

Personal Assessment Inventory–M

The form beginning on page 2 of this document may be freely used by physicians and others who are in a helping role. No “total score” or comparative scores are used with the Personal Assessment Inventory. This is a common sense inventory whose usefulness would be diminished and purposes distorted if responses were all quantified. The better approach is to use the inventory to determine if depression and anxiety are likely related to specific concerns that should be addressed and which might otherwise be overlooked. For example, if someone is buried in debt and has creditors calling constantly, the resultant stress and worry could cause that person to become depressed even if his or her “total score” was very normal. Likewise, if someone responded to item #16, “How often do you feel ‘left out’ by others?” by circling “daily,” then you have uncovered an issue that all by itself could lead to stress, unhappiness, depression or even more severe mental problems.

Personal Assessment Inventory–M

The very significant benefit that can be derived from this inventory can only be obtained if you are completely open and honest. All responses will be kept completely confidential.

1. How would you rate the amount of stress you are under at this time?
Very great Much Some Very little None
2. How often do you get 6 to 8 hours of sleep at night?
Never Rarely Occasionally Often Usually/Always
3. How often do you abuse alcohol?
Daily Often Occasionally Rarely Never
4. How much television or video entertainment do you watch on an average day?
3 hrs. + 2–3 hrs. 1–2 hrs. Less than 1 hr. Little or none
5. How often do you flirt or make suggestive comments with someone other than your spouse?
Daily Often Occasionally Rarely Never
6. How often do you feel guilty as a result of being unloving to your spouse (impatient, harsh, critical, etc.)?
Daily Often Occasionally Rarely Never
7. How much stress do you feel related to your financial situation?
Very great Much Some Very little None
8. How much stress do you have over an unresolved issue or a violation of your values which is causing you to feel guilt (use of obscenities, telling a lie, stealing, a sexual event, viewing pornography, etc.)?
Very great Much Some Very little None
9. Have you or your spouse had an extramarital affair? (Circle “Yes” even if you have no absolute proof of your spouse having an affair but you believe it has likely occurred.)
Yes No
10. How much self-discipline do you have?
Very great Much Some Very little None
11. How often are you late for appointments?
Daily Often Occasionally Rarely Never
12. How often do you lose your temper?
Daily Often Occasionally Rarely Never

13. How often are you in a bad mood?
Daily Often Occasionally Rarely Never
14. How satisfied are you with how much affection your spouse shows you?
Miserable Unhappy Dissatisfied Content Pleased
15. How do you feel about your personal appearance?
Miserable Unhappy Dissatisfied Content Pleased
16. How often do you feel "left out" by others?
Daily Often Occasionally Rarely Never
17. How often do you feel lonely?
Daily Often Occasionally Rarely Never
18. How much conflict do you have in your marriage?
Very great Much Some Very little None
19. How much conflict do you have between yourself and other family members?
Very great Much Some Very little None
20. How much conflict is there between yourself and other acquaintances?
Very great Much Some Very little None
21. How often are you in a negative mood?
Daily Often Occasionally Rarely Never
22. How would you describe your self-esteem?
Very poor Poor Uncertain Good Very good
23. How would you describe your degree of selfishness?
Very great Much Some Very little None
24. How would you describe yourself in terms of being critical or generous?
Very critical Critical Mixed Generous Very generous
25. To what extent do you agree with the following statement: "I believe my life has been of no great benefit to others"?
Strongly agree Agree Uncertain Disagree Strongly disagree
26. To what extent do you agree with the following statement: "I feel my existence is almost meaningless"?
Strongly agree Agree Uncertain Disagree Strongly disagree
27. To what extent do you agree with the following statement: "I believe my life is ultimately about my finding happiness"?
Strongly agree Agree Uncertain Disagree Strongly disagree
28. To what extent do you agree with the following statement: "I have made almost no progress toward achieving the goals I have for my life"?
Strongly agree Agree Uncertain Disagree Strongly disagree