy and get tired quickly.	applies a little
I lack self-esteem and self-confidence.	applies to a great extent

I suffer from inexplicable anxiety attacks or fear situations that seem harmless to others.	applies to a great extent
Feeling intense anxiety in such harmless situation, I suffer physically from problems, such as rapid heartbeat, shortness of breath, dizziness, chest pains, choking sensations, trembling, inner restlessness, or tension.	applies to a great extent
I try to avoid these harmless frightening situations.	applies quite a bit
Just thinking about a possible anxiety attack scares me.	applies quite a bit
I suffer from recurring, seemingly senseless thoughts or actions which I cannot stop (such as excessive hand washing).	applies a little
I try to resist recurring, seemingly senseless thoughts and actions, but often don't succeed.	applies extremely
I suffer from upsetting, seemingly pointless thoughts and actions that interfere with my everyday life.	does not apply
I feel the need to see a doctor about inexplicable physical problems.	applies to a great extent
I worry about having a serious physical illness.	applies quite a bit
Several doctors have assured me that I'm not seriously ill, but I have a hard time believing them.	applies a little
I control my weight with low-calorie foods, by vomiting, with drugs (such as laxatives), or through extensive exercise.	applies extremely
I think a lot about food and worry constantly about gaining weight.	applies quite a bit
I spend a lot of time thinking of ways to lose weight.	applies extremely
I have a difficult time concentrating.	applies to a great extent
I think about committing suicide.	applies to a great extent
I have problems sleeping.	applies extremely
My appetite is diminished.	applies extremely
I keep forgetting things.	does not apply
I suffer from recurring dreams or flashbacks of horrible events.	applies a little
I experience mental difficulties due to intense stress (such as being seriously ill, losing my job, or separating from my partner).	applies quite a bit
I no longer perceive my feelings and experiences as my own.	does not apply
The people and environment around me appear unreal, distant, and lifeless to me.	applies to a great extent
I have difficulties engaging in sexual activities.	applies to a great extent
I've changed significantly over the past years after having experienced an extremely stressful event (such as a head injury, a wartime experience or abuse).	does not apply
I have a problem with my sexual preferences.	applies extremely