|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FOR OFFICE USE ONLY** | | | | | | | | |
| **Individual ID** |  | **Family ID** |  | **Please indicate whether these ratings are Initial**  **Or Final** | **Date of rating** |  | **Sum of scores** |  |

**How are you feeling at the moment?**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **I disagree quite a lot** | **I disagree a little** | **I’m not sure** | **I agree a little** | **I agree quite a lot** | **Office Use: Enter scores below** |
| **1** | **I understand why we have had to change the way we live** |  |  |  |  |  |  |
| **2** | **I’m coping well with all the changes in my life** |  |  |  |  |  |  |
| **3** | **I’m feeling anxious about quite a lot of things** |  |  |  |  |  |  |
| **4** | **I’m feeling lonely, and missing people** |  |  |  |  |  |  |
| **5** | **I’m managing to keep healthy and physically active** |  |  |  |  |  |  |
| **6** | **I’ve been able to have fun and learn new things** |  |  |  |  |  |  |
| **7** | **I’m feeling miserable and unhappy at the moment** |  |  |  |  |  |  |
| **8** | **I’m getting on well with family members I live with** |  |  |  |  |  |  |
| **9** | **I sometimes have bad thoughts that I never had before this all happened** |  |  |  |  |  |  |
| **10** | **I have someone I trust and can talk to if I do have bad thoughts** |  |  |  |  |  |  |