

## **YP-CORE**

Adapted in Collaboration with CORE IMS & CST



Pra	actice:		Prac	ctitioner:				
Date:			Clie	nt:				
These questions are about how you have been feeling over THE LAST WEEK. Please read each question carefully. Think how often you have felt like that in the last week and then choose the option that you think fits best.								
						OFFICE U	OFFICE USE ONLY	
1.	I have felt e Not at all	dgy or nervous Only occasionally	Sometimes 2	Often 3	All of the time	YP-CORE	YP-CORE R	
2.	I have not for Not at all	elt like talking to anyone Only occasionally 1	Sometimes 2	Often 3	All of the time			
3.	I have felt a  All of the tir	ble to cope when things ne Often	s go wrong Sometimes 2	Only occasionally	Not at all			
4.	I have thou  Not at all	ght of hurting myself  Only occasionally  1	Sometimes 2	Often 3	A <b>ll</b> of the time			
5.	There has b	een someone I felt able ine Often 1	to ask for help  Sometimes  2	Only occasionally	Not at all			
6.	My though Not at all	ts and feelings distressed Only occasionally	d me Sometimes 2	Often	A <b>ll</b> of the time			
7.	My problen  Not at all	ns have felt too much for Only occasionally	Sometimes 2	Often 3	All of the time			
8.	It has been  Not at all  0	hard to go to sleep or sta Only occasionally	ay asleep Sometimes 2	Often 3	All of the time			
9.	I have felt u Not at all	nhappy Only occasionally  1	Sometimes 2	Often 3	All of the time			
10.	I have done All of the tir	e all the things I wanted to ne Often	Sometimes 2	Only occasionally	Not at all			
YP-CORE YP-CORE R								
TOTAL SCORES								
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