

Unique Subject Check-list - Symptomatic Behaviors on Daily Parent Chart

Parents are asked to select a total of 8 items: spread out amongst whichever 5 categories best represent the most severe symptoms for their child. Must include categories 7 and 8 (Mania/Depression).

1. Sleep disturbance

- a. Difficulty getting to sleep at night
- b. Wakes up in the middle of night
- c. Difficulty getting up in AM
- d. Restlessness during sleep- Always moving around in bed at night e.
Day for night reversal – goes through periods where he cannot sleep at night and sleeps during the day

2. Arousal disorders of sleep

- a. Nightmares
- b. Night-terrors
- c. Teeth-grinding
- d. Bedwetting
- e. Sleep-walking

3. Temperature disturbance

- a. Complains of body being warm/hot at bedtime and/or that overheats during night
- b. Complains of overheating during the day (hot flashes) in neutral temperatures
- c. Complains of being cold when the ambient temperature is warm d. Has moderate to extreme tolerance to the cold – e.g able to go out into the cold without a jacket
- d. Complains of overheating or sweats profusely on exertion
- e. Becomes highly dysregulated and activated (angry, irritable, explosive, hyperactive) between 3:30-5:30pm in the afternoon/evening on a regular basis.
- f. Appears to be overheating (eg. flushing, complaining of being hot, sweating) between 3:30-5:30pm in the afternoon/evening on a regular basis.

4. Fear of Harm:

- a. Afraid that others will hurt, critical, reject or judge them
- b. Afraid of hurting others
- c. Afraid will say something that is embarrassing
- d. Easily misjudges other people's facial expressions or tone of voice or intent as threatening, intimidating, critical.
- e. e. Is self-conscious and feels easily humiliated in social situations

5. Aggressive behaviors towards others, self or objects

- a. Attempts to control and dominate others – eg. is bossy and demands to get their way, Aggressive in response to limit setting – is angered when parents set limits or use the word “no”
- b. Aggressive behavior towards sibling(s), parents, or other authority figures, and/or curses viciously or threatens others when angry
- c. Aggressive towards self – bangs head, picks scabs, scratches or cuts self, has made suicide attempts
- d. Aggressive in response to requests to transition from one context to another
- e. Often threatens or breaks objects, slams doors, smashes walls

6. Anxiety

- a. Separation anxiety – afraid to be alone, clings to figures of safety
- b. Phobias: fear of germs, bugs, spiders, other
- c. Morbid preoccupation with death and gory themes
- d. Frequently anxious in social situations
- e. Afraid to sleep in own bed at night

7. Manic/hypomanic Behaviors

- a. Rapid abrupt switches of mood – easily shifts from silly, goofy, giddy mood, to anger and irritability, to complaining of extreme boredom or sad or depressed mood
- b. Racing thoughts and or pressured speech
- c. Hyperactivity – frequently unable to sit still, in constant movement d. Often feels a sense of urgency – Mission mode; will not yield when wants something
- d. Is easily distracted – goes from one subject to another, cannot stay with one activity very long

8. Depressive symptoms

- a. Withdraws from others, isolates self
- b. Frequently complains of being bored and wants to do something, but nothing seems interesting enough
- c. Energy level is low and/or is easily stressed and frustrated by minimal demands
- d. Complains that parents, siblings or friends do not love or care about them
- e. Has suicidal thoughts – Says I don't want to live, or I wish I were dead

9. Psychotic symptoms

- a. Grandiose ideas about self, about what others may do to them
Auditory hallucinations – hears voices inside of head
- b. Visual hallucinations – sees things that are not there
- c. Embellishes reality, tells tall tales, lies to others about their experience Paranoid thought or ideas – believes other may harm them