

Behavioral Health Measure – 20[®] (BHM-20[®])

Please answer these questions as they relate to the past two weeks.

1. How distressed have you been with your life?

- (0) *Extremely distressed* (1) *Very distressed* (2) *Moderately distressed* (3) *A little bit distressed* (4) *Not at all distressed*

2. How satisfied have you been with your life?

- (0) *Not satisfied at all* (1) *Mildly satisfied* (2) *Somewhat satisfied* (3) *Satisfied* (4) *Very Satisfied*

3. How energetic and motivated have you been feeling?

- (0) *Not at all energetic and motivated* (1) *A little bit energetic and motivated* (2) *Somewhat energetic and motivated*
 (3) *Energetic and motivated* (4) *Very energetic and motivated*

In the past two weeks how much have you been distressed by:

Please use the following rating scale:

| | <i>Almost Always</i> | <i>Often</i> | <i>Sometimes</i> | <i>A Little Bit</i> | <i>Never</i> |
|--|----------------------|--------------|------------------|---------------------|--------------|
| 4. Feeling fearful, scared. | 0 | 1 | 2 | 3 | 4 |
| 5. Alcohol/drug use interfering with your performance at school or work. (Select 4 if you NEVER use alcohol or drugs) | 0 | 1 | 2 | 3 | 4 |
| 6. Wanting to harm someone. | 0 | 1 | 2 | 3 | 4 |
| 7. Not liking yourself. | 0 | 1 | 2 | 3 | 4 |
| 8. Difficulty concentrating. | 0 | 1 | 2 | 3 | 4 |
| 9. Eating problem interfering with your relationships with your family or friends. | 0 | 1 | 2 | 3 | 4 |
| 10. Thoughts of ending your life. | 0 | 1 | 2 | 3 | 4 |
| 11. Feeling sad most of the time. | 0 | 1 | 2 | 3 | 4 |
| 12. Feeling hopeless about the future. | 0 | 1 | 2 | 3 | 4 |
| 13. Powerful, intense mood swings (highs and lows). | 0 | 1 | 2 | 3 | 4 |
| 14. Alcohol/drug use interfering with your relationships with family and/or friends. (Select 4 if you NEVER use alcohol or drugs) | 0 | 1 | 2 | 3 | 4 |
| 15. Feeling nervous. | 0 | 1 | 2 | 3 | 4 |
| 16. Heart pounding or racing. | 0 | 1 | 2 | 3 | 4 |

How have you been getting along in the following areas of your life over the past two weeks?

Please use the following rating scale:

| | <i>Terrible</i> | <i>Poorly</i> | <i>Fair</i> | <i>Well</i> | <i>Very Well</i> |
|---|-----------------|---------------|-------------|-------------|------------------|
| 17. Nonfamily Social Relationship/Friends (for example, communication, closeness, level of activity). | 0 | 1 | 2 | 3 | 4 |
| 18. Life Enjoyment (for example, recreation, life appreciation, leisure activities). | 0 | 1 | 2 | 3 | 4 |
| 19. Work/School (for example, performance, attendance). (Leave blank if this item does not apply) | 0 | 1 | 2 | 3 | 4 |
| 20. Intimate Relationships (for example, support, communication, closeness). (Leave blank if this item does not apply) | 0 | 1 | 2 | 3 | 4 |

21. If you answered 0-3 on #10 above, please check below to indicate your overall risk of suicide.

- (0) *Extremely high risk* (1) *High risk* (2) *Moderate risk* (3) *Low risk* (4) *No risk*

The questions in this document are derived from the BHM-20[®] which is copyrighted work as listed below.
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