

How is your mental health affecting your daily life?

Answer these questions and talk to your healthcare provider.

Serious mental health conditions can affect how you think, act, and feel. Answer the questions below as best as you can and then review the answers together with your healthcare provider. Your answers will allow your provider to learn about you and give you the best care. You are encouraged to share how you are feeling and what you have been going through. This will help your provider understand the best way to help you.

	Choose 1 answer		
	Never	Sometimes	Always
Do you spend time with friends and family?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you enjoy what you do each day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you share how you are feeling with other people (for example: sadness, happiness, or irritation)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you able to focus and complete tasks (for example: take out the garbage or clean your room)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you regularly maintain your personal care routines, such as showering or brushing your teeth?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you usually understand and answer questions without needing extra time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you feel like other people have trouble understanding what you are saying?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have you noticed yourself doing things that are strange or hard to understand?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you ever hear, see, or feel things that cause you distress?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do any of the problems you have mentioned affect what you can do in your daily life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please share further details with your provider during your appointment.

This form is intended to help guide your conversation with your provider to identify and assess symptoms. This is not a complete list of questions, but it can help assess some of your symptoms. Everyone living with schizophrenia experiences symptoms differently. This form is not intended to diagnose schizophrenia which should always be based on clinical judgment through psychiatric evaluation, diagnostic criteria (e.g., DSM-5-TR or ICD-10), physical examination, tests, and behavioral observation.