

Youth Internalizing + Externalizing Problems Screeners

Here are some questions about what you think, feel, and do. Read each sentence and choose the one best answer for how you felt in the past month.

	Almost Never	Some- times	Often	Almost Always
1. I feel nervous or afraid.	1	2	3	4
2. I feel very tired or drained of energy.	1	2	3	4
3. I find it hard to relax and settle down.	1	2	3	4
4. I get bothered by things that didn't bother me before.	1	2	3	4
5. I have uncomfortable and tense feelings in my body.	1	2	3	4
6. I feel moody or grumpy.	1	2	3	4
7. I feel like I'm going to panic or think I might lose control.	1	2	3	4
8. I do not really enjoy doing anything anymore.	1	2	3	4
9. I feel worthless or lonely when I'm around other people.	1	2	3	4
10. I have headaches, stomachaches, or other pains.	1	2	3	4
	Almost Never	Some- times	Often	Almost Always
11. I lose my temper and get angry with other people.	1	2	3	4
12. I have a hard time sitting still when other people want me to.	1	2	3	4
13. I fight and argue with other people.	1	2	3	4
14. I break rules whenever I feel like it.	1	2	3	4
15. I talk a lot and interrupt others when they are talking.	1	2	3	4
16. I say or do mean things to hurt other people.	1	2	3	4

17.	I have a hard time focusing on things that are important.	1	2	3	4
18.	I like to annoy people or make them upset.	1	2	3	4
19.	I get distracted by the little things happening around me.	1	2	3	4
20.	I choose not to follow directions and don't listen to adults.	1	2	3	4