

簡式健康量表 BSRS-5 (5-item Brief Symptom Rating Scale), Mood Thermometer

5大評量自我檢測 Self-administered questionnaire	完全沒有 Not at all	輕微 A little bit	中等程度 moderately	厲害 Quite a bit	非常厲害 Extremely
1. 睡眠困難，例如難以入睡、易醒或早醒 1.Trouble falling asleep	0	1	2	3	4
2. 感覺緊張不安 2.Feeling tense or high-strung	0	1	2	3	4
3. 覺得容易苦惱或動怒 3.Feeling irritable or angry	0	1	2	3	4
4. 感覺憂鬱、心情低落 4.Feeling down, depressed	0	1	2	3	4
5. 感覺比不上別人 5.Feeling inferior to others	0	1	2	3	4
得分Score: _____					
有自殺的想法 Suicidal thinking	0	1	2	3	4

計分結果與說明

Scoring and Interpretation

前 5 題總分：

Total score : (First five (5) items)

0-5 分：你的身心適應狀況良好

0-5 : Your physical and mental fitness is in good condition

6-9 分：你有些情緒困擾，建議找家人、朋友談談抒發

6-9 : You have some emotional distress and it is recommended that you talk to family or friends

10-14 分：你的情緒困擾讓你很不舒服，建議尋求專業諮詢

10-14 : Your emotional distress makes you uncomfortable and it is recommended that you should seek professional advice

15 分以上：你的情緒困擾讓你非常不舒服，建議尋求專業輔導接受精神科治療

☆若有自殺(想不開)的想法達 2 分以上，請尋求專業諮詢或接受精神科治療，讓我們幫助你
>15 : Your emotional distress makes you very uncomfortable and it is recommended that you should seek professional counseling for psychiatric treatment

☆If your "Suicidal thinking" item scores more than 2 points, please seek professional advice or receive psychiatric treatment. We are here to help you with.