Synergy Mental health Services – Symptom Checklist

Please review the following list of symptoms and check each that you are currently (Cx) experiencing or have a history (Hx) with. Do not omit any symptoms because you are not concerned with them.

Client Name: _____ **Client ID:** _____

Category 1: Sleep	**Cx**	**Hx**		**Cx**	**Hx**
Bruxism (Teeth Grinding)	☐	☐	Difficulty falling asleep	☐	☐
Difficulty maintaining sleep	☐	☐	Difficulty waking	☐	☐
Dysregulated sleep cycle	☐	☐	Narcolepsy	☐	☐
Night sweats	☐	☐	Night terrors	☐	☐
Nightmares or vivid dreams	☐	☐	Nocturnal enuresis	☐	☐
Periodic leg movements	☐	☐	Restless leg	☐	☐
Restless sleep	☐	☐	Sleep apnea	☐	☐
Sleep walking	☐	☐	Snoring	☐	☐
Talking during sleep	☐	☐			

Category 2: Attention & Learning	**Cx**	**Hx**		**Cx**	**Hx**
Difficulty completing tasks	☐	☐	Difficulty following directions	☐	☐
Difficulty making decisions	☐	☐	Difficulty organizing personal time/space	☐	☐
Difficulty remembering names	☐	☐	Difficulty shifting attention	☐	☐
Difficulty shifting tasks	☐	☐	Difficulty thinking clearly	☐	☐
Difficulty understanding conversations	☐	☐	Distractibility	☐	☐
Lack of alertness	☐	☐	Lacking common sense	☐	☐
Messy handwriting	☐	☐	Not listening	☐	☐
Poor concentration	☐	☐	Poor drawing ability	☐	☐
Poor math	☐	☐	Poor short-term memory	☐	☐
Poor sustained attention	☐	☐	Poor verbal expression	☐	☐
Poor vocabulary	☐	☐	Poor word finding	☐	☐
Reading difficulty	☐	☐	Slow thinking	☐	☐
Unmotivated	☐	☐			

Category 3: Sensory	**Cx**	**Hx**		**Cx**	**Hx**
Auditory hypersensitivity	☐	☐	Chemical sensitivities	☐	☐
Motion sickness	☐	☐	Poor body awareness	☐	☐
Somatosensory deficits	☐	☐	Tactile hypersensitivity	☐	☐
Tinnitus (Ears Ringing)	☐	☐	Vertigo (Dizziness)	☐	☐
Visual deficits	☐	☐	Visual hypersensitivity	☐	☐

Category 4: Behaviors	**Cx**	**Hx**		**Cx**	**Hx**
Addictive behaviors	☐	☐	Aggressive behavior	☐	☐
Anorexia	☐	☐	Autistic stimming	☐	☐
Binging and purging	☐	☐	Class clown	☐	☐
Compulsive behaviors	☐	☐	Compulsive eating	☐	☐
Crying	☐	☐	Excessive talking	☐	☐
Hyperactivity	☐	☐	Impulsivity	☐	☐
Inflexibility	☐	☐	Lack of appetite awareness	☐	☐
Lack of sense of humor	☐	☐	Lack of social interest	☐	☐
Manipulative behavior	☐	☐	Motor or vocal tics	☐	☐
Nail biting	☐	☐	Oppositional or defiant behavior	☐	☐
Poor eye contact	☐	☐	Poor grooming	☐	☐
Poor social or emotional reciprocity	☐	☐	Poor speech articulation	☐	☐
Rages	☐	☐	Self-injurious behavior	☐	☐
Stuttering	☐	☐			

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Category 5: Emotional	Cx	Hx		Cx	Hx
Agitation	☐	☐	Anger	☐	☐
Anxiety	☐	☐	Depression	☐	☐
Difficult to soothe	☐	☐	Dissociative episodes	☐	☐
Easily embarrassed	☐	☐	Emotional reactivity	☐	☐
Fears	☐	☐	Feelings of unreality	☐	☐
Flashbacks of trauma	☐	☐	Impatience	☐	☐
Irritability	☐	☐	Lack of emotional awareness	☐	☐
Lack of pleasure	☐	☐	Lack of social awareness	☐	☐
Low self-esteem	☐	☐	Mania	☐	☐
Mood swings	☐	☐	Obsessive negative thoughts	☐	☐
Obsessive worries	☐	☐	Panic attacks	☐	☐
Paranoia	☐	☐	Suicidal thoughts	☐	☐

Category 6: Physical	Cx	Hx		Cx	Hx
Allergies	☐	☐	Asthma	☐	☐
Chronic constipation	☐	☐	Clumsiness	☐	☐
Difficulty walking or moving	☐	☐	Difficulty working	☐	☐
Effort fatigue	☐	☐	Encopresis	☐	☐
Fatigue	☐	☐	Heart palpitations	☐	☐
High blood pressure	☐	☐	Hot flashes	☐	☐
Immune deficiency	☐	☐	Irritable bowel	☐	☐
Low muscle tone	☐	☐	Muscle tension	☐	☐
Muscle twitches	☐	☐	Muscle weakness	☐	☐
Nausea	☐	☐	PMS symptoms	☐	☐
Poor balance	☐	☐	Poor fine motor coordination	☐	☐
Poor gross motor coordination	☐	☐	Reflux / Heartburn	☐	☐
Rigidity	☐	☐	Seizures	☐	☐
Skin rashes	☐	☐	Spasticity	☐	☐
Stress incontinence	☐	☐	Sugar craving and reactivity	☐	☐
Sweating	☐	☐	Tachycardia	☐	☐
Tremor	☐	☐	Urge incontinence	☐	☐

Category 7: Pain	Cx	Hx		Cx	Hx
Abdominal pain	☐	☐	Chronic aching pain	☐	☐
Chronic nerve pain	☐	☐	Fibromyalgia pain	☐	☐
Jaw pain	☐	☐	Joint pain	☐	☐
Migraine headaches	☐	☐	Muscle pain	☐	☐
Muscle tension headaches	☐	☐	Sciatica	☐	☐
Sinus headaches	☐	☐	Stomach aches	☐	☐
Trigeminal neuralgia	☐	☐			