



Preview of BetterHelp.com Screening Questions

1. What is your gender?
2. How old are you?
3. Do you consider yourself to be spiritual or religious?
4. What is your relationship status?
5. Have you ever been in counseling or therapy before?
6. How would you rate your current physical health?
7. How would you rate your current sleeping habits?
8. How would you rate your current eating habits?
9. How would you rate your current financial status?
10. Are you currently experiencing overwhelming sadness, grief or depression?
11. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual?
12. Little interest or pleasure in doing things?
13. Trouble falling asleep, staying asleep, or sleeping too much?
14. Feeling tired or having little energy?
15. Poor appetite or overeating?
16. Feeling bad about yourself – or that you are a failure or have let yourself or your family down?
17. Trouble concentrating on things, such as reading the newspaper or watching television?



18. Thoughts that you would be better off dead or of hurting yourself in some way?
19. How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?
20. Are you currently experiencing anxiety, panic attacks or have any phobias?
21. Are you currently experiencing any chronic pain?
22. Are you currently employed?
23. Do you have any problems or worries about intimacy?
24. Are you currently taking any medications?
25. When is the last time you had a plan for suicide?
26. How often do you drink alcohol?
27. Who referred you to BetterHelp?
28. Which country are you in?
29. Which state are you in?
30. What is your preferred language?