

# WEISS SYMPTOM RECORD II

PATIENT: \_\_\_\_\_

INFORMANT: \_\_\_\_\_

DATE: \_\_\_\_\_

This is a problem checklist. Not all the items will be appropriate for you. Please indicate the level of difficulty associated with each item:

- None:** This is not a problem or concern. Any challenges are age-appropriate
- Mild:** Some difficulty (somewhat)
- Moderate:** This is a problem (pretty much)
- Severe:** This is a serious problem (very much)
- NA:** Not applicable. Check this column if the item is not a problem or not relevant to you.

<i>Difficulty with:</i>	<i>None (0)</i>	<i>Mild (1)</i>	<i>Moderate (2)</i>	<i>Severe (3)</i>	<i>N/A</i>
<b>ATTENTION</b>					
Attention to details or makes careless mistakes					
Holding attention or remaining focused					
Listening or mind seems elsewhere					
Instructions or finishing work					
Organizing (e.g. time, messy, deadlines)					
Avoids or dislikes activities requiring effort					
Loses or misplaces things					
Easily distracted					
Forgetful (e.g. chores, bills, appointments)					
<b>HYPERACTIVITY AND IMPULSIVITY</b>					
Fidgets or squirms					
Trouble staying seated					
Runs about or feels restless inside					
Loud or difficulty being quiet					
Often on the go					
Talks too much					
Blurts out comments					
Dislikes waiting (e.g. taking turns or in line)					
Interrupts or intrudes on others (e.g. butting in)					
<b>OPPOSITIONAL</b>					
Loses temper					
Easily annoyed					
Angry and resentful					
Argues					
Defiant					
Deliberately annoys other people					
Blames other people rather than themselves					
Spiteful					

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<b>DEVELOPMENT AND LEARNING</b>					
Wetting, (after age 5)					
Soiling (after age 4)					
Reading					
Spelling					
Math					
Writing					
<b>AUTISM SPECTRUM</b>					
Difficulty with talking back and forth					
Unusual eye contact or body language					
Speech is odd (monotone, unusual words)					
Restricted, fixed, intense interests					
Odd, repetitive movements (e.g. flapping)					
Does not easily "chit chat"					
<b>MOTOR DISORDERS</b>					
Repetitive noises (e.g. sniffing, throat clearing)					
Repetitive movements (blinking, shrugging)					
Clumsy					
<b>PSYCHOSIS</b>					
Hearing voices that are not there					
Seeing things that are not there					
Scrambled thinking					
Paranoia (feeling people are against you)					
<b>DEPRESSION</b>					
Sad or depressed most of the day					
Lack of interest or pleasure most of the day					
Weight loss, weight gain or change in appetite					
Difficulty sleeping or sleeping too much					
Agitated					
Slowed down					
Feels worthless					
Tired, no energy					
Hopeless, pessimistic					
Withdrawal from usual interests/people					
Decrease in concentration					

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<b>MOOD REGULATION</b>					
Distinct period(s) of intense excitement					
Distinct period(s) of inflated self-esteem, grandiose					
Distinct period(s) of increased energy					
Distinct period(s) of decreased need for sleep					
Distinct Period(s) of racing thoughts or speech					
Irritable behaviour that is out of character					
Rage attacks, anger outbursts, hostility					
<b>SUICIDE</b>					
Suicidal thoughts					
Suicide attempt(s) or a plan					
<b>ANXIETY</b>					
Intense fears (e.g. heights, crowds, spiders)					
Fear of social situations or performing					
Panic attacks					
Fear of leaving e.g. the house, public transportation.					
Worrying and/or anxious most days					
Nervous, can't relax					
Obsessive thoughts (e.g. germs, perfectionism)					
Compulsive rituals (e.g. checking, hand washing)					
Hair pulling, nail biting or skin picking					
Preoccupation with physical complaints					
Chronic pain					
<b>STRESS RELATED DISORDERS</b>					
Physical abuse					
Sexual abuse					
Neglect					
Other severe trauma					
<b>PTSD</b>					
Flashbacks or nightmares					
Avoidance					
Intrusive thoughts of traumatic events					

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<b>SLEEP</b>					
Trouble falling asleep or staying asleep					
Excessive daytime sleepiness					
Snoring or stops breathing during sleep					
<b>EATING</b>					
Distorted body image					
Underweight					
Binge eating					
Overweight					
Eating too little or refusing to eat					
<b>CONDUCT</b>					
Verbal aggression					
Physical aggression					
Used a weapon against people (stones, sticks etc.)					
Cruel to animals					
Physically cruel to people					
Stealing or shoplifting					
Deliberately sets fires					
Deliberately destroys property					
Frequent lying					
Lack of remorse or guilt					
Lack of empathy or concern for others					
<b>SUBSTANCE USE</b>					
Misuse of prescription drugs					
Alcohol > 14 drinks/week or 4 drinks at once					
Smoking or tobacco use					
Marijuana					
Other street drugs					
Excessive over the counter medications					
Excessive caffeine (colas, coffee, tea, pills)					

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<b>ADDICTIONS</b>					
Gambling					
Excessive internet, gaming or screen time					
Other addiction _____					
<b>PERSONALITY</b>					
Self-destructive					
Stormy, conflicted relationships					
Self-injurious behaviour (e.g. cutting)					
Low self-esteem					
Manipulative					
Self-centered					
Arrogant					
Suspicious					
Deceitful with no remorse					
Breaking the law or antisocial behaviour					
Tends to be a loner					
<b>OTHER (Please indicate any other difficulties)</b>					

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## Instructions for the WSR-II

The WSR-II is a clinical tool that facilitates efficient collection of information about symptoms. The scale is written to be age and gender neutral so that it can be used as an adult self-report, an adolescent self-report, or a teacher report or parent report on a child. This allows gathering of information across different settings and direct comparison across informants, some of whom may not be present at the interview. The measure covers the diagnostic groupings of DSM-5 and a quick visual review of the completed scale allows the clinician to identify relevant symptom clusters that require more extensive follow up in the mental status. The scale is one of very few screeners that allows clinicians treating adults to pick up childhood onset disorders, and early onset adult disorders in children with the option of comparison of reports from multiple informants. The scale also can be given both to adolescents and adults as a self-report, teachers, parents and spouses.

Use of the screener also assures that important items such as suicidal thoughts, obsessions, drug use etc. do not get missed because they were not expected. The scale is quick to complete and very easy to score in that a quick visual scan will identify those diagnostic clusters that are at risk.

### Scoring:

Any of the following items that are scored 2 or 3 (in the shaded area) should be considered as at risk and requiring further clinical evaluation: development, motor, psychosis, suicide, social and communication (ASD), stress, sleep, SUD, addictions, last 5 character traits.

Screening cut off for the number of items scored in the shaded region (2 or 3) for the following disorders follows DSM 5 guidelines:

- Child ADHD: 6 attention or hyperactive impulsive symptoms
- Adult ADHD: 5 attention or hyperactive impulsive symptoms
- ODD: 4
- Conduct: 3
- Depression: 5
- Persistent depressive symptoms: 2
- Mood regulation: 3

### Personality:

The first 6 items are a screen for borderline personality disorder. Any one of the other items would indicate possible personality difficulties in that area.

A subthreshold score for an item or cluster still may be associated with significant difficulty and impairment requiring treatment. The WSR II is a guide to the clinical evaluation and its utility is in assuring the clinician does not fail to identify a difficulty that would otherwise be missed, rather than in ruling out a disorder. Endorsement of multiple symptoms in a given area, by multiple informants clearly indicates that these difficulties require full assessment.