Behavioral Report Inventory

Here are things that people sometimes do. Please indicate **how frequently** you have done each of them, using the following scale:

①	②	③	④	⑤
NEVER in my life	**Not in the past year**	**ONCE or TWICE in the past year**	**THREE or MORE times in the past year, but not more than 15 times (such as once or twice a month)**	**MORE THAN 15 TIMES in the past year**

- **Please use a No. 2 pencil.**
- **Make solid marks that fill the circle completely.**
- **Erase mistakes cleanly.**
- **Make no extra marks on this form.**

CORRECT: ●

INCORRECT: ⊘ ⊗ ◒ ◔

Played chess. ①②③④⑤

Shot a gun. ①②③④⑤

Drank four or more soft drinks a day. ①②③④⑤

Lied about my age. ①②③④⑤

Polished my toenails. ①②③④⑤

Participated in an exercise program. ①②③④⑤

Attended a stage play or musical. ①②③④⑤

Visited a friend or relative's home overnight. ①②③④⑤

Sang in a car or shower. ①②③④⑤

Had symptoms of allergies or hay fever, such as a stuffy nose or itchy eyes. ①②③④⑤

Entertained six or more people. ①②③④⑤

Spent an hour at a time daydreaming. ①②③④⑤

Consulted a professional nutritionist, dietician, or physician about my diet. ①②③④⑤

Worked on a scrap book. ①②③④⑤

Listened to music. ①②③④⑤

Spent time preserving or canning fruits or vegetables. ①②③④⑤

Used both sides of a piece of paper before discarding it. ①②③④⑤

Tried to stop using alcohol or other drugs. ①②③④⑤

Attended a church or religious service. ①②③④⑤

Gave money to a panhandler. ①②③④⑤

Drank whiskey, vodka, gin, or other hard liquor. ①②③④⑤

Ended a romantic relationship. ①②③④⑤

Meditated. ①②③④⑤

Was late for work. ①②③④⑤

Played a piano or other instrument. ①②③④⑤

Made an entry in a diary or journal. ①②③④⑤

PLEASE DO NOT WRITE IN THIS AREA

4960

① NEVER in my life	② Not in the past year	③ ONCE or TWICE in the past year	④ THREE to 15 times in the past year	⑤ 15 or MORE times in the past year

Had a hangover. ①②③④⑤

Learned a new computer program. ①②③④⑤

Listened to the radio. ①②③④⑤

Participated in a self-help group. ①②③④⑤

Cried. ①②③④⑤

Had an operation. ①②③④⑤

Wore formal clothing (evening gown, tuxedo, dinner jacket, etc.). ①②③④⑤

Arranged a date for a friend. ①②③④⑤

Finished a large project. ①②③④⑤

Became intoxicated. ①②③④⑤

Fed a stray dog or cat. ①②③④⑤

Took tranquilizing pills. ①②③④⑤

Cared for tropical fish or goldfish. ①②③④⑤

Dined by candle light. ①②③④⑤

Drew pictures or doodles while on the phone. ①②③④⑤

Went boating or rafting. ①②③④⑤

Consulted a lawyer. ①②③④⑤

Went running or jogging. ①②③④⑤

Drank beer. ①②③④⑤

Visited a museum. ①②③④⑤

Went to a dentist. ①②③④⑤

Invited people over for a television show, movie, or a slide show. ①②③④⑤

Had my back rubbed. ①②③④⑤

Ironed clothes. ①②③④⑤

Prayed (not including grace before meals). ①②③④⑤

Cleaned my room. ①②③④⑤

Played cards. ①②③④⑤

Discussed religion. ①②③④⑤

Went to a night club. ①②③④⑤

Argued with someone. ①②③④⑤

Cut my own hair. ①②③④⑤

Made fun of someone. ①②③④⑤

Ate at an all-you-can-eat buffet. ①②③④⑤

Did a testicular self-examination. ①②③④⑤

Laughed when no one else was doing so. ①②③④⑤

Did a favor for a friend. ①②③④⑤

Took antacids. ①②③④⑤

Was consulted for help or advice by someone with a personal problem. ①②③④⑤

Borrowed clothing from a friend. ①②③④⑤

Thought about work in my free time. ①②③④⑤

Paid someone to polish my shoes. ①②③④⑤

Read the newspaper. ①②③④⑤

Placed a long distance call to another country. ①②③④⑤

Walked on a beach. ①②③④⑤

Misplaced something important (glasses, car keys, etc.). ①②③④⑤

Did something I thought I would never do. ①②③④⑤

Littered. ①②③④⑤

Played with a child. ①②③④⑤

Donated money to a political campaign or cause. ①②③④⑤

① NEVER in my life	② Not in the past year	③ ONCE or TWICE in the past year	④ THREE to 15 times in the past year	⑤ 15 or MORE times in the past year

Left a place because of cigarette smoke. ①②③④⑤

Watched a televised sports event. ①②③④⑤

Ate raw fish (sushi) or shellfish (oysters). ①②③④⑤

Went backpacking or camping. ①②③④⑤

Bought a gift for someone. ①②③④⑤

Fainted. ①②③④⑤

Went to a public library. ①②③④⑤

Used a VCR (video cassette recorder) to record a television program. ①②③④⑤

Swore around other people. ①②③④⑤

Drove a car after having a few alcoholic drinks. ①②③④⑤

Enrolled in a class (at a community center, university, or college). ①②③④⑤

Ordered food to be delivered. ①②③④⑤

Smoked tobacco (cigarettes, cigar, or pipe). ①②③④⑤

Complained about service in a restaurant. ①②③④⑤

Placed a classified ad. ①②③④⑤

Rode in a taxi. ①②③④⑤

Had a beauty treatment or had my hair styled. ①②③④⑤

Attended a religious revival meeting. ①②③④⑤

Changed the place where I live. ①②③④⑤

Hung up the phone on a friend or relative during an argument. ①②③④⑤

Talked in a language other than English. ①②③④⑤

Went to a grocery store. ①②③④⑤

Was diagnosed with a serious illness. ①②③④⑤

Chewed gum. ①②③④⑤

Acted in a play. ①②③④⑤

Looked something up in an encyclopedia. ①②③④⑤

Went roller skating, ice skating, or roller-blading. ①②③④⑤

Used a thermometer to take my temperature. ①②③④⑤

Had a stomach ache. ①②③④⑤

Watched a television soap opera or talk show. ①②③④⑤

Was bothered by cigarette smoke. ①②③④⑤

Talked in my sleep. ①②③④⑤

Drank alcohol during working hours. ①②③④⑤

Went fishing. ①②③④⑤

Went to a street fair or outdoor market. ①②③④⑤

Drove while talking on the phone. ①②③④⑤

Had a vaccination shot (such as a flu shot, allergy shot, or tetanus shot). ①②③④⑤

Read in bed before going to sleep. ①②③④⑤

Reported someone to the authorities for some form of misbehavior. ①②③④⑤

Broke a promise. ①②③④⑤

Donated money to charity. ①②③④⑤

Bought something from a phone or door solicitor. ①②③④⑤

Worked crossword puzzles. ①②③④⑤

Had my cholesterol level checked. ①②③④⑤

Took a sleeping pill. ①②③④⑤

Shopped at a second-hand or thrift store. ①②③④⑤

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Walked, biked, rode the bus, or carpooled instead of driving somewhere. ①②③④⑤

Hit or slapped someone. ①②③④⑤

Went on a trip by myself. ①②③④⑤

Chauffeured (drove) a child around. ①②③④⑤

Bought a piece of artwork. ①②③④⑤

Did yard work. ①②③④⑤

Took a nap during the day. ①②③④⑤

Wrote a handwritten letter. ①②③④⑤

Rode a bicycle or motorcycle without a helmet. ①②③④⑤

Ate breakfast in bed (not as a patient). ①②③④⑤

Bought a book. ①②③④⑤

Read personal ads. ①②③④⑤

Lost my temper. ①②③④⑤

Bought or picked flowers. ①②③④⑤

Left a place because it was too crowded. ①②③④⑤

Had an alcoholic drink before breakfast or instead of breakfast. ①②③④⑤

Paid someone to clean house or do yard work. ①②③④⑤

Lounged around my house without any clothes on. ①②③④⑤

Used public transportation. ①②③④⑤

Slept past noon. ①②③④⑤

Changed my plans because of weather conditions. ①②③④⑤

Yelled at a stranger. ①②③④⑤

Followed a sports team closely. ①②③④⑤

Took aspirin or ibuprofen. ①②③④⑤

Visited a doctor for a physical examination or general check up. ①②③④⑤

Paid bills. ①②③④⑤

Used smokeless tobacco (chewing tobacco, snuff). ①②③④⑤

Baked a cake, pie, or bread from scratch (no mixes). ①②③④⑤

Donated blood. ①②③④⑤

Took a hard drug (for example, cocaine, LSD, or heroin). ①②③④⑤

Talked to a neighbor. ①②③④⑤

Had acne, a skin rash, or hives. ①②③④⑤

Planted a tree. ①②③④⑤

Drove a car. ①②③④⑤

Had a migraine headache. ①②③④⑤

Babysat. ①②③④⑤

Ate or drank while driving. ①②③④⑤

Read a news magazine. ①②③④⑤

Attended a fashion show. ①②③④⑤

Read poetry. ①②③④⑤

Took a trip. ①②③④⑤

Drank in a bar. ①②③④⑤

Attended a formal dance. ①②③④⑤

Listened to the radio at work. ①②③④⑤

Bowled. ①②③④⑤

Was sick in bed for two or more days in a row. ①②③④⑤

① NEVER in my life	② Not in the past year	③ ONCE or TWICE in the past year	④ THREE to 15 times in the past year	⑤ 15 or MORE times in the past year

Used a computer. ①②③④⑤

Had a mammogram. ①②③④⑤

Asked questions in a meeting or lecture. ①②③④⑤

Planned for my retirement. ①②③④⑤

Tried something completely new. ①②③④⑤

Picked up litter that wasn't mine. ①②③④⑤

Took a long walk alone. ①②③④⑤

Looked up a word in the dictionary. ①②③④⑤

Was hit or slapped. ①②③④⑤

Did not return a phone call. ①②③④⑤

Bought a house or condominium. ①②③④⑤

Made a new friend. ①②③④⑤

Played in or conducted a band or orchestra. ①②③④⑤

Wrote a thank you note. ①②③④⑤

Went to a movie. ①②③④⑤

Talked on a cellular phone. ①②③④⑤

Yelled at an animal. ①②③④⑤

Gambled on a slot machine or video poker game. ①②③④⑤

Drank alcohol or used other drugs to make myself feel better. ①②③④⑤

Complimented someone. ①②③④⑤

Slept more than 10 hours at a time. ①②③④⑤

Cared for pet animals. ①②③④⑤

Bet money on a game or other event (not cards or dice). ①②③④⑤

Forgot the birthday of a close friend or relative. ①②③④⑤

Took a vacation of three weeks or more. ①②③④⑤

Did physical therapy or rehabilitation. ①②③④⑤

Talked for over thirty minutes at a time on the telephone. ①②③④⑤

Changed jobs. ①②③④⑤

Walked a dog. ①②③④⑤

Had a car accident. ①②③④⑤

Smashed a vase or other object in anger or frustration. ①②③④⑤

Drove or rode in a car without a seatbelt. ①②③④⑤

Used sunscreen. ①②③④⑤

Bought organic food (not sprayed with pesticides). ①②③④⑤

Gained at least 10 pounds. ①②③④⑤

Told a joke. ①②③④⑤

Ate Chinese, Japanese, Thai, or Korean food. ①②③④⑤

Learned a new board or card game. ①②③④⑤

Went swimming. ①②③④⑤

Eliminated a food from my diet because of health concerns. ①②③④⑤

Rode a bicycle. ①②③④⑤

Planned a party. ①②③④⑤

Started a conversation with strangers. ①②③④⑤

Drove a car over 75 miles per hour. ①②③④⑤

Bought new clothes. ①②③④⑤

Shared a problem with a close friend or relative. ①②③④⑤

① NEVER in my life	② Not in the past year	③ ONCE or TWICE in the past year	④ THREE to 15 times in the past year	⑤ 15 or MORE times in the past year

Awakened in the middle of the night and was unable to get back to sleep. ①②③④⑤

Stayed late at work. ①②③④⑤

Washed dishes. ①②③④⑤

Subscribed to a magazine. ①②③④⑤

Attended a rally or demonstration. ①②③④⑤

Produced a work of art. ①②③④⑤

Did a breast self-examination. ①②③④⑤

Made a gift for someone. ①②③④⑤

Visited a psychiatrist or psychologist. ①②③④⑤

Ate until I felt sick. ①②③④⑤

Stayed up all night. ①②③④⑤

Cared for a sick relative. ①②③④⑤

Wrote poetry. ①②③④⑤

Attended a public lecture. ①②③④⑤

Wrote a love letter. ①②③④⑤

Ate tuna, halibut, cod, or another white fish. ①②③④⑤

Had a severe allergic reaction. ①②③④⑤

Did aerobic exercise. ①②③④⑤

Attended a ballet performance. ①②③④⑤

Spent time in a hospital as a patient. ①②③④⑤

Rode a motorcycle. ①②③④⑤

Washed or polished a car. ①②③④⑤

Bit my fingernails. ①②③④⑤

Spent two or more hours cleaning the house. ①②③④⑤

Read the editorial page of a newspaper. ①②③④⑤

Took music lessons (voice or instrument). ①②③④⑤

Borrowed something and lost it, broke it, or never returned it. ①②③④⑤

Lay awake for an hour or more trying to go to sleep. ①②③④⑤

Bought a record, cassette tape, or CD. ①②③④⑤

Ate in a restaurant. ①②③④⑤

Learned a new skill. ①②③④⑤

Had my prostate checked. ①②③④⑤

Gave a prepared talk or public recital (vocal, instrumental, etc.). ①②③④⑤

Went skiing (snow or water). ①②③④⑤

Wrote a letter to a congressman or newspaper. ①②③④⑤

Apologized to someone. ①②③④⑤

Lent clothing to a friend. ①②③④⑤

Had a Pap smear. ①②③④⑤

Picked up a hitch-hiker. ①②③④⑤

Had an eye examination. ①②③④⑤

Cared for a potted plant. ①②③④⑤

Took a laxative. ①②③④⑤

Taught Sunday school. ①②③④⑤

Gardened. ①②③④⑤

Told a dirty joke. ①②③④⑤

Took medication for depression. ①②③④⑤

Wore glasses. ①②③④⑤

Had a loved one die. ①②③④⑤

Yelled at a child. ①②③④⑤

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Bought an expensive outfit to wear for a special occasion. ①②③④⑤

Changed or canceled an appointment. ①②③④⑤

Volunteered for a club or organization. ①②③④⑤

Changed my daily routine because of pain associated with an injury or illness. ①②③④⑤

Discussed sexual matters with a female friend. ①②③④⑤

Watched television news. ①②③④⑤

Bought a car. ①②③④⑤

Attended a city council meeting. ①②③④⑤

Drove more than 200 miles by myself. ①②③④⑤

Went to a garage sale. ①②③④⑤

Surfed the Internet. ①②③④⑤

Read my horoscope. ①②③④⑤

Attended an athletic event. ①②③④⑤

Laughed so hard tears came out of my eyes. ①②③④⑤

Borrowed money. ①②③④⑤

Made a list. ①②③④⑤

Tried to get a tan. ①②③④⑤

Had a problem breathing, such as wheezing or shortness of breath. ①②③④⑤

Tried on clothes in a store. ①②③④⑤

Followed a news story closely. ①②③④⑤

Went to a party. ①②③④⑤

Ate dinner alone. ①②③④⑤

Lent money to a friend. ①②③④⑤

Played golf. ①②③④⑤

Ate meat cooked rare. ①②③④⑤

Tried to convince someone to change his or her religious or political beliefs. ①②③④⑤

Arrived at an event more than an hour late. ①②③④⑤

Put pictures in a photo album. ①②③④⑤

Visited a person in a hospital. ①②③④⑤

Rode a bicycle to work. ①②③④⑤

Took No-Doz or other stay-awake pills. ①②③④⑤

Attended a wedding or a funeral. ①②③④⑤

Watched television. ①②③④⑤

Stayed in a hotel, motel, or resort. ①②③④⑤

Drank wine. ①②③④⑤

Bought new furniture. ①②③④⑤

Hung up on a phone solicitor. ①②③④⑤

Skipped a meal. ①②③④⑤

Played table tennis or ping-pong. ①②③④⑤

Took photographs. ①②③④⑤

Walked in my sleep. ①②③④⑤

Tried to quit smoking. ①②③④⑤

Ate something spicy for breakfast. ①②③④⑤

Signed a petition. ①②③④⑤

Drank black coffee (no cream or sugar). ①②③④⑤

Got engaged or married. ①②③④⑤

Quit my job. ①②③④⑤

Read an entire book in one sitting. ①②③④⑤

① NEVER in my life	② Not in the past year	③ ONCE or TWICE in the past year	④ THREE to 15 times in the past year	⑤ 15 or MORE times in the past year

Discussed ways to make money. ①②③④⑤

Smoked a cigarette or cigar before breakfast. ①②③④⑤

Read the Bible. ①②③④⑤

Adopted a pet from the Humane Society or pound. ①②③④⑤

Dried flowers or herbs. ①②③④⑤

Went to work. ①②③④⑤

Played sick to avoid doing something unpleasant. ①②③④⑤

Gestured or honked at another car. ①②③④⑤

Used eyeglasses or contact lenses. ①②③④⑤

Painted a picture (oil, watercolor, pastel, etc.). ①②③④⑤

Cheered loudly at a sports event. ①②③④⑤

Knitted, quilted, sewed, or crocheted. ①②③④⑤

Gave a tip of more than 20% for some service. ①②③④⑤

Smoked marijuana. ①②③④⑤

Took cough syrup or cough drops. ①②③④⑤

Had a professional massage. ①②③④⑤

Let someone else win a game. ①②③④⑤

Rode a horse. ①②③④⑤

Hugged someone. ①②③④⑤

Played Monopoly, Scrabble, checkers, or a similar board game. ①②③④⑤

Said grace before a meal. ①②③④⑤

Let work pile up until just before a deadline. ①②③④⑤

Attended an art exhibition. ①②③④⑤

Attended an opera or orchestra concert. ①②③④⑤

Called in sick to work because I was too tired to get up. ①②③④⑤

Repaired or did maintenance on a car myself. ①②③④⑤

Cooked a complete meal. ①②③④⑤

Decorated a room. ①②③④⑤

Changed a habit so I would have less impact on the environment. ①②③④⑤

Discussed sexual matters with a male friend. ①②③④⑤

Went dancing. ①②③④⑤

Had a nightmare. ①②③④⑤

Threw up after eating. ①②③④⑤

Played a practical joke on someone. ①②③④⑤

Went hunting. ①②③④⑤

Changed clothes during the work day (excluding gym or athletics). ①②③④⑤

Had an overdue fine for a movie rental or library book. ①②③④⑤

Dieted to lose weight. ①②③④⑤

Drank five or more cups of coffee a day. ①②③④⑤

Laughed out loud at something I thought of. ①②③④⑤

Obtained stock market prices. ①②③④⑤

Lifted weights. ①②③④⑤

Rode on a roller coaster, Ferris wheel, merry-go-round, or similar ride. ①②③④⑤

Exercised for 40 minutes or longer. ①②③④⑤

① NEVER in my life	② Not in the past year	③ ONCE or TWICE in the past year	④ THREE to 15 times in the past year	⑤ 15 or MORE times in the past year

Picked up a date in a bar, restaurant, or similar place. ①②③④⑤

Used a sauna or hot tub (whirlpool). ①②③④⑤

Ate two or more candy bars a day. ①②③④⑤

Discussed sports. ①②③④⑤

Lost at least 10 pounds. ①②③④⑤

Colored my hair. ①②③④⑤

Read a book. ①②③④⑤

Took vitamins or other health supplements. ①②③④⑤

Transplanted a plant. ①②③④⑤

Recycled. ①②③④⑤

Had arthritis or joint pain. ①②③④⑤

Went sightseeing. ①②③④⑤

Made repairs around the house. ①②③④⑤

Had a blind date. ①②③④⑤

Chewed on a pen or pencil. ①②③④⑤

Did an imitation or impersonation of another person. ①②③④⑤

Played a team sport. ①②③④⑤

Went on a hike. ①②③④⑤

Read a tabloid paper. ①②③④⑤

Gambled with cards or dice. ①②③④⑤

Drank tea. ①②③④⑤

Bought or sold corporate stocks. ①②③④⑤

Balanced my checkbook. ①②③④⑤

Had my blood pressure taken. ①②③④⑤

Wrote a postcard. ①②③④⑤

Read the funny pages or comics. ①②③④⑤

Sang in or conducted a choir or small ensemble. ①②③④⑤

Took three or more different medications in the same day. ①②③④⑤

Bought plants for a garden or yard. ①②③④⑤

Played computer games. ①②③④⑤

Composted food scraps or yard waste. ①②③④⑤

Received public assistance (such as food stamps or welfare). ①②③④⑤

Had a headache. ①②③④⑤

Renovated a room in a house. ①②③④⑤

Slept less than six hours in a night. ①②③④⑤

Stayed away from a social event in order to finish some work. ①②③④⑤

Drank eight or more glasses of water a day. ①②③④⑤

Made my own bed. ①②③④⑤

Carried a good luck charm (like a rabbit's foot or four leaf clover). ①②③④⑤

Drove faster than normal because I was angry. ①②③④⑤

Flew in an airplane. ①②③④⑤

Sent a message by electronic mail (e-mail). ①②③④⑤

Used a cane, wheelchair, walker, or crutches. ①②③④⑤

Attended a reunion (school or family). ①②③④⑤

Visited a cemetary. ①②③④⑤

Went on a picnic. ①②③④⑤

FOOD HABITS QUESTIONNAIRE

This questionnaire concerns your eating habits. If a question does not apply to the way you eat, fill in the bubble for "Not Applicable." For example, if you do not eat chicken, fill in "Not Applicable" to the item "Take skin off chicken." **Please answer every question, marking only one bubble for each item.**

In the *PAST MONTH*, how often did you...

	Usually or Always	Often	Sometimes	Rarely or Never	Not Applicable
When eating chicken, have it baked or broiled?	①	②	③	④	NA
When eating chicken, take off the skin?	①	②	③	④	NA
When eating red meat, eat only small portions?	①	②	③	④	NA
When eating red meat, trim all visible fat?	①	②	③	④	NA
Have a vegetarian dinner?	①	②	③	④	NA
Eat fish or chicken instead of red meat?	①	②	③	④	NA
Use a meatless tomato sauce on spaghetti or noodles?	①	②	③	④	NA
Use very low fat (1%) or non-fat milk?	①	②	③	④	NA
Eat special, low-fat, diet cheeses?	①	②	③	④	NA
Put butter or margarine on cooked vegetables?	①	②	③	④	NA
Eat boiled or baked potatoes without butter or margarine?	①	②	③	④	NA
Use low-calorie instead of regular salad dressing?	①	②	③	④	NA
Put sour cream, cheese, or other sauces on vegetables and potatoes?	①	②	③	④	NA
Have only fruit for dessert?	①	②	③	④	NA
Eat at least two vegetables (not green salad) at dinner?	①	②	③	④	NA
Snack on raw vegetables instead of potato, corn, or taco chips?	①	②	③	④	NA
Eat breads, rolls, or muffins without butter or margarine?	①	②	③	④	NA
Use yogurt instead of sour cream?	①	②	③	④	NA
Use a no calorie, non-stick spray when cooking?	①	②	③	④	NA
Eat ice milk, frozen yogurt, low-fat ice cream, or sherbet instead of regular ice cream?	①	②	③	④	NA

HOW HAVE YOU BEEN FEELING THIS WEEK?

Listed below are ways that people sometimes feel. Indicate how many times you have felt this way **during the past week**, using the following scale:

①	②	③	④	⑤
Not at all in the past week	**Rarely in the past week**	**Some of the time during the past week**	**Frequently in the past week**	**Most or all of the time in the past week**

①②③④⑤ Was bothered by things that usually don't bother me.

①②③④⑤ Had a poor appetite.

①②③④⑤ Did not feel like eating, even though I should have been hungry.

①②③④⑤ Felt that I could not shake off the blues, even with help from my family or friends.

①②③④⑤ Felt that I was just as good as other people.

①②③④⑤ Was down in the dumps.

①②③④⑤ Had trouble keeping my mind on what I was doing.

①②③④⑤ Felt depressed.

①②③④⑤ Felt that everything I did was an effort.

①②③④⑤ Felt hopeful about the future.

①②③④⑤ Thought my life had been a failure.

①②③④⑤ Thought about killing myself.

①②③④⑤ Had restless sleep.

①②③④⑤ Felt happy.

①②③④⑤ Was told I wasn't acting like myself.

①②③④⑤ Felt lonely.

①②③④⑤ Enjoyed life.

①②③④⑤ Had crying spells.

①②③④⑤ Felt sad.

①②③④⑤ Could not get going.

①②③④⑤ Felt fearful.

①②③④⑤ Felt that people disliked me.

①②③④⑤ Had thoughts about death.

①②③④⑤ Talked less than usual.

Curious Experiences Survey

Here are some experiences that people have in their daily lives. We are interested in **how often** you have these experiences (when you are not under the influence of alcohol or drugs). Please bubble in the appropriate response, using the following scale:

① **This NEVER happens to me.**
② **This OCCASIONALLY happens to me.**
③ **This SOMETIMES happens to me.**
④ **This FREQUENTLY happens to me.**
⑤ **This is almost ALWAYS happening to me.**

Drove or rode somewhere without remembering later what happened during all or part of the trip.	①②③④⑤
Was listening to someone talk and suddenly realized I did not hear part or all of what was said.	①②③④⑤
Found myself in a place and had no idea how I had gotten there.	①②③④⑤
Found myself dressed in clothes I didn't remember putting on.	①②③④⑤
Found new things among my belongings that I didn't remember buying.	①②③④⑤
Was approached by someone I didn't know who called me by another name or who insisted that he or she had met me before.	①②③④⑤
Had the experience of feeling as though I was standing next to myself, or watching myself as if I was looking at a different person.	①②③④⑤
Was told that I sometimes do not recognize a friend or family member.	①②③④⑤
Found that I had no memory for some important event in my life (for example, a wedding or graduation).	①②③④⑤
Had the experience of being accused of lying when I did not think I had lied.	①②③④⑤
Had the experience of looking in a mirror and not recognizing myself.	①②③④⑤
Had the experience of feeling that other people, objects, and the world around me were not real.	①②③④⑤
Had the experience of feeling that my body did not belong to me.	①②③④⑤
Had the experience of remembering a past event so vividly that it felt like I was reliving that event.	①②③④⑤

Please continue the Curious Experiences Survey on the following page ⟶

① **This NEVER happens to me.**

② **This OCCASIONALLY happens to me.**

③ **This SOMETIMES happens to me.**

④ **This FREQUENTLY happens to me.**

⑤ **This is almost ALWAYS happening to me.**

Had the experience of not being sure whether things I remember happening really did happen, or whether I just dreamed them. ①②③④⑤

Had the experience of being in a familiar place but finding it strange and unfamiliar. ①②③④⑤

Found that when I was watching television or a movie I became so absorbed in the story that I was unaware of other events happening around me. ①②③④⑤

Found that I became so involved in a fantasy or daydream that it felt like it was really happening to me. ①②③④⑤

Found that I was able to ignore pain. ①②③④⑤

Find that I sometimes sit staring off into space, thinking of nothing, and am not aware of the passage of time. ①②③④⑤

Talked out loud to myself. ①②③④⑤

Find that in one situation I act so differently from when I'm in another situation that I feel almost as if I were two different people. ①②③④⑤

Find that in certain situations I am able to do things with amazing ease and spontaneity that would usually be difficult for me. ①②③④⑤

Found that I could not remember whether I had done something or had just thought about doing that thing. ①②③④⑤

Found evidence that I had done things that I did not remember doing. ①②③④⑤

Found writings, drawings, or notes among my belongings that I must have done but cannot remember doing. ①②③④⑤

Found that I heard voices inside my head that told me to do things or that commented on things that I was doing. ①②③④⑤

Felt as though I was looking at the world through a fog so that people and objects appeared far away or unclear. ①②③④⑤

Felt like I was dreaming when I was awake. ①②③④⑤

Felt like I was disconnected from my body. ①②③④⑤

Felt that I could not move my hands or feet. ①②③④⑤

OTHER FOOD HABITS

Think about your eating habits over the past month or so. About how often do you eat food in each of the following catagories? Fill in only one bubble for each food.

	Never or less than once a MONTH	1 to 3 times a MONTH	1 to 2 times a WEEK	3 to 4 times a WEEK	5 times a WEEK or more
Hamburgers or cheeseburgers	①	②	③	④	⑤
Beef, such as steaks or roasts	①	②	③	④	⑤
Fried chicken with skin	①	②	③	④	⑤
Hot dogs, franks	①	②	③	④	⑤
Cold cuts, lunch meat, ham, etc.	①	②	③	④	⑤
Salad dressings (not diet), mayonnaise	①	②	③	④	⑤
Margarine	①	②	③	④	⑤
Butter	①	②	③	④	⑤
Eggs	①	②	③	④	⑤
Bacon or sausage	①	②	③	④	⑤
Cheese or cheese spread	①	②	③	④	⑤
Whole milk	①	②	③	④	⑤
2% milk	①	②	③	④	⑤
1% or non-fat (skim) milk	①	②	③	④	⑤
French fries	①	②	③	④	⑤
Ice cream (not low fat)	①	②	③	④	⑤
Doughnuts, pastries, cake, pie, cookies	①	②	③	④	⑤
Potato chips, corn chips, popcorn (not air popped)	①	②	③	④	⑤

Think about your eating habits over the past month or so. About how often do you eat food in each of the following catagories? Fill in only one bubble for each food.

	Never or less than once a WEEK	About once a WEEK	2 to 3 times a WEEK	4 to 6 times a WEEK	About once a DAY or more
Not counting juice, about how often do you eat fruit?	①	②	③	④	⑤
Not counting potatoes or salad, about how often do you eat vegetables?	①	②	③	④	⑤
Green salad	①	②	③	④	⑤
Potatoes	①	②	③	④	⑤
Beans, such as baked beans, pintos, kidney beans, or in chili	①	②	③	④	⑤
High-fiber or bran cereal	①	②	③	④	⑤
Dark whole grain bread such as whole wheat or rye	①	②	③	④	⑤
Juice, such as orange or grapefruit juice	①	②	③	④	⑤
Brown rice, whole wheat pasta, or bulgar	①	②	③	④	⑤
Oat bran or wheat germ	①	②	③	④	⑤
Fiber supplements	①	②	③	④	⑤

What are your reactions to these questions?

Were any of the questions particularly difficult for you or particularly ambiguous?

Any other comments or suggestions?

Thank you for completing this survey.

Please return it to the Oregon Research Institute to receive your $10 appreciation.

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