

# VCAT TREATMENT CENTER

Initial Psychological Assessment  
Depression, Anxiety, ADHD,  
Substance abuse

Name:   
Email:

AGE:   
DATE:

Instructions: Below is a list of questions that relate to life experiences among people who have been diagnosed with common mental health disorders such as depression, anxiety, ADHD, substance abuse, etc. Please read each question carefully, and indicate how severe (7 being the highest) you have experienced the same or similar challenges in the past few months. Please save the form to your desktop then filled out the form and email the saved form to [info@psychologyus.com](mailto:info@psychologyus.com)

Your privacy is important to us. All results are completely anonymous.

**Rank each of the issues below from 1 to 7 in the box.**

**1-----2-----3----- 4 -----5-----6-----7**

Thinks clearly	<input type="text"/>	Difficulty thinking
Creative problem solver	<input type="text"/>	Gets stuck with problems
Plans effectively	<input type="text"/>	Doesn't plan
Good decision-maker	<input type="text"/>	Can't make up mind
Organizes tasks effectively	<input type="text"/>	Doesn't organize tasks well
Detail oriented	<input type="text"/>	Struggles with details
Careful and accurate	<input type="text"/>	Makes careless mistakes
Maintains attention on task	<input type="text"/>	Easily distracted from task
Good listener	<input type="text"/>	Poor listener
Follows instructions	<input type="text"/>	Doesn't follow instructions
Remembers tasks and appointments	<input type="text"/>	Forgets tasks/appointments
Alert to surroundings	<input type="text"/>	Day dreamy
Completes tasks	<input type="text"/>	Starts but doesn't finish
Keeps track of items	<input type="text"/>	Loses/misplaces things
Positive and happy	<input type="text"/>	Negative and unhappy
Comfortable in social situations	<input type="text"/>	Uncomfortable socially
Feels good about self	<input type="text"/>	Poor self image
Handles new situations confidently	<input type="text"/>	Dislikes new situations
Energetic and enthusiastic	<input type="text"/>	Low energy

Eats appropriately		Eats little or overeats
Sleeps easily and gets up easily		Sleeps little or too much
Generally calm and stable		Agitated or irritable
Positive about the future		Hopeless about future
Finds enjoyment and pleasure in life		Can't see positives in life
Sees positive traits in others		Negative view of others
Happy and joyful		Flat or unhappy
Laughs easily and appropriately		Rarely laughs
Experiences excitement in life		Finds life boring
Has good vocabulary and uses it well		Limited vocabulary
Speaks in complete and orderly way		Disorganized verbal expression
Clear, expressive writer		Writes poorly
Accurate grammar and punctuation		Makes grammar/punctuation errors
Recalls desired words when writing		Can't find the right word
Self-starter who gets things done		Unmotivated
Participates in recreational activity		Doesn't participate
Interested in other people		Finds others boring
Interested in work or school		Finds school/work boring
Has goals and plans in life		Just goes through life
Able to deviate from routine		Stuck in routine ways of doing things
Tolerates disorder		Greatly disturbed by disorder
Allows others control		Needs to control people/situations
Not perfectionist		Demands perfection

Balances work with social life		Obsession with work crowds out social life
Adjusts to new experience		Can't shift patterns for doing things
Flexible behavior/speech patterns		Compulsive repetition of speech or behaviors
Able to do things quickly and accurately		Works very slowly to be sure things are right
Doesn't have obsessive thoughts		Can't stop unpleasant, repetitive thoughts
Flexible		Stubborn
Follows the rules		Disobedient
Accepts authority		Rebels against authority
Not argumentative		Argues for the sake of arguing
Does not do things to annoy others		Does things just to bother others
Able to control temper		Poor temper control.
Accepts responsibility for own actions		Blames others
Not easily annoyed		Annoyed by small things
Calm and positive		Angry or resentful
Treats others compassionately		Does things to hurt others
Controls use of substances		Addictive with certain substances
Controls behaviors		Can't control certain behaviors (e.g. gambling)
Able to stop use of substances		Feels discomfort when attempting to stop using
Thinks before acting		Impulsive actions

Controls temper in public		Loses temper in public
Appropriate expressions of sexuality		Inappropriate sexual activity
Does not argue or fight		Argumentative/gets into fights
Controls physical behavior when angry		Physically out of control when angry
Does not interrupt in conversations		Interrupts often
Can wait in line or do things in turn		Impatient when required to wait
Need not be center of attention		Seeks attention in groups
Respects feelings of others		Speaks without thinking of others' feelings
Finishes tasks without jumping around		Can't stay on task to completion
Feels fear when appropriate		Not afraid when others would be
Feels anger when appropriate		Does not get angry when others would
Feels anxious when appropriate		Doesn't get nervous when others would
Not needlessly frightened		Afraid in situations where others are not
Not needlessly angry		Gets angry when it is not appropriate
Anger level is appropriate to the cause		Overreacts to anger-provoking situations
Recalls childhood clearly		Has lost periods of time from childhood
Feels pain appropriately		Does not feel pain when others would
Does not hear voices in head		Hears voices inside head
Able to sit still		Fidgety and restless
Appropriate level of energy		Sluggish or low energy
Talks appropriately		Talks excessively or very little

Talks at reasonable pace		Talks very fast or very slowly
Can entertain self quietly		Can't relax or work/play quietly
Able to start new tasks		Can't find the energy to get things started
Clear handwriting		Messy handwriting
Able to do fine-motor tasks		Difficulty with fine-motor tasks
Graceful and coordinated		Clumsy, breaks or bumps into things
Balanced and rhythmic		Poor balance or rhythm