

ALS-18

For each of the following items, please rate how generally true each statement is for you.

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| 1 | At times I feel just as relaxed as everyone else and then within minutes I become so nervous that I feel light-headed and dizzy. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 2 | There are times when I have very little energy and then soon afterwards I have the same energy level as most people. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 3 | One minute I can be feeling OK and then the next minute I'm tense, jittery, and nervous. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 4 | I frequently switch from being able to control my temper very well to not being able to control it very well at all. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 5 | Many times I feel very nervous and tense and then suddenly feel very sad and down. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 6 | Sometimes I go from feeling extremely anxious about something to feeling very down about it. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 7 | I shift back and forth from feeling perfectly calm to feeling uptight and nervous. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 8 | There are times when I feel perfectly calm one minute and then the next minute the least little thing makes me furious. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 9 | Frequently, I will be feeling OK but then I suddenly get so mad that I could hit something. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |
| 10 | Sometimes I can think clearly and concentrate well one minute and then the next minute I have a great deal of difficulty concentrating and thinking clearly. | <input type="radio"/> Very Uncharacteristic of Me/Extremely Undescriptive
<input type="radio"/> Rather Uncharacteristic of Me/Quite Undescriptive
<input type="radio"/> Rather Characteristic of Me/Quite Descriptive
<input type="radio"/> Very Characteristic of Me/Extremely Descriptive |

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- 11 There are times when I am so mad that I can barely stop yelling and other times shortly afterwards when I wouldn't think of yelling at all.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 12 I switch back and forth between being extremely energetic and having so little energy that it's a huge effort just to get where I'm going.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 13 There are times when I feel absolutely wonderful about myself but soon afterwards I often feel that I am just about the same as everyone else.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 14 There are times when I'm so mad that my heart starts pounding and/or I start shaking and then shortly afterwards I feel quite relaxed.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 15 I shift back and forth between being very unproductive and being just as productive as everyone else.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 16 Sometimes I feel extremely energetic one minute and then the next minute I might have so little energy that I can barely do a thing.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 17 There are times when I have more energy than usual and more than most people and then soon afterwards I have about the same energy level as everyone else.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive
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- 18 At times I feel that I'm doing everything at a slow pace but then soon afterwards I feel that I'm no more slowed down than anyone else.
- Very Uncharacteristic of Me/Extremely Undescriptive
 Rather Uncharacteristic of Me/Quite Undescriptive
 Rather Characteristic of Me/Quite Descriptive
 Very Characteristic of Me/Extremely Descriptive