

Pediatric Symptom Checklist (PSC)

Emotional and physical health go together in children. Because parents are often the first to notice a problem with their child's behavior, emotions, or learning, you may help your child get the best care possible by answering these questions. Please indicate which statement best describes your child.

Please mark under the heading that best describes your child:

		Never	Sometimes	Often
1. Complains of aches and pains	1	_____	_____	_____
2. Spends more time alone	2	_____	_____	_____
3. Tires easily, has little energy	3	_____	_____	_____
4. Fidgety, unable to sit still	4	_____	_____	_____
5. Has trouble with teacher	5	_____	_____	_____
6. Less interested in school	6	_____	_____	_____
7. Acts as if driven by a motor	7	_____	_____	_____
8. Daydreams too much	8	_____	_____	_____
9. Distracted easily	9	_____	_____	_____
10. Is afraid of new situations	10	_____	_____	_____
11. Feels sad, unhappy	11	_____	_____	_____
12. Is irritable, angry	12	_____	_____	_____
13. Feels hopeless	13	_____	_____	_____
14. Has trouble concentrating	14	_____	_____	_____
15. Less interested in friends	15	_____	_____	_____
16. Fights with other children	16	_____	_____	_____
17. Absent from school	17	_____	_____	_____
18. School grades dropping	18	_____	_____	_____
19. Is down on him or herself	19	_____	_____	_____
20. Visits the doctor with doctor finding nothing wrong	20	_____	_____	_____
21. Has trouble sleeping	21	_____	_____	_____
22. Worries a lot	22	_____	_____	_____
23. Wants to be with you more than before	23	_____	_____	_____
24. Feels he or she is bad	24	_____	_____	_____
25. Takes unnecessary risks	25	_____	_____	_____
26. Gets hurt frequently	26	_____	_____	_____
27. Seems to be having less fun	27	_____	_____	_____
28. Acts younger than children his or her age	28	_____	_____	_____
29. Does not listen to rules	29	_____	_____	_____
30. Does not show feelings	30	_____	_____	_____
31. Does not understand other people's feelings	31	_____	_____	_____
32. Teases others	32	_____	_____	_____
33. Blames others for his or her troubles	33	_____	_____	_____
34. Takes things that do not belong to him or her	34	_____	_____	_____
35. Refuses to share	35	_____	_____	_____

Total score _____

Does your child have any emotional or behavioral problems for which she or he needs help? () N () Y

Are there any services that you would like your child to receive for these problems? () N () Y

If yes, what services? _____

Eating Behaviors (Parent complete for child under age 11)

Please mark under the heading that best fits:		Never (0)	Sometimes (1)	Often (2)
1. I feed my child to quiet or comfort him/her.	1			
2. I feed my child as a distraction or something to do when he/she is bored.	2			
3. I feed my child as a reward for good behavior.	3			
4. My child seems hungry even after he/she has eaten what I feel is "enough."	4			
5. My child binge eats when he/she gets home from school.	5			
6. I think my child may be "sneak eating" even when I'm at home with him/her.	6			
7. My child starts eating at dinner time and continues throughout the evening.	7			
8. My child wakes up in the middle of the night and starts eating (or at least I think so).	8			
9. My child has trouble sleeping at night.	9			
10. My child is tired and has no energy during the day.	10			
11. My child often skips breakfast.	11			
12. My child doesn't like his/her body or looks.	12			
13. My child can't think of anything good about himself/herself.	13			
14. My child doesn't think he/she is good at anything (sports, hobbies, interests).	14			
15. Even when my family and I tell my child things we like about him/her, my child doesn't believe us.	15			
16. My child gets teased at school about his/her weight.	16			
17. It's hard for my child to stop thinking about the things people say after being teased.	17			
18. My child doesn't have many friends since he/her is overweight.	18			
19. My child thinks I say things that make him/her feel worse about my child's weight and eating.	19			
20. My child copes with this stress through eating.	20			

Total score: _____ out of possible 40