

Inventory of Common Problems (ICP)*

Name: _____ Date: _____

The following items represent common problems for individuals. How much has each problem distressed, worried or bothered you in the past few weeks? Please circle the answer that is most correct for you.

	Not at all 1	A little bit 2	Moderately 3	Quite a bit 4	Very much 5
1. Feeling depressed, sad, dejected?	1	2	3	4	5
2. Blaming, criticizing, or condemning myself?	1	2	3	4	5
3. Feeling discouraged or like a failure?	1	2	3	4	5
4. Suicidal thoughts or concerns?	1	2	3	4	5
5. Feeling irritable, tense, or nervous?	1	2	3	4	5
6. Feeling fearful?	1	2	3	4	5
7. Spells of terror or panic?	1	2	3	4	5
8. Feel like I'm "going to pieces?"	1	2	3	4	5
9. Work problems?	1	2	3	4	5
10. Difficulty caring about or concentrating on work?	1	2	3	4	5
11. Indecision or concern about choice of career or major?	1	2	3	4	5
12. Feeling like I'm not doing as well at work as I should?	1	2	3	4	5
13. Problems with romantic or sexual relationships?	1	2	3	4	5
14. Family problems?	1	2	3	4	5
15. Difficulty getting along with others?	1	2	3	4	5
16. Feeling lonely or isolated?	1	2	3	4	5
17. Physical health problems?	1	2	3	4	5
18. Headaches, faintness, or dizziness?	1	2	3	4	5
19. Trouble sleeping?	1	2	3	4	5
20. Eating, appetite, or weight problems?	1	2	3	4	5
21. My use of alcohol?	1	2	3	4	5
22. My use of marijuana?	1	2	3	4	5

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|-----|------------------------------------|---|---|---|---|---|
| 23. | How many psychoactive drugs I use? | 1 | 2 | 3 | 4 | 5 |
| 24. | How many prescribed drugs I use? | 1 | 2 | 3 | 4 | 5 |
| | If so what? _____ | | | | | |
| 25. | Other | 1 | 2 | 3 | 4 | 5 |
| | Specify: _____ | | | | | |

*Adapted from Types of Crises and The Inventory of Common Problems by J. A. Hoffman and B. Weiss, 1986, Journal of American College Health, Vol. 34, p. 262