



University of Colorado Denver

Student and Community Counseling Center

Quick Symptom Reference

ADD/ADHD - sustained attention, trouble listening, follow through on chores, schoolwork, sustained mental effort, easily distracted by extraneous stimuli, forgetful, fidgets and squirms in seat, difficulty playing quietly, talk excessively, always 'on the go', interrupts others, difficulty waiting turn (before age 7)

Anxiety - panic/anxiety attacks, physiological symptoms, phobia, obsessive compulsive symptoms

Delirium - can't focus, sustain or shift attention, memory problem, not oriented, language problem, rapid onset, fluctuating course

Delusional Disorder - non-bizarre delusions, no bizarre behavior, no functional impairment

Dementia - memory impairment, aphasia, apraxia, agnosia, problems with executive function

Homicide (risk factors) – recent acts, threats, carrying weapons, increasing agitation, alcohol or drugs, paranoia in psychotic pt, command violent hallucinations, male, 15-24yrs old, low ses, few social supports, past hx, poor impulse control

Major Depressive Disorder – depressed mood, tearful, diminished interest, pleasure, weight, appetite change, insomnia, hypersomnia, psychomotor change, fatigue, loss of energy, worthlessness, guilt, poor concentration, indecisive, thoughts of death, SI or SA

Manic Episode – elevated, expansive, irritable, more self-esteem, grandiosity, decreased need for sleep, more talkative, pressured, flight of ideas, racing thought, distractibility, more goal activity, agitation, activities with painful results

PTSD – traumatic event, sleep difficulty, nightmares, flashbacks, intrusive thoughts, efforts to avoid, inability to remember aspect of trauma, exaggerated startle response, hyper vigilance, irritability, difficulty concentrating, detachment from others, physiological reactivity, diminished interest in activities, restricted range of affect, foreshortened future

Schizophrenia – delusions, hallucinations, disorganized speech, catatonic, disorganized, negative symptoms, affect flattening, algioa, avolition

Substance Abuse – problems in work, school, home danger, driving, substance legal problems, social, family problems

Substance Dependence – tolerance, withdrawal, more than intended, try to control time spent social, work, fun given up, know causes health problems

Suicide (risk factors) – prior attempt, SI, plan, means, ETOH or drugs, panic disorder, anxiety, depression, psychosis, pessimism, hopelessness, exhaustion, medical illness, calm after agitated-depression, recent personal loss, few social supports, widowed, divorced, single, unemployment, FH suicide, knowing a suicide victim, poor impulse control