



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 about
Can't concentrate or read

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

