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RADS FOR TEENS

Name _____

Date _____

Listed below are some sentences about how you feel. Read each sentence and decide how often you feel this way. Decide if you feel this way: almost never, hardly ever, sometimes, or most of the time. Check the box under the answer that best describes how you really feel. Remember, there are no right or wrong answers. Just choose the answer that tells you how you usually feel.

		ALMOST NEVER	HARDLY EVER	SOME TIMES	MOST OF THE TIME	
1	I feel happy					R
2	I worry about school					
3	I feel lonely					
4	I feel my parents don't like me					
5	I feel important					R
6	I feel like hiding from people					C
7	I feel sad					
8	I feel like crying					
9	I feel that no one cares about me					
10	I feel like having fun with other students					R
11	I feel sick					
12	I feel loved					R
13	I feel like running away					
14	I feel like hurting myself					C
15	I feel that other students don't like me					
16	I feel upset					
17	I feel like is unfair					
18	I feel tired					
19	I feel I am bad					
20	I feel I am no good					C
21	I feel sorry for myself					
22	I feel mad about things					
23	I feel like talking to other students					R
24	I have trouble sleeping					
25	I feel like having fun					R
26	I feel worried					C
27	I get stomachaches					
28	I feel bored					
29	I like eating meals					R
30	I feel like nothing I do helps any more					C

RS	
TOTAL %	
____%	