



Identifying psychological disorders worksheet

Mark the symptoms found in the client:

- being depressed or sad
- confused thinking or a diminished capacity to focus
- excessive worry, anxiety, or thoughts of guilt
- extreme highs and lows in one's mood
- leaving friends and activities behind
- significant exhaustion, lack of energy, or issues sleeping
- Loss of reality awareness (delusions), suspicion, or hallucinations
- inability to manage stress or daily difficulties
- difficulty comprehending and responding to people and circumstances
- alcohol or drug abuse issues
- significant dietary modifications
- changes in sex
- excessive hatred, fury, or violence
- suicidal ideation

References

[Kroenke, K., Spitzer, R. L., & Williams, J. B. \(2003\). The Patient Health Questionnaire-2: validity of a two-item depression screener. *Medical care*, 41\(11\), 1284–1292.](#)

[Sapra, A., Bhandari, P., Sharma, S., Chanpura, T., & Lopp, L. \(2020\). Using Generalized Anxiety Disorder-2 \(GAD-2\) and GAD-7 in a Primary Care Setting. *Cureus*, 12\(5\), e8224.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.