

Discharge planning for persons afflicted with psychoses and bipolar disorders

HOW DO FEEL ABOUT YOURSELF?

Please complete the following questionnaire on how you feel about yourself: Print this page and indicate your answers by means of a cross. Please add the results and enter the total in the field below. Discuss the result with your doctor.

Please note: All statements refer to the last seven days; please indicate your assessment in each case.	Not at all	Very little	A little	Definitely	Strongly	Very strongly
I feel powerless and that I don't have control over myself.	6	5	4	3	2	1
I feel really good about myself.	1	2	3	4	5	6
It's easy for me to think.	1	2	3	4	5	6
There's no hope for me - my future is dark.	6	5	4	3	2	1
I feel that my body belongs to me and is familiar to me.	1	2	3	4	5	6
I have serious inhibitions talking to people and making contact with them.	6	5	4	3	2	1
I am ingenious and have a great imagination.	1	2	3	4	5	6
I see my environment as familiar and friendly.	1	2	3	4	5	6
I feel powerless and exhausted.	6	5	4	3	2	1
My thoughts and feelings are shallow, and nothing is important to me.	6	5	4	3	2	1
My thought process is laboured and slow.	6	5	4	3	2	1
My feelings and behaviour are not appropriate to the circumstances. I get irritated about little things, but important events don't interest me.	6	5	4	3	2	1
I find it easy to make contact with people in my environment.	1	2	3	4	5	6
I see my surroundings as changed, foreign to me and threatening.	6	5	4	3	2	1
I can easily shield myself from others.	1	2	3	4	5	6
I see my body as a burden.	6	5	4	3	2	1
My thoughts are spasmodic and non-directional. It's difficult for me to think in an orderly manner.	6	5	4	3	2	1
What happens around me is of interest to me and is important to me.	1	2	3	4	5	6
My feelings and behaviour are appropriate to the circumstances.	1	2	3	4	5	6
I am extremely confident. Everything will be OK.	1	2	3	4	5	6

Total

Score between 20 and 60 points:

You do not feel good about yourself at the moment. There are a number of reasons for this, e.g. continuing psychotic or depressive symptoms or side effects of medication. If your score is between 20–60 points, it is essential that you discuss this with your doctor or therapist.

Score between 61 and 79 points:

Your subjective perception of yourself is in the middle range. This means that there are still some areas that could be improved on. Highlight the areas in the questionnaire in which you received few points (≤3 points) and show the questionnaire to your doctor or therapist to discuss the results.

Score between 81 and 120 points:

You feel good about yourself at the moment. There are only a few psychological and social areas in which you have marked difficulties. Complete the questionnaire from time to time and check whether this positive result is still applicable.