RESPONSE CARD (GIVE TO INDIVIDUAL BEFORE ASSESSMENT)

Think about your thoughts, feelings, and behavior **DURING THE PAST MONTH**. Use these frequency rating options to help answer how often the problem has happened in the past month. For each question choose **ONE** of the following responses.

- **1**
  - S
  - M
  - T
  - W
  - T
  - F
  - S
  - X
  - X

- **2**
  - S
  - M
  - T
  - W
  - T
  - F
  - S
  - X
  - X

- **3**
  - S
  - M
  - T
  - W
  - T
  - F
  - S
  - X
  - X

- **4**
  - S
  - M
  - T
  - W
  - T
  - F
  - S
  - X
  - X

- **5**
  - S
  - M
  - T
  - W
  - T
  - F
  - S
  - X
  - X

"Not at all" means never in the past month.

A "little bit" means about 2 times per month.

"Somewhat" means about 1-2 times each week during the past month.

"Quite a bit" means 2-3 times a week during the past month.

"Very much" means almost every day during the past month.