

Somatic Symptom Screener (DSM Level 1)

During the past 2 weeks, how much have you been bothered by any of the following problems?	None Not at all	Slight Rare, less than a day or two	Mild Several days	Moderate More than half the days	Severe Nearly every day
Unexplained aches and pains (e.g., head, back, joints, abdomen, legs)?	0	1	2	3	4
Feeling that your illnesses are not being taken seriously enough?	0	1	2	3	4

If the score for EITHER question is 2, 3, or 4, answer below and page 2.

A Criteria (SSS-8)

During the past 7 days, how much have you been bothered by any of the following problems?	Not at all	A little bit	Somewhat	Quite a bit	Very much
Back Pain	0	1	2	3	4
Chest pain or shortness of breath	0	1	2	3	4
Dizziness	0	1	2	3	4
Feeling tired or having low energy	0	1	2	3	4
Headaches	0	1	2	3	4
Pain in your arms, legs, or joints	0	1	2	3	4
Stomach or bowel problems	0	1	2	3	4
Trouble sleeping	0	1	2	3	4

Total Score: _____

B Criteria (SSD-12)

	Never	Rarely	Sometimes	Often	Very Often
I think that my physical symptoms are signs of a serious illness	0	1	2	3	4
I am very worried about my health	0	1	2	3	4
My health concerns hinder me in everyday life	0	1	2	3	4
I am convinced that my symptoms are serious	0	1	2	3	4
My symptoms scare me	0	1	2	3	4
My physical complaints occupy me for most of the day	0	1	2	3	4
Others tell me that my physical problems are not serious	0	1	2	3	4
I'm worried that my physical complains will never stop	0	1	2	3	4
My worries about my health take my energy	0	1	2	3	4
I think that doctors do not take my physical complains seriously	0	1	2	3	4
I am worried that my physical symptoms will continue into the future	0	1	2	3	4
Due to my physical complaints, I have poor concentration on other things	0	1	2	3	4

Total Score: _____