

**2-COM**  
**(2-way communication)**  
**A Checklist for Patients**

Sometimes it can be difficult to remember to talk about all the things that are bothering you at your clinic appointment. This list will help remind you to discuss any problems you may need help with. Please go through the list and tick (✓) the boxes that apply to you.

Problem	Is this a problem for you?		Would you like to talk about it?	
	Yes	No	Yes	No
do you have difficulties sleeping?				
do you often forget things?				
do you often feel tired?				
do you find it difficult to 'get going' or be energetic?				
do you no longer enjoy the things you used to?				
are you feeling tense?				
do you feel lonely?				
are you easily upset?				
do you have thoughts or experiences that bother you?				
are you having problems with your medication?				
aside from medication, are you satisfied with your treatment?				
are you having problems getting on with your family or other people?				
do you have enough money for the things that you need?				
do you feel your life is boring?				
are you having problems with where you live?				
do you have problems finding things to do?				
is going out or getting around a problem?				
is the sexual part of your life satisfactory?				
do you want more information about your illness and treatment?				

if you have any other problems, what are they?

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**PLEASE TURN OVER THE PAGE**

To help your care team understand how you are feeling in general, please put a cross (X) on each of the lines to show how you are feeling today. Putting a cross nearer the top of the line means you are feeling good and coping very well. Putting a cross nearer the bottom of the line means things are not going well. You can put the cross wherever you like on the line. Choose the place that best shows how you are feeling today.

Overall, how are you feeling today?

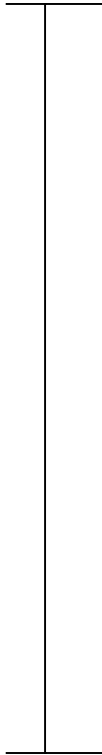
Very well



Not at all well

Overall, how is your medication suiting you at the moment?

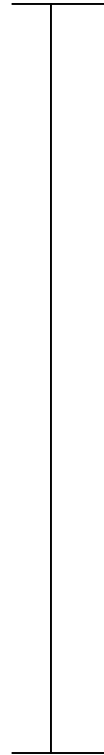
Very well



Not at all well

Overall, how are you coping with everyday living at the moment?

Very well



Not at all well