ICD-10 SYMPTOM CHECKLIST
FOR MENTAL DISORDERS

VERSION 1.1

Prepared by
Dr A. Janca, Dr T.B. Üstün, Dr J. van Drimmelen,
Dr V. Dittmann and Dr M. Isaac

DIVISION OF MENTAL HEALTH
WORLD HEALTH ORGANIZATION
GENEVA
1994
Further copies of this document may be obtained from

Division of Mental Health
World Health Organization
1211 Geneva 27
Switzerland

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INTRODUCTION

INSTRUMENT

The ICD-10 Symptom Checklist for Mental Disorders is a semi-structured instrument intended for clinicians’ assessment of the psychiatric symptoms and syndromes in the F0-F6 categories of the International Classification of Diseases, Tenth Revision. The instrument consists of: (i) Face Sheet, (ii) Screener and (iii) Modules. The following modules are included in the checklist:

(a) F0/F1 Module: Organic Mental and Psychoactive Substance Use Syndromes;
(b) F2/F3 Module: Psychotic and Affective Syndromes;
(c) F4/F5 Module: Neurotic and Behavioural Syndromes; and
(d) F6 Module: Personality Disorders.

For easy use these modules are given in different colours and the user will use only those modules for which the patient is screened positive.

Each of the modules consists of a symptom list and lists of states that, according to the ICD-10 criteria, should be excluded or could be associated with the syndrome. These lists are accompanied by instructions that may help the user in considering other possible syndromes and hence the use of other modules in the checklist. When applicable the modules also offer the possibility to record the onset, severity and duration of the syndrome as well as the number of episodes.

ADMINISTRATION

The user of the checklist should be familiar with ICD-10 diagnostic criteria. The following steps are recommended in the administration of the checklist:

Step 1: Record and code general information on the Face Sheet.

Step 2: Check positive symptoms listed in the Screener (use √ or X).

Step 3: Use only those Modules for which the patient is screened positive.

Step 4: Check positive symptoms in the Modules used (use √ or X). For duration of syndrome and number of episodes, enter appropriate number in the box (e.g. 03).

Step 5: Consider differential diagnoses or syndromes as instructed in the Modules. If necessary, refer to other Modules.

Step 6: Code positive diagnoses on the Face Sheet using F categories (e.g. F41.0).

Step 7: Check diagnostic confidence on the Face Sheet (use √ or X).

Step 8: Record any notes on the Face Sheet.
FACE SHEET

INSTITUTION: _____________________________

STUDY: _________________________________

CLINICIAN: ______________________________

DATE: _ _ / _ _ / _ _

PATIENT: ________________________________

AGE: 

SEX:
- Male
- Female

ICD-10 DIAGNOSIS (F CATEGORY):
- Principal
- Subsidiary

DIAGNOSTIC CONFIDENCE:
- High
- Moderate
- Low

CLINICIAN'S NOTES:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
PSYCHIATRIC CASE IDENTIFICATION:

- Psychological complaints
- Medically unexplained somatic complaints
- Behaviour deviated from culturally accepted norms
- None of the above, but a case

EXPLAIN: ____________________________

IF ALL NO, STOP.

- Social or occupational impairment or disability
- Co-existing physical disorder or condition
- Psycho-social stressor

ORGANIC MENTAL AND PSYCHOACTIVE SUBSTANCE USE SYNDROMES:

- Decline in memory or other intellectual abilities
- Alteration of consciousness
- Psychoactive substance use

IF ANY YES, USE F0/F1 MODULE.
(YELLOW PAGES)

PSYCHOTIC AND AFFECTIVE SYNDROMES:

- Catatonic behaviour
- Delusions or hallucinations
- Elevated, expansive, irritable or suspicious mood
- Low or depressed mood
- Social withdrawal or lowering of social performance

IF ANY YES, USE F2/F3 MODULE.
(PINK PAGES)
NEUROTIC AND BEHAVIOURAL SYNDROMES:

- Phobia or anxiety (panic)
- Obsessions or compulsions
- Dissociative (conversion) states
- Somatization
- Anorexia or bulimia
- Dysomnias or parasomnias
- Sexual dysfunctions

IF ANY YES,
USE F4/F5 MODULE.
(BLUE PAGES)

PERSONALITY DISORDERS:

- Prolonged deviation of personality traits or behaviour patterns

IF YES,
USE F6 MODULE.
(GREEN PAGES)
ORGANIC MENTAL DISORDERS

A. Which of the following symptoms are present?
   
   1. decline in memory
   2. decline in other intellectual abilities
   3. deterioration in emotional control, social behaviour or motivation
   4. impairment of consciousness and attention
   5. disturbances of perception or disorientation
   6. psychomotor disturbances
   7. disturbance of the sleep-wake cycle
   8. rapid onset and diurnal fluctuations of symptoms

B. How severe is the syndrome?
   - mild
   - moderate
   - severe

C. What is the onset of the syndrome?
   - acute
   - chronic

D. What is the duration of the syndrome?
   - in days
   - in months
   - in years
E. Which of the following states can be excluded?
   1. mental retardation
   2. iatrogenic mental disorder due to medication

F. Which of the following states are associated?
   1. depressive symptoms
   2. manic symptoms

   3. alcohol or drug abuse:
      - causing the syndrome
      - co-existing with the syndrome

   IF ANY YES, CONSIDER ALSO AFFECTIVE SYNDROME.

4. personality or behavioural changes

   IF YES, CONSIDER PERSONALITY DISORDER SYNDROME.

5. acute and transient psychotic symptoms

6. acute symptoms of schizophrenia

   IF ANY YES, CONSIDER PSYCHOTIC SYNDROME.

G. Which of the following diagnoses is present?
   1. Dementia (F01-F03)
   2. Delirium (F05)
   3. Organic personality disorder (F07)

   IF ANY YES, CODE F CATEGORY ON FACE SHEET.
4. Other organic mental disorders:
   - Organic hallucinosis (F06.0)
   - Organic catatonic disorder - stupor or excitement (F06.1)
   - Organic delusional (schizophrenia-like) disorder (F06.2)
   - Organic affective disorder (F06.3)
   - Organic anxiety disorder (F06.4)
   - Organic dissociative (conversion) disorder (F06.5)
   - Organic emotionally labile disorder (F06.6)

**PSYCHOACTIVE SUBSTANCE USE DISORDERS**

A. Which of the following symptoms are present?

1. strong desire or sense of compulsion to use a substance ("craving")
2. impaired capacity to control the use of a substance ("loss of control")
3. withdrawal state
4. use of the substance to relieve or avoid withdrawal symptoms
5. tolerance (physiological, behavioural or psychological)
6. narrowing of repertoire of patterns of substance use
7. progressive neglect of alternative pleasures, behaviours, or interests in favour of substance use
8. psychological or physical harm because of substance use (can be clearly specified)
9. persisting with substance use despite clear evidence of harmful consequences

B. What is the duration of the syndrome?
   - in months
   - in years

C. Which of the following substances were used?
   - alcohol
   - opioids
   - cannabinoids
   - hypnotics
   - cocaine
   - stimulants (including caffeine)
   - hallucinogens
   - tobacco
   - volatile solvents
   - multiple or other psychoactive substances

D. Which of the following states are associated?
   1. delirium
   2. amnestic syndrome

   IF ANY YES, CONSIDER ALSO ORGANIC MENTAL SYNDROME.

   3. psychotic symptoms

   IF YES, CONSIDER PSYCHOTIC SYNDROME.
E. Which of the following diagnoses is present?

1. Harmful use (F1.x.1)
   
   IF YES, RECORD PSYCHOACTIVE SUBSTANCE(S):

2. Dependence syndrome (F1.x.2)
   
   IF YES, RECORD PSYCHOACTIVE SUBSTANCE(S):

   IF ANY YES, CODE F CATEGORY ON FACE SHEET.
F2/F3 MODULE:
PSYCHOTIC AND AFFECTIVE SYNDROMES

PSYCHOTIC DISORDERS

A. Which of the following symptoms are present?

1. thought echo, thought insertion or withdrawal, or thought broadcasting
   -

2. delusions or delusional perception
   -

3. hallucinatory voices or other persistent hallucinations in any modality
   -

4. incoherence, irrelevant speech or neologisms
   -

5. catatonic behaviour
   -

6. "negative symptoms" (apathy, paucity of speech, blunting or incongruity of emotional responses)
   -

7. aimless or disjointed behaviour
   -

8. poor non-verbal communication by facial expression
   -

9. marked decline in social, scholastic or occupational performance, or social withdrawal
   -

10. odd, eccentric or peculiar appearance, or poor self-care
    -

11. depersonalization or derealization experiences
    -

12. emotional turmoil
    -

13. perplexity or misidentification of people or places
    -

14. increased or decreased motility
    -

B. What is the onset of the syndrome?

- acute
  -

- chronic
  -
C. What is the duration of the syndrome?
   - in days
   - in months

D. Which of the following states can be excluded?
   1. organic brain disease
   2. schizoid personality disorder
   3. (sub)culturally influenced modes of expression
   4. subnormal level of intelligence
   5. alcohol or drug related intoxication, or withdrawal causing the syndrome

E. Which of the following states are associated?
   1. manic symptoms
   2. depressive symptoms
   3. alcohol or drug abuse co-existing with the syndrome

IF ANY YES, CONSIDER ALSO AFFECTIVE SYNDROME.

IF YES, CONSIDER ALSO PSYCHOACTIVE SUBSTANCE USE SYNDROME.

F. Which of the following diagnoses is present?
   1. Schizophrenia (F20)
   2. Schizotypal disorder (F21)
   3. Delusional disorder (F22)
   4. Acute and transient psychotic disorder (F23)
   5. Schizoaffective disorder (F25)

IF ANY YES, CODE F CATEGORY ON FACE SHEET.
MANIA

A. Which of the following symptoms are present?

1. abnormally elevated or irritable mood
2. increased activity or physical restlessness
3. increased talkativeness ("pressure of speech")
4. distractibility or constant changes in activities or plans
5. decreased need for sleep
6. increased sexual energy or sexual indiscretions
7. foolhardy or other reckless or irresponsible behaviour
8. increased sociability or overfamiliarity
9. flight of ideas or thoughts racing
10. inflated self esteem or grandiosity
11. delusions

10. hallucinations

B. How severe is the syndrome?

- hypomaniac
- manic

C. What is the duration of the syndrome?

- in days

D. How many episodes were there?

E. Which of the following states can be excluded?

1. precipitant endocrine disorder
2. precipitant drug treatment
3. anorexia nervosa
4. schizophrenia

F. Which of the following states are associated?
   1. organic mental disorder:
      - causing the syndrome
      - co-existing with the syndrome

   2. depressive symptoms

   3. persistent mood instability

   4. alcohol or drug abuse:
      - causing the syndrome
      - co-existing with the syndrome

   5. delusions or hallucinations

   IF ANY YES, CONSIDER ALSO ORGANIC MENTAL SYNDROME.

   IF YES, CONSIDER BIPOLAR AFFECTIVE DISORDER.

   IF YES, CONSIDER CYCLOTHYMIA.

   IF ANY YES, CONSIDER ALSO PSYCHOACTIVE SUBSTANCE USE SYNDROME.

   IF YES, CONSIDER SCHIZOAFFECTIVE DISORDER.

G. Which of the following diagnoses is present?
   1. Hypomania (F30.0)

   2. Mania without psychotic symptoms (F30.1)
3. Mania with psychotic symptoms (F30.2)

DEPRESSION

A. Which of the following symptoms are present?

1. depressed mood
2. loss of interest or pleasure
3. decreased energy or increased fatiguability
4. loss of confidence and self-esteem
5. unreasonable self-reproach or inappropriate guilt
6. suicidal thoughts or behaviour
7. troubles thinking or concentrating
8. (objective) psychomotor agitation or retardation
9. sleep disturbance
10. change in appetite and weight (5% of body weight)
11. lack of reactivity to events or activities
12. depression worse in the morning
13. marked loss of libido
14. often in tears
15. feeling of hopelessness or despair
16. inability to cope with routine responsibilities
17. pessimistic about future or brooding over the past
18. less talkative than normal
19. depressive stupor
20. delusions
21. hallucinations

IF ANY YES, CODE F CATEGORY ON FACE SHEET.
B. How severe is the syndrome?
   - mild
   - moderate
   - severe

C. What is the duration of the syndrome?
   - in weeks
   - in months

D. How many episodes were there?

E. Which of the following states can be excluded?
   1. precipitant endocrine disorder or drug treatment
   2. schizophrenia causing the syndrome

F. Which of the following states are associated?
   1. organic mental disorder
   2. schizophrenia co-existing with the syndrome
   3. hypomanic or manic symptoms
   4. persistent mood instability for two or more years

IF YES, CONSIDER ORGANIC MENTAL SYNDROME.

IF YES, CONSIDER SCHIZOPHRENIA.

IF YES, CONSIDER BIPOLAR AFFECTIVE DISORDER.

IF YES, CONSIDER CYCLOTHYMIA.
5. less than two weeks of syndrome duration

IF YES, CONSIDER BRIEF OR MIXED AFFECTIVE DISORDERS.

6. delusions or hallucinations

IF YES, CONSIDER SCHIZOAFFECTIVE DISORDER.

7. alcohol or drug abuse:
   - causing the syndrome
   - co-existing with the syndrome

IF ANY YES, CONSIDER ALSO PSYCHOACTIVE SUBSTANCE USE.

G. Which of the following diagnoses is present?

1. Mild depressive episode (F32.0)

IF ANY YES, CODE F CATEGORY ON FACE SHEET.

2. Moderate depressive episode (F32.1)

3. Severe depressive episode without psychotic symptoms (F32.2)

4. Severe depressive episode with psychotic symptoms (F32.3)

5. Recurrent depressive episode (F33)

6. Cyclothymia (F34.0)

7. Dysthymia (F34.1)

8. Bipolar affective disorder (F31)
F4/F5 MODULE:
NEUROTIC AND BEHAVIOURAL SYNDROMES

NEUROTIC DISORDERS

A. Which of the following symptoms are present?

1. fears
2. panic attacks
3. anxiety, worry, apprehension
4. symptoms of autonomic anxiety
5. obsessive thoughts or compulsive acts
6. exposure to an exceptional mental, physical or social stressor
7. persistent remembering or "reliving" the stressor
8. avoidance of stress-related circumstances
9. symptoms of increased psychological sensitivity and arousal
10. dissociative (conversion) symptoms or states
11. multiple and variable physical complaints not explained by any physical disorder
12. repeated consultations with (medical) professionals and persistent refusal to accept (medical) advice
13. persistent mental or physical fatigue

B. What is the duration of the syndrome?

- in weeks
- in months
- in years
C. Which of the following states can be excluded?
   1. psychotic symptoms or disorders
   2. excessive drug consumption or withdrawal from drugs
   3. intentional simulation

D. Which of the following states are associated?
   1. affective symptoms

   2. depersonalization or derealization experiences

   IF YES, CONSIDER ALSO
   AFFECTIVE SYNDROME.

   IF YES, CONSIDER ALSO
   PSYCHOTIC SYNDROME.

E. Which of the following diagnoses is present?
   1. Phobias (F40.0-F40.2)
   2. Panic disorder (F41.0)
   3. Generalized anxiety disorder (F41.1)
   4. Mixed and other anxiety disorders (F41.2-F41.3)
   5. Obsessive-compulsive disorder (F42)
   6. Acute stress reaction (F43.0)
   7. Post-traumatic stress disorder (F43.1)
   8. Adjustment disorders (F43.2)
   9. Dissociative (conversion) disorders (F44)
   10. Somatoform disorders (F45.0-F45.4)
   11. Neurasthenia (F48.0)

   IF ANY YES,
   CODE F CATEGORY
   ON FACE SHEET.
BEHAVIOURAL SYNDROMES

A. Which of the following symptoms are present?

1. significant and self-induced weight loss

2. binge eating episodes

3. dread of fatness

4. endocrinological consequences
   (e.g. amenorrhoea, impotence)

5. disturbance of quantity, quality
   or timing of sleep

6. episodes of unintentional rising from
   bed during sleep and walking

7. episodes of waking from sleep with
   panicky scream and anxiety manifestations

8. waking from frightening dreams
   with vivid recall

9. sleep disturbance causes marked distress or
   interferes with life or activities

10. frequent inability to participate in a
    sexual relationship as s/he should wish

B. What is the duration of the syndrome?

   - in months

   - in years

C. How many episodes were there?

D. Which of the following states can be excluded?

1. neurological or medical condition
   - causing the syndrome

2. preceding or on-going drug treatment
   - causing the syndrome
E. Which of the following states are associated?

1. depressive disorder

2. alcohol or drug abuse

3. organic mental disorder

IF YES, CONSIDER
AFFECTIVE SYNDROME.

IF YES, CONSIDER
PSYCHOACTIVE SUBSTANCE
USE SYNDROME.

IF YES, CONSIDER
ORGANIC MENTAL SYNDROME.

F. Which of the following diagnoses is present?

1. Anorexia nervosa (F50.0)

2. Bulimia nervosa (F50.2)

3. Non-organic sleep disorders (F51)

4. Non-organic sexual dysfunctions (F52)

IF ANY YES,
CODE F CATEGORY
ON FACE SHEET.
F6 MODULE: PERSONALITY DISORDERS

A. Which of the following symptoms are present?

1. enduring and stable deviation of personality traits and behaviours from culturally accepted norms

2. inflexible, maladaptive or otherwise dysfunctional behaviour across a broad range of personal and social situations

3. personal distress or adverse impact on the social environment

B. Which of the following traits and behaviours are present?

1. paranoid:
   - excessive sensitiveness to setbacks and rebuffs
   - unforgiveness of insults and injuries
   - suspiciousness
   - combative and tenacious sense of personal rights
   - proneness to pathological jealousy
   - tendency to experience excessive self-importance
   - preoccupation with unsubstantiated "conspiratorial" explanations of events

2. schizoid:
   - incapacity to experience pleasure (anhedonia)
   - emotional coldness, detachment or flattened affectivity
   - poor response to either praise or criticism
   - little interest in having sexual experiences
   - preference for fantasy, solitary activities, and introspective reserve
   - lack of close personal relationships
   - difficulty in recognizing and adhering to social convention (eccentricity of behaviour)
3. dissocial:

- lack of the capacity for empathy
- irresponsibility and disregard for social norms
- incapacity to maintain enduring relationship
- low tolerance to frustration and a low threshold for discharge of aggression
- incapacity to experience guilt
- proneness to blame others
- persistent irritability

4. emotionally unstable:

- tendency to act unexpectedly and without consideration of the consequences
- tendency to quarrelsome behaviour and to conflicts with others
- liability to outbursts of anger or violence
- conspicuous inability to plan ahead or foresee likely future events
- difficulty in maintaining any course of action that offers no immediate reward
- unstable and capricious mood
- disturbances in and uncertainty about self-image and internal preferences (including sexual)
- liability to become involved in intense and unstable relationships
- recurrent threats or acts of self-harm

5. histrionic:

- self-dramatization, theatricality
- suggestibility
- shallow and labile affectivity
- egocentricity
- continuous longing for appreciation
- craving for excitement or to be center of attention
- manipulative behaviour to achieve own needs

6. anankastic:
- indecisiveness
- perfectionism
- conscientiousness, scrupulousness
- pedantry and conventionality
- rigidity and stubbornness
- intrusion of insistent and unwelcome thoughts or impulses
- planning all activities far ahead and in immutable detail

7. anxious (avoidant):
- feelings of tension and apprehension
- self-consciousness and feelings of insecurity and inferiority
- yearning to be liked and accepted
- hypersensitivity to rejection and criticism
- refusal to entering into relationships without guarantees of uncritical acceptance
- habitual proneness to exaggerate the potential dangers or risks in everyday situations
- restricted lifestyle because of need to have certainty and security

8. dependent:
- allowing others to assume responsibility for major areas in subject's life
- subordination to others on whom subject is dependent
- unwillingness to make demands on the people
  the subject depends on

- perceiving oneself as helpless, incompetent,
  and lacking stamina

- fear of being abandoned and constant need for
  reassurance against that

- devastation and helplessness when a close
  relationship ends

- transferring responsibilities to others

C. What is the duration of syndrome?

- in years

D. Which of the following states can be excluded?

1. deviation resulting from other adult mental disorders

2. deviation resulting from organic brain disease or injury

E. Which of the following states are associated?

1. alcohol or drug abuse

   IF YES, CONSIDER ALSO
   PSYCHOACTIVE SUBSTANCE
   USE SYNDROME.

2. affective symptoms

   IF YES, CONSIDER
   AFFECTIVE SYNDROME.

3. psychotic symptoms

   IF YES, CONSIDER
   PSYCHOTIC SYNDROME.

4. neurotic symptoms

   IF YES, CONSIDER
   NEUROTIC SYNDROME.
F. Which of the following diagnoses is present?

1. Paranoid personality disorder (F60.0)

2. Schizoid personality disorder (F60.1)

3. Dissocial personality disorder (F60.2)

4. Emotionally unstable personality disorder:
   - impulsive type (F60.30)
   - borderline type (F60.31)

5. Histrionic personality disorder (F60.4)

6. Anankastic personality disorder (F60.5)

7. Anxious (avoidant) personality disorder (F60.6)

8. Dependent personality disorder (F60.7)

9. Other specified personality disorder (F60.8)

IF ANY YES, CODE F CATEGORY ON FACE SHEET.