

**Behavioral Health Measure--20™
College Counseling Version**

Please answer these questions as they relate to the past two weeks.

1. How distressed have you been?

- Extremely distressed (0)
- Very distressed (1)
- Moderately distressed (2)
- A little bit distressed (3)
- Not at all distressed (4)

2. How satisfied have you been with your life?

- Not satisfied at all (0)
- Mildly satisfied (1)
- Somewhat satisfied (2)
- Satisfied (3)
- Very satisfied (4)

3. How energetic and motivated have you been feeling?

- Not at all energetic and motivated (0)
- A little bit energetic and motivated (1)
- Somewhat energetic and motivated (2)
- Energetic and motivated (3)
- Very energetic and motivated (4)

Please use the following rating scale:

- 4 Never**
- 3 A Little Bit**
- 2 Sometimes**
- 1 Often**
- 0 Almost Always**

In the past two weeks how much have you been distressed by:

- | | | | | | |
|-------------------------------------------------------------------------------------|-----|-----|-----|-----|-----|
| 4. Feeling fearful, scared. | (4) | (3) | (2) | (1) | (0) |
| 5. Alcohol/drug use interfering with your performance at school or work. | (4) | (3) | (2) | (1) | (0) |
| 6. Wanting to harm someone. | (4) | (3) | (2) | (1) | (0) |
| 7. Not liking yourself. | (4) | (3) | (2) | (1) | (0) |
| 8. Difficulty concentrating. | (4) | (3) | (2) | (1) | (0) |
| 9. Eating problem interfering with relationships (family or friends). | (4) | (3) | (2) | (1) | (0) |
| 10. Thoughts of ending your life. | (4) | (3) | (2) | (1) | (0) |
| 11. Feeling sad most of the time. | (4) | (3) | (2) | (1) | (0) |
| 12. Feeling hopeless about the future. | (4) | (3) | (2) | (1) | (0) |
| 13. Powerful, intense mood swings (highs and lows). | (4) | (3) | (2) | (1) | (0) |
| 14. Alcohol/drug use interfering with your relationships with family and/or friends | (4) | (3) | (2) | (1) | (0) |
| 15. Feeling nervous. | (4) | (3) | (2) | (1) | (0) |
| 16. Heart pounding or racing. | (4) | (3) | (2) | (1) | (0) |

Behavioral Health Measure--20™ Continued

Please use the following rating scale:

- | | |
|----------|------------------|
| 0 | Terribly |
| 1 | Poorly |
| 2 | Fair |
| 3 | Well |
| 4 | Very well |

How have you been getting along in the following areas of your life over the past two weeks?
Leave blank if the item does not apply.

- | | |
|--------------------------------------------------------------------------------------------------------------|---------------------|
| 17. Work/School
(for example, performance, attendance). | (0) (1) (2) (3) (4) |
| 18. Intimate Relationships (for example,
support, communication, closeness). | (0) (1) (2) (3) (4) |
| 19. Nonfamily Social Relationships/Friends
(for example, communication, closeness,
level of activity). | (0) (1) (2) (3) (4) |
| 20. Life Enjoyment (for example, recreation,
life appreciation, leisure activities). | (0) (1) (2) (3) (4) |

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