

Please answer the following questions about the way you were feeling over the last several days.

During this time when you were feeling your worst:

1. Did you feel a sense of inner pain that had to be stopped?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

2. Did you feel there was no exit?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

3. Did you enjoy being with your family or close friends?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

4. Did you feel yourself thinking that things would never change?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

5. Did you have a decreased ability to think, concentrate or make decisions, due to too many thoughts?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

6. Did you feel suddenly frightened to such an extent that you developed physical symptoms or had a panic attack?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

7. Did you feel you were constantly watching for signs of trouble?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

8. Did you feel any unusually intense or deep negative feelings or mood swings directed towards someone else?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

9. Did you feel your views were very consistent over time?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

10. Did you feel you had lost your interest in other people?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

11. Did you feel bothered by thoughts that did not make sense?

- 0=Not at all
- 1=A little
- 2=Somewhat

12. Did you feel blood rushing through your veins?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

13. Did you feel nervousness or shakiness inside?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

14. Did you feel pressure in your head from thinking too much?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

15. Did you feel trapped?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

16. Did you feel you wanted to crawl out of your skin?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

17. Did you feel that it was hard for you to stop worrying?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all

GALYNKER SUICIDE LAB

© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

18. Did you become afraid that you would die?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

19. Did you feel that there were no good solutions to your problems?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

20. Did you feel that most people could not be trusted?

© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

21. Did you wake up from sleep tired and not refreshed?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

22. Did you have strange sensations in your body or on your skin?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

23. Did you feel isolated from others?

© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

GALYNKER SUICIDE LAB

© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

24. Did you often change your mind?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

25. Did you feel helpless to change?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

GALYNKER SUICIDE LAB

26. Did you want your troubling thoughts to go away but they wouldn't?  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

27. Did you feel doomed?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

28. Did you find pleasure in your hobbies and pastimes?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

29. Did you have trouble falling asleep because you were having thoughts that you could not control?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

30. Did you feel that ordinary things looked strange or distorted?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

31. Did you feel you did not open up to members of your family/friends?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

32. Did you feel that if you didn't stay alert and watchful, something bad would happen?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

33. Did you feel that ideas kept turning over and over in your mind and they wouldn't go away?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

34. Did you feel you could change your mind once you've come to a conclusion?

- 0=Not at all
- 1=A little
- 2=Somewhat

35. Did you feel hopeless?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

36. Did you feel a lot of emotional turmoil in your gut?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

37. Did you feel you could easily change your mind over things that bother you?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

38. Did you feel dissatisfied or bored with everything?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

39. Did you feel that there was no way out?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

40. Did you push away people who care about you?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all

- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

41. Did you have temper outbursts that you could not control?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

42. Did you get into frequent arguments?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

43. Did you feel that the urge to escape the pain was very hard to control?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

44. Did you have a sense of inner pain that was too much to bear?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

45. Did you feel any unusually intense or deep negative feelings or mood swings directed towards yourself?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely



46. Did you feel relentless, agonizing emotional pain?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

47. Did you feel tensed or keyed up?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

48. Did you feel powerless to stop thoughts that were upsetting you?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

49. Did you feel so restless you could not sit still?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

50. Did you feel unusual physical sensations that you have never felt before?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

51. Did you feel your thoughts were racing?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit

52. Did you interact less with people who care about you?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

53. Did you feel easily annoyed or irritated?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

54. Did you feel that your emotional pain was unbearable?

- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved
- 0=Not at all
  - 1=A little
  - 2=Somewhat
  - 3=Quite a bit
  - 4=Extremely

55. Did you evade communications with people who care about you?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

56. Did you feel there is no escape?

- 0=Not at all
- 1=A little
- 2=Somewhat
- 3=Quite a bit
- 4=Extremely

57. Did you feel like you were getting a headache from too many thoughts in your head?

- 0=Not at all
  - 1=A little
- GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved  
2=Somewhat  
3=Quite a bit  
4=Extremely

58. Did you feel that the world was closing in on you?

0=Not at all  
1=A little  
2=Somewhat  
3=Quite a bit  
4=Extremely

59. Did you feel that your head could explode from too many thoughts?

0=Not at all  
1=A little  
2=Somewhat  
3=Quite a bit  
4=Extremely

60. Did you feel so stirred up inside you wanted to scream?

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved  
0=Not at all  
1=A little  
2=Somewhat  
3=Quite a bit  
4=Extremely

61. Did you have many thoughts in your head?

0=Not at all  
1=A little  
2=Somewhat  
3=Quite a bit  
4=Extremely  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved

**Subscales (Dimensions):**

Entrapment: 2, 35, 39, 58, 25, 15, 27, 4, 56, 19

Affective disturbance: 43, 44, 46, 1, 54, 45, 8, 18, 50, 30, 6, 22, 12, 13, 38, 10, 28R, 3R

Loss of cognitive control: 61, 51, 33, 11, 24R, 37R, 34R, 9, 59, 5, 14, 57, 26, 48, 17

Hyperarousal: 47, 49, 16, 60, 36, 32, 7, 20, 41, 42, 53, 29, 21

Social withdrawal: 52, 31, 23, 55, 40

GALYNKER SUICIDE LAB  
© 2021 Igor Galynker, M.D., Ph.D., All Rights Reserved