



## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

### Anxiety

Please respond to each item by marking one box.

In the past 7 days...

1. I felt fearful

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

2. I felt anxious

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

3. I felt worried

1  Never

2  Rarely

3  Sometimes

4 [ ] Often

5 [ ] Always

4. I found it hard to focus on anything other than my anxiety

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

5. I felt nervous

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

6. I felt uneasy

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

7. I felt tense

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

## Depression

Please respond to each item by marking one box.

In the past 7 days....

8. I felt worthless

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

9. I felt that I had nothing to look forward to

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

10. I felt helpless

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

11. I felt sad

1  Never

2  Rarely

3  Sometimes

4  Often

5 [ ] Always

12. I felt like a failure

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

13. I felt depressed

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

14. I felt unhappy

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

15. I felt hopeless

1 [ ] Never

2 [ ] Rarely

3 [ ] Sometimes

4 [ ] Often

5 [ ] Always

**Sleep Disturbance**

Please respond to each item by marking one box.

In the past 7 days...

16. My sleep was restless

- 1  Not at all
- 2  A little bit
- 3  Somewhat
- 4  Quite a bit
- 5  Very much

17. I was satisfied with my sleep

- 5  Not at all
- 4  A little bit
- 3  Somewhat
- 2  Quite a bit
- 1  Very much

18. My sleep was refreshing

- 5  Not at all
- 4  A little bit
- 3  Somewhat
- 2  Quite a bit
- 1  Very much

19. I had difficulty falling asleep

- 1  Not at all
- 2  A little bit
- 3  Somewhat
- 4  Quite a bit
- 5  Very much

In the past 7 days...

20. I had trouble staying asleep

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

21. I had trouble sleeping

1  Never

2  Rarely

3  Sometimes

4  Often

5  Always

22. I got enough sleep

5  Never

4  Rarely

3  Sometimes

2  Often

1  Always

In the past 7 days...

23. My sleep quality was

5  Very poor

4  Poor

3  Fair

2  Good

1  Very good

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Protocol source: <https://www.phenxtoolkit.org/protocols/view/190601>