

# CBTm

COGNITIVE BEHAVIOUR THERAPY WITH MINDFULNESS  
THÉRAPIE COGNITIVO-COMPORTEMENTALE DE LA PLEINE CONSCIENCE

## Class 1

Class 1

1

## Ground Rules

### Respect others

Please respect everyone's confidentiality

Please do not share with the class personal stories of trauma or suicidal or violent thoughts

### Reach Out

If you are distressed, please contact the Interlake-Eastern RHA 24 hour Crisis Line at 1-866-427-8628

Class 1

CBTm<sup>2</sup>

## Technical Housekeeping

---

Remain muted unless speaking

---

Do not take screen shots or record any part of the meeting

---

We love to see faces 😊 and it is your choice to turn your video off

---

You can unmute, use the chat, or polls and reactions to communicate

---

Class 1

CBTm<sup>3</sup>

## Class Outline

Why These Classes?

Mindfulness

---

What is CBT?

---

Realistic Thinking

---

Skills Practice

---

Class 1

CBTm<sup>4</sup>

# Why CBT Classes?

CBT Works!

Rapid access to brief CBT

Introduce principles of CBT

Practice basic skills of CBT

Introduce self-help resources

Class 1

CBTm 5

# Lots of Self-Help Websites



**Anxietycanada.com**

Good quality site  
Interactive  
Great resources  
Good videos of patient stories

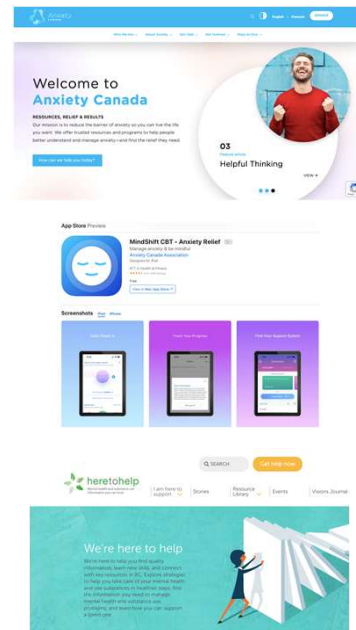


**MindShift app**

Good mobile application



**Heretohelp.bc.ca**



Class 1

CBTm 6

## Class Outline

### Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Skills Practice

Class 1

CBTm<sup>7</sup>

## Mindfulness Meditation – 5 min

Observe without judgment

Helpful for stress reduction

Apps

- Mindshift
- Mindfulness Coach

Anywhere, anytime

- Observe breath, object, activity, sounds

Class 1

CBTm<sup>8</sup>

## Class Outline

---

Why These Classes?

---

Mindfulness

What is CBT?

Realistic Thinking

---

Skills Practice

Class 1

CBTm<sup>9</sup>

## CBT

Structured

Focus on here  
and now

Testing beliefs  
and  
assumptions

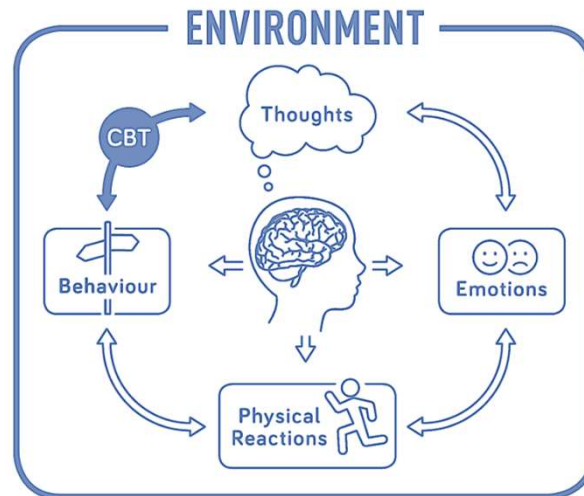
Problem  
solving skills

Changing  
behaviours

Class 1

CBTm<sup>10</sup>

## The CBT Model



Class 1

CBTm<sup>11</sup>

## CBT Myth

---

**Myth** Cognitive therapy is to help people think positively

---

**Truth** Cognitive therapy is to help people think flexibly and balanced

---

Class 1

CBTm<sup>12</sup>



What do you see?

Class 1

CBTm<sup>13</sup>

## Cognitive Model



When we are feeling anxious, sad, or angry, we are usually thinking negatively



These negative thoughts can make the negative feelings stronger



If we can recognize this negative thinking, and change the thinking, it can help reduce the negative feelings

Class 1

CBTm<sup>14</sup>

## Cognitive Theory of Depression

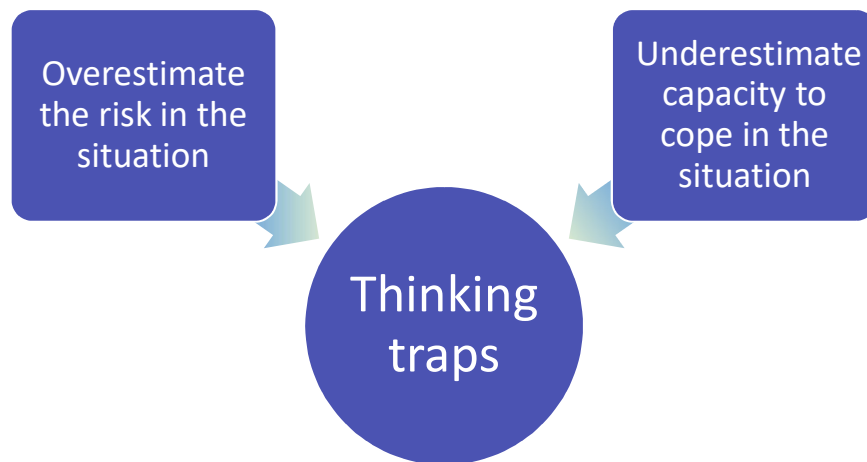


- Negative view of self
- Negative view of others
- Negative view of future

Class 1

CBTm<sup>15</sup>

## Cognitive Theory of Anxiety



Class 1

CBTm<sup>16</sup>



# Using a Thought Record

Beck Institute

## TESTING YOUR THOUGHTS

What is the situation? \_\_\_\_\_

What am I thinking or imagining? \_\_\_\_\_

How much do I believe it? a little  medium  a lot  (or rate 0-100 \_\_\_\_\_)

How does that thought make me feel? angry  sad  nervous  other \_\_\_\_\_

How strong is the feeling? a little strong  medium  very strong  (or rate 0-100 \_\_\_\_\_)

What makes me think the thought is true? \_\_\_\_\_

What makes me think the thought is not true or not completely true? \_\_\_\_\_

What's another way to look at this? \_\_\_\_\_

What's the worst that could happen? Would I still live through it? \_\_\_\_\_

What's the best that could happen? \_\_\_\_\_

What will probably happen? \_\_\_\_\_

What will happen if I keep telling myself the same thought? \_\_\_\_\_

What could happen if I changed my thinking? \_\_\_\_\_

What would I tell my friend \_\_\_\_\_ if this happened to him/her? \_\_\_\_\_

What should I do now? \_\_\_\_\_

How much do I believe the negative thought now? a little  medium  a lot  (or rate 0-100 \_\_\_\_\_)

How strong is my negative feeling now? a little strong  medium  very strong  (or rate 0-100 \_\_\_\_\_)

©1988, Ph.D., 1996

Beck Institute

## TESTING YOUR THOUGHTS (Example)

This worksheet is a version of a Thought Record.

What is the situation? Joanne yelled at me.

What am I thinking or imagining? She'll never call me again.

How much do I believe it? a little medium **a lot** (or rate 0-100 \_\_\_\_\_)

How does that thought make me feel? angry **sad** nervous other \_\_\_\_\_

How strong is the feeling? a little strong medium **very strong** (or rate 0-100 \_\_\_\_\_)

What makes me think the thought is true? She seems pretty mad.

What makes me think the thought is not true or not completely true? She's gotten mad at me before but she seems to get over it.

What's another way to look at this? She's got a real temper but she doesn't stay mad.

What's the worst that could happen? Would I still live through it? I'd lose my best friend.

What's the best that could happen? She'll call back right away and apologize.

What will probably happen? She'll act kind of cold for a few days and then I'll call her.

What will happen if I keep telling myself the same thought? I'll keep feeling really upset.

What could happen if I changed my thinking? I could feel better, maybe call her sooner.

What would I tell my friend Emily if this happened to them? Don't worry, just wait two days and call.

What should I do now? Call a different friend.

How much do I believe the negative thought now? **a little** medium a lot (or rate 0-100 \_\_\_\_\_)

How strong is my negative feeling now? a little strong **medium** very strong (or rate 0-100 \_\_\_\_\_)

©1988, Ph.D., 1996

Class 1

CBTm<sup>17</sup>

## Class Outline

Why These Classes?

Mindfulness

What is CBT?

Realistic Thinking

Skills Practice

Class 1

CBTm<sup>18</sup>

## Testing Your Thoughts

What is the situation?

What am I thinking or imagining?

How much do I believe it?

A little, medium, a lot (or rate 0-100)

Class 1

CBTm<sup>19</sup>

## Testing Your Thoughts

How does that thought make me feel?

angry, sad, nervous, other...

How strong is the feeling?

a little, medium, very strong (or rate 0-100)

Class 1

CBTm<sup>20</sup>

## Testing Your Thoughts

What makes me think the thought is true?

What makes me think the thought is not true or not completely true?

What's another way to look at this?

Class 1

CBTm<sup>21</sup>

## Testing Your Thoughts

What's the worst that could happen? Would I still live through it?

What's the best that could happen?

What will probably happen?

What will happen if I keep telling myself the same thought?

What could happen if I changed my thinking?

What would I tell my friend if this happened to them?

Class 1

CBTm<sup>22</sup>

# Testing Your Thoughts

What should I do now?

How much do I believe the negative thought now?

a little, medium, a lot (or rate 0-100)

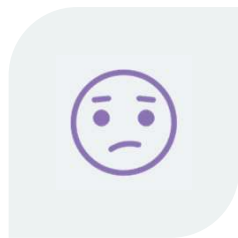
How strong is my negative feeling now?

a little, medium, very strong (or rate 0-100)

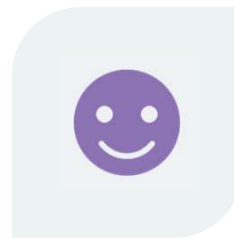
Class 1

CBTm<sup>23</sup>

# Practice



IF YOU ARE ANXIOUS, SAD, OR ANGRY NOW, DO A THOUGHT RECORD ON THE CURRENT THOUGHTS



IF NOT ANXIOUS, SAD OR ANGRY, DO A THOUGHT RECORD ON A RECENT SITUATION WHEN YOU FELT THAT WAY

Class 1

CBTm<sup>24</sup>

# Understanding Thinking Traps

Thinking Traps	Examples
<b>Overgeneralizing</b> Thinking that a negative situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like "always" or "never".	I wanted to go to the beach, but now it's raining. This always happens to me! I never get to do fun things!
<b>All or Nothing Thinking (Black and White thinking)</b> Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in black and white terms see a small mistake as a total failure.	I wanted to eat healthier, but I just had a piece of cake. This plan is a total failure! I might as well eat the whole cake!
<b>Fortune Telling</b> Predicting that something bad will happen, without any evidence.	I've been studying hard, but I know that I'm going to fail my test tomorrow.
<b>Emotional Reasoning</b> Believing that bad feelings or emotions reflect the truth of a situation.	I feel anxious when I fly, so airplanes must not be safe.
<b>Labeling</b> Saying only negative things about yourself or other people.	I made a mistake at work. I'm stupid! My boss told me that I made a mistake. My boss is a total jerk!
<b>'Should' Statements</b> Telling yourself how you "should" or "must" act. "Should" statements about ourselves lead to guilt. "Should" statements about others lead to anger and resentment.	I should be able to handle this without getting upset and crying!
<b>Mind Reading</b> Jumping to conclusions about what others are thinking, without any evidence.	My friend didn't stop to say hello. She must not like me very much.
<b>Mental Filter</b> Focusing only on the negative parts of a situation and ignoring anything good or positive.	I met a lot of great people at the party, but one guy didn't talk to me. There must be something wrong with me.
<b>Catastrophic Thinking</b> Exaggerating the importance of negative things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't that bad.	I stumbled over my words during the presentation at work, so I'll probably lose my job.
<b>Personalization</b> You see yourself as the cause of some negative external event for which, in fact, you were not primarily responsible.	My husband looks irritable today. I must have done something to upset him.

Class 1

CBTm 25

## Common Thinking Traps

Overgeneralization	All or Nothing Thinking	Fortune Telling	Emotional Reasoning
Labelling	Should Statements	Mind Reading	Mental Filter
	Catastrophic Thinking	Personalization	

Class 1

26

# Practice

Go back to your thought record and identify which thinking trap (or traps) you notice



Class 1

CBTm<sup>27</sup>

# Practice

Beck Institute

## TESTING YOUR THOUGHTS (Example)

This worksheet is a version of a Thought Record.

What is the situation? Joanne yelled at me.

What am I thinking or imagining? She'll never call me again.

How much do I believe it? a little medium **lot** (or rate 0-100 \_\_\_)

How does that thought make me feel? angry **sad** nervous other

How strong is the feeling? a little strong medium **very strong** (or rate 0-100 \_\_\_)

What makes me think the thought is true? She seems pretty mad.

What makes me think the thought is not true or not completely true? She's gotten mad at me before but she seems to get over it.

What's another way to look at this? She's got a real temper but she doesn't stay mad.

What's the worst that could happen? Would I still live through it? I'd lose my best friend.

What's the best that could happen? She'll call back right away and apologize.

What will probably happen? She'll act kind of cold for a few days and then I'll call her.

What will happen if I keep telling myself the same thought? I'll keep feeling really upset.

What could happen if I changed my thinking? I could feel better, maybe call her sooner.

What would I tell my friend Emily if this happened to them? Don't worry, just wait two days and call.

What should I do now? Call a different friend.

How much do I believe the negative thought now? **little** medium a lot (or rate 0-100 \_\_\_)

How strong is my negative feeling now? a little strong **medium** very strong (or rate 0-100 \_\_\_)

© J.S. Beck, Ph.D., 1996

- **Overgeneralizing:** Thinking that a negative situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like “always” or “never.”
- **All or Nothing Thinking** (also called Black and White Thinking): Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in black and white terms see a small mistake as a total failure.
- **Fortune Telling:** Predicting that something bad will happen, without any evidence.
- **Emotional Reasoning:** Believing that bad feelings or emotions reflect the situation.
- **Labeling:** Saying only negative things about yourself or other people.
- **‘Should’ Statement:** Telling yourself how you “should” or “must” act. “Should” statements about ourselves lead to guilt. “Should” statements about others lead to anger and resentment.
- **Mind Reading:** Jumping to conclusions about what others are thinking, without any evidence.
- **Mental Filter:** Focusing only on the negative parts of a situation and ignoring anything good or positive.
- **Catastrophic Thinking:** Exaggerating the importance of negative things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn't that bad.
- **Personalization:** You see yourself as the cause of some negative external event for which, in fact, you were not primarily responsible.

Class 1

CBTm<sup>28</sup>

## Class Outline

---

Why These Classes?

---

Mindfulness

---

What is CBT?

---

Realistic Thinking

Skills Practice

Class 1

CBTm<sup>29</sup>

## Skills Practice

Review materials

Mindfulness 5 min twice a day

One thought record & identify thinking trap(s)

Spend 15 min on [anxietycanada.com](http://anxietycanada.com) or [heretohelp.bc.ca](http://heretohelp.bc.ca)

Class 1

CBTm<sup>30</sup>

## Resources

---

**Anxiety Canada** [[www.anxietycanada.com](http://www.anxietycanada.com)]

---

**Manitoba Health** - <http://www.gov.mb.ca/health/mh/crisis.html>

---

**Here to Help** [[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)]

---

**Mindshift app**

Class 1

CBTm<sup>31</sup>

## Resources - IERHA

---

**Mobile Crisis Team** - (204-482-5376) OR (1-887-499-8770)

---

**24 Hour Crisis Line** - (204-482-5419) OR (1-888-482-5361)

---

**Crisis Stabilization Unit** - (204-482-5361) OR (1-888-482-5361)

---

**Manitoba Suicide Prevention & Support Line (24/7)** - (1-877-435-7170)

→ <https://www.reasonstolive.ca>

---

**Addictions Foundation of Manitoba** - (204-944-6200) OR (1-855-662-6605)

---

**First Nations and Inuit Hope for Wellness Help Line** - (1-855-242-3310)

→ An online chat feature is available on their website: <https://www.hopeforwellness.ca>

Class 1

CBTm<sup>32</sup>



## CBTm Class Evaluation



Class 1

CBTm<sup>33</sup>

### TESTING YOUR THOUGHTS (Example)

This worksheet is a version of a Thought Record.

What is the situation? Joanne yelled at me.

What am I thinking or imagining? She'll never call me again.

How much do I believe it? a little medium a lot (or rate 0-100\_\_\_\_)

How does that thought make me feel? angry sad nervous other \_\_\_\_\_

How strong is the feeling? a little strong medium very strong (or rate 0-100\_\_\_\_)

What makes me think the thought is true? She seems pretty mad

What makes me think the thought is not true or not completely true? She's gotten mad at me before but she seems to get over it.

What's another way to look at this? She's got a real temper but she doesn't stay mad.

What's the worst that could happen? Would I still live through it? I'd lose my best friend.

What's the best that could happen? She'll call back right away and apologize.

What will probably happen? She'll act kind of cold for a few days and then I'll call her.

What will happen if I keep telling myself the same thought? I'll keep feeling really upset.

What could happen if I changed my thinking? I could feel better, maybe call her sooner.

What would I tell my friend Emily if this happened to them? Don't worry, just wait two days and call.

What should I do now? Call a different friend.

How much do I believe the negative thought now? a little medium a lot (or rate 0-100\_\_\_\_)

How strong is my negative feeling now? a little strong medium very strong (or rate 0-100\_\_\_\_)

### TESTING YOUR THOUGHTS

What is the situation? \_\_\_\_\_

What am I thinking or imagining? \_\_\_\_\_

How much do I believe it?                      a little                      medium                      a lot                      (or rate 0-100 \_\_\_\_)

How does that thought make me feel?    angry                      sad                      nervous                      other \_\_\_\_\_

How strong is the feeling?                      a little strong                      medium                      very strong                      (or rate 0-100 \_\_\_\_)

What makes me think the thought is true?  
\_\_\_\_\_

What makes me think the thought is not true or not completely true?  
\_\_\_\_\_

What's another way to look at this?  
\_\_\_\_\_

What's the worst that could happen? Would I still live through it?  
\_\_\_\_\_

What's the best that could happen?  
\_\_\_\_\_

What will probably happen?  
\_\_\_\_\_

What will happen if I keep telling myself the same thought?  
\_\_\_\_\_

What could happen if I changed my thinking?  
\_\_\_\_\_

What would I tell my friend \_\_\_\_\_ if this happened to them?  
\_\_\_\_\_

What should I do now?  
\_\_\_\_\_

How much do I believe the negative thought now?    a little                      medium                      a lot                      (or rate 0-100 \_\_\_\_)

How strong is my negative feeling now?    a little strong                      medium                      very strong                      (or rate 0-100 \_\_\_\_)

## **WHAT IS HEALTHY THINKING?**

---

People often see their feelings as being determined by events, situations, or other people. This belief is reflected in statements such as "You make me so angry," "Public speaking makes me nervous," or "Not being in a relationship makes me depressed". These types of statements suggest that external factors are directly and entirely responsible for how we feel. However, what we think about these situations or what they mean to us will affect whether a situation will lead to anxiety, anger, or joy.

For example, you are walking down the street and see a friend who does not wave or say hi to you. How would you feel if you thought, "How rude, she can not even take the time to acknowledge me!""? What if you thought, "She must not want to be friends anymore; I'm too boring to be part of that group."? How about if you thought, "She must be in a rush and didn't see me."? You would probably feel very different with these different views on why a friend did not acknowledge you. Our thoughts affect how we feel and how we respond to situations.

### **Automatic Thoughts**

Thoughts can become a habit or automatic, just like biting our nails or eating while watching TV. These thoughts can occur so quickly that we may not even realize that the thought has occurred. When automatic thoughts tend to be mostly negative (e.g., I made a mistake – I'm so stupid), they can cause emotional distress.

### **What is Healthy Thinking?**

Healthy thinking is not just positive thinking. There are often negative situations that occur. It would not be helpful to see only the good in every situation, such as losing your job or failing a test. It is normal and healthy to be upset and to have some negative thoughts when these types of situations happen. Healthy thinking is about seeing the entire situation - the good, the bad, and the neutral - and using all of this information to decide what to do. Healthy thinking is about seeing life in a balanced and complete way, rather than only focusing on the negative or positive parts.

### **Thinking Traps**

Everyone falls into thinking traps sometimes. It's most likely to happen when you feel sad, anxious or angry. Thinking traps are also more likely to happen when you're under stress or not taking good care of yourself, e.g. not enough sleep. Individuals with anxiety and depression tend to fall into thinking traps more often, which can trigger and maintain anxiety and depression.

<b>Thinking Traps</b>	<b>Examples</b>
<p><b>Overgeneralizing</b> Thinking that a negative situation is part of a constant cycle of bad things that happen. People who overgeneralize often use words like “always” or “never”.</p>	<p>I wanted to go to the beach, but now it’s raining. This always happens to me! I never get to do fun things!</p>
<p><b>All or Nothing Thinking</b> (Black and White thinking) Seeing things as only right or wrong, good or bad, perfect or terrible. People who think in black and white terms see a small mistake as a total failure.</p>	<p>I wanted to eat healthier, but I just had a piece of cake. This plan is a total failure! I might as well eat the whole cake!</p>
<p><b>Fortune Telling</b> Predicting that something bad will happen, without any evidence.</p>	<p>I’ve been studying hard, but I know that I’m going to fail my test tomorrow.</p>
<p><b>Emotional Reasoning</b> Believing that bad feelings or emotions reflect the truth of a situation.</p>	<p>I feel anxious when I fly, so airplanes must not be safe.</p>
<p><b>Labeling</b> Saying only negative things about yourself or other people.</p>	<p>I made a mistake at work. I’m stupid! My boss told me that I made a mistake. My boss is a total jerk!</p>
<p><b>‘Should’ Statements</b> Telling yourself how you “should” or “must” act. “Should” statements about ourselves lead to guilt. “Should” statements about others lead to anger and resentment.</p>	<p>I should be able to handle this without getting upset and crying!</p>
<p><b>Mind Reading</b> Jumping to conclusions about what others are thinking, without any evidence.</p>	<p>My friend didn’t stop to say hello. She must not like me very much.</p>
<p><b>Mental Filter</b> Focusing only on the negative parts of a situation and ignoring anything good or positive.</p>	<p>I met a lot of great people at the party, but one guy didn’t talk to me. There must be something wrong with me.</p>
<p><b>Catastrophic Thinking</b> Exaggerating the importance of negative things, believing the worst-case scenario, or thinking something is unbearable or impossible when it isn’t that bad.</p>	<p>I stumbled over my words during the presentation at work, so I’ll probably lose my job.</p>
<p><b>Personalization</b> You see yourself as the cause of some negative external event for which, in fact, you were not primarily responsible.</p>	<p>My husband looks irritable today. I must have done something to upset him.</p>

## **Getting Unstuck from a Thinking Trap**

Below are some strategies to help deal with common thinking traps. It is not usually helpful to tell yourself to stop thinking that way. Often, when we push away thoughts, they are more likely to pop up again (e.g., try not to think about a pink elephant for 30 seconds). It's more helpful to carefully examine a thought to see if it is accurate, or if there is a more balanced way to think about the situation.

### **1. Feeling or Thought?**

It can be easy to confuse thoughts and feelings. In every day conversations we often use the terms interchangeably. For example, we might say "I think I am anxious" or "I feel like everyone is laughing at me." When we are challenging our thinking traps, it's helpful to very clearly separate our thoughts and our feelings.

To do this you can ask yourself:

- What is the situation? What are the "facts" that everyone would agree on if they saw a videotape of the event?
- What are your thoughts? What are you telling yourself about the meaning of the situation?
- What are your emotions? How do you feel (typically one word)?
- What are your behaviours? How are you reacting and what are you doing to cope?

### **2. Find any 'thinking traps'**

Examine your different thoughts and compare them to the list of thinking traps. It is common to fall into more than one trap. Find any that might apply to you.

### **3. Challenge the thinking traps**

Start to examine your thoughts like a scientist or a detective looking for hard evidence. What are the facts?

- Examine the evidence: Is there evidence for or against your thought? Make sure you look at evidence on both sides.
- Double-standard: Ask yourself what you would think if someone else was in this situation?
- Survey method: Ask other people that you trust if they agree with your thoughts. For example, if you think you are a bad parent because your child is acting up you could ask other parents if they have ever had a similar problem.
- Conduct an experiment: Test your beliefs to collect more real-world evidence that could support or refute your thought. For example, if you think your friends don't want to spend time with you, call a few friends to make plans and see if they all say no.



**EVALUATION of the Virtual CBTm Session**

*Thank you for completing this evaluation form to help improve future sessions.*

1. **How did you attend the class?**

Phone       Video

2. **How useful was the session for you? (circle one number)**

Not very useful					Extremely useful
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	

3. **How much would you agree with the following:**

	1 – Strongly disagree	2	3	4	5 – Strongly agree
I was able to easily access the class using video/telephone options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found the video.telephone format an acceptable way to receive this service.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would prefer to attend classes by video/phone over attending in person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. **What is one skill you learned today that you could apply this week?**

• \_\_\_\_\_

5. **What did you like about the session?**

• \_\_\_\_\_

6. **What could we improve about the session?**

• \_\_\_\_\_

7. **Would you recommend this session to others?**

YES       NO



Name \_\_\_\_\_

Date \_\_\_\_\_

**Patient Health Questionnaire (PHQ-9)**

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?

	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
a. Little interest or pleasure in doing things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Feeling down, depressed, or hopeless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Trouble falling/staying asleep, sleeping too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Feeling tired or having little energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Poor appetite or overeating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Trouble concentrating on things, such as reading the newspaper or watching TV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around more than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Thoughts that you would be better off dead or of hurting yourself in some way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all    Somewhat difficult    Very difficult    Extremely difficult

**Generalized Anxiety Disorder 7 –Item (GAD-7)**

Over the **last 2 weeks**, how often have you been bothered by the following problems?

Over the <b>last 2 weeks</b> , how often have you been bothered by the following problems?	Not at all sure (0)	Several days (1)	Over half the days (2)	Nearly every day (3)
1. Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Worrying too much about different things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Trouble relaxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being so restless that it's hard to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Becoming easily annoyed or irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Feeling afraid as if something awful might happen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all    Somewhat difficult    Very difficult    Extremely difficult

PLEASE COMPLETE AND HAND IN