

Psychological Questionnaires

Personal Information:

Name: _____ Age: _____

Gender: _____ Contact Information: _____

PART I - GENERAL HEALTH AND WELL-BEING

On a scale of 1-10, how would you rate your overall physical health?

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

On a scale of 1-10, how would you rate your overall mental health?

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

Do you currently have any medical conditions or illnesses?

☐ Yes ☐ No

Have you ever been diagnosed with a mental health disorder?

☐ Yes ☐ No

PART II - EMOTIONAL WELL-BEING

How often do you experience intense feelings of sadness or depression?

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

How frequently do you feel anxious or overwhelmed?

- ☐ Never
☐ Rarely
☐ Sometimes
☐ Often
☐ Always

Do you often experience mood swings or emotional instability?

☐ Yes ☐ No

PART III - RELATIONSHIPS AND SOCIAL INTERACTIONS

How satisfied are you with your current relationships?

- ☐ Very satisfied
☐ Satisfied
☐ Neutral
☐ Dissatisfied
☐ Very dissatisfied

Do you feel supported by your friends and family?

☐ Yes ☐ No

Have you recently experienced any significant changes or challenges in your relationships?

☐ Yes ☐ No

SELF-ESTEEM AND SELF-IMAGE

How would you rate your overall self-esteem?

☐ Very high
☐ High
☐ Moderate
☐ Low
☐ Very low

Are you generally confident in yourself and your abilities?

☐ Yes ☐ No

Do you have a positive or negative self-image?

☐ Positive ☐ Negative

COPING MECHANISMS AND STRESS MANAGEMENT

How do you typically cope with stress or challenging situations?

Are you satisfied with your current stress management strategies?

☐ Yes ☐ No

Have you recently experienced high levels of stress?

☐ Yes ☐ No

LIFESTYLE AND HABITS:

How would you describe your sleep patterns and quality of sleep?

Do you engage in regular physical exercise or activities?

☐ Yes ☐ No

Are you satisfied with your current lifestyle choices?

☐ Yes ☐ No

ADDITIONAL COMMENTS:

Please feel free to provide any additional information or comments that you believe may be relevant to your psychological well-being.