



TARGET SYMPTOMS FOR MENTAL ILLNESS

When making observations, note as many cues as possible, put the cues into context of the situation, and be mindful of environmental and cultural factors.

Tension & Nervousness

- Easily annoyed
- Critical of others
- Cry easily
- Lose temper easily
- Feeling like you can't do anything right
- Arguing for no reason
- Feeling restless, like you can't relax

Change in Eating Habits

- Loss of appetite
- Increase appetite
- Weight loss
- Weight gain
- Food doesn't taste good

Too restless to eat

- Trouble Concentrating**
- Forgetful
- Can't remember where things are
- Can't follow directions
- Don't really hear what others are saying
- Easily distracted; start to say something and forget what
- Watching Wand; don't remember what

the program was ab

**Can't concentrate or
Illogical Thoughts**
Loose associations
Grandiose ideas
Ideas of persecution
Obsessive thoughts

Problems Sleeping

- Can't fall asleep or toss and turn
- Wake up during the night, can't get back to sleep
- Stay awake all night
- Sleep all day
- Have nightmares
- Don't feel like getting out of bed

Less Social Contact

- Loss of energy, don't feel like making an effort to see people
- Feel others don't really want to see you
- Feel like you're better off alone
- Argue with family/friends/neighbors
- Don't feel like making an effort to take a shower, wash clothes, etc.
- Talk excitedly or loudly

Feeling of Being Laughed at or Talked About

- Think others don't like you
- Think others make fun of you
- Feel suspicious about motives of others
- Don't believe others are concerned about you
- Feel others lie about you
- Feel embarrassed around others

Feel lonely

- Speech Patterns**
- Nonsensical speech or chatter
- Word repetition
- Pressured speech
- Extremely slow speech

Environmental Cues

- Surroundings inappropriate, i.e., strange trimmings, inappropriate use of items
- Accumulation of trash or hoarding
- Presence of feces or urine on the floor or walls
- Childish

