

**Do NOT write in this test booklet. Please use the
provided answer sheet.
DO NOT SKIP ANY QUESTIONS**

Millon Behavioral Medicine Diagnostic

TEST DIRECTIONS:

Below are statements that describe feelings and attitudes that patients sometimes have. Read each statement carefully and decide if it is true or false for you. Then fill in the **T** or **F** on the separate answer sheet to record your response.

Be as honest and as serious as you can.

1. I feel very tense when I think about the day's events.
2. I am not a very spiritual person.
3. I get extremely anxious when I don't know what the doctors are going to do to me.
4. I am a dramatic kind of person.
5. Sometimes I can't remember what medications to take and when to take them.

6. I often get confused about what is happening to me.
7. I can no longer do things I enjoyed doing in the past.
8. I've felt sad much of my life.
9. The idea of being left alone in life really frightens me.
10. Sometimes I take medications that were prescribed for others on the chance that they'll help me.

11. I wish other people were more accepting of me.
12. I can get nasty with people who deserve it.
13. My best years are behind me.
14. I feel jumpy and under strain, but I don't know why.
15. I get great comfort from my religious beliefs.

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16. I begin to cry when the smallest things go wrong.
17. I seem to fit in right away with any group of people I meet.
18. I like to follow instructions and do what others expect of me.
19. Most people wouldn't care much if I were sick.
20. Medical instruments really frighten me.

21. Loss of memory has been a big problem for me.
22. I can't move around and do things as well as I could in the past.
23. I want my doctor to review with me the results of all my medical tests.
24. I've found that this society is too hard on people who don't conform.
25. I've felt all alone for a very long time now.

26. I'll stop anyone who tries to boss me around.
27. I would much rather follow someone than be the leader.
28. I get very anxious when I think about my medical problems.
29. I deserve many of the misfortunes I've suffered.
30. I think things will get much worse in the coming months.

31. I can't take care of myself as well as I used to.
32. I try to learn as much as I can about the treatments available for my medical condition.
33. Faith and prayer always get me through my troubles.
34. I have a lot of confidence in myself.
35. I'm trying to be as open as I can in my responses to these questions.

36. I protect myself by not letting people know much about my life.
37. I guess I've always been a fearful and inhibited person.
38. If you don't have something good to say about yourself, you should keep quiet.
39. I would do anything to stop the pain I feel.
40. I seem to need a lot of advice in order to get things done.

41. If I have to go through another medical procedure, I think I'll just go crazy.
42. My health seems to be failing faster than that of most people my age.
43. Life will never be the same again for me.
44. No matter what, seeing a doctor is reassuring.
45. I rarely find the time to exercise.

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46. I feel so jittery and restless that I'm worn out at night.
47. I've always preferred to have a quiet and inactive life.
48. I have a habit of making my problems sound worse than they really are.
49. I have been having serious thoughts about suicide.
50. I like to arrange things down to the last detail.

51. There's little emotional support within my family.
52. I have always had a talent for being successful.
53. I have told lies to my family to conceal my use of drugs.
54. Very few people appreciate just how hard my life really is.
55. I seem to be losing my ability to concentrate.

56. Answering questions like these helps me take a good honest look at things in my life.
57. I watch out for people trying to cheat me.
58. The pain I'm in has made my life feel very hopeless.
59. In this world you either push or get shoved.
60. I'm very erratic, changing my feelings all the time.

61. When people are bossy, I usually do the opposite of what they want.
62. I've had nightmares about medical procedures I may have to endure.
63. I worry a lot that the people I depend on will leave me.
64. I'm my own worst enemy.
65. I sometimes exaggerate how poorly I am feeling.

66. For some unknown reason, I suddenly get very panicky.
67. My emotions don't seem to be as strong as other people's.
68. It makes me very uncomfortable when other people know about my problems.
69. Physical pain is a big part of my life.
70. I am constantly worried about my health.

71. It is good to have a routine for doing things in order to avoid mistakes.
72. There is someone close to me who truly understands my feelings.
73. Many people respect and envy me.
74. Taking drugs has been a regular part of my social life.
75. I believe something is wrong with my head.

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76. Most people in my life eventually disappoint me.
77. I feel particularly resentful when I am refused medical benefits I know I am entitled to.
78. It's all right to bend the law as long as you don't break it.
79. I never let anyone get the better of me.
80. I know from the past that good things don't last.

81. I can handle the worst medical news about myself, no matter how upsetting it may be.
82. I am afraid that I may suddenly die from an illness.
83. I am quickly losing hope that I will ever regain my health.
84. I make sure that I'm on time for all my doctor's appointments.
85. Pain makes it very difficult for me to work now.

86. I have found very few things in life to be pleasurable.
87. I have many very good and close friends.
88. I always finish my work before I take time out for leisure.
89. I have friends who will listen to any problem I have.
90. Everything I try comes easily to me.

91. I'm making myself seem healthier in my responses here than I really am.
92. My life has always gone from bad to worse.
93. I think it's best not to trust anyone.
94. Pain is the worst part of my medical condition.
95. I often resent doing things that others expect of me.

96. I am mistreated most by close friends and relatives.
97. I quickly consult my doctor whenever I have new symptoms.
98. I'm on edge a lot lately.
99. I am never alone as long as God is with me.
100. I think I'm a very sociable and outgoing person.

101. It is always best to follow the rules that those in authority have made.
102. A lot of my answers on this test have been affected by my current bad mood.
103. I sometimes take medications that are prescribed for other people.
104. I often set myself up to fail.
105. I feel guilty most of the time.

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106. I flew across the Atlantic more than 30 times last year.
107. My feelings toward my relatives often swing back and forth from love to hate.
108. I want my doctors to be as detailed as possible in telling me about my medical problems.
109. I don't think I'll live as long as I should.
110. I make my life worse than it has to be.

111. I smoke about a pack of cigarettes a day.
112. I've never had as much interest in sex as most people my age.
113. I'm too embarrassed to admit my problems as frankly as I should.
114. I can charm people into doing almost anything I want.
115. I've been overweight ever since I was a child.

116. If I don't get relief from medicine, I may increase the dosage on my own.
117. In the past year, I've really gone downhill mentally.
118. I think I am making my life look worse than it really is by my responses here.
119. I spend much of my time brooding about things.
120. Too many rules get in the way of people doing what they want to do.

121. No one needs to know my business.
122. I've always felt that most people think poorly of me.
123. I'm considered a tough and unsentimental person.
124. I was on the front cover of several magazines recently.
125. I get very annoyed when others put pressure on me.

126. My body is constantly giving me worrisome signals.
127. It is difficult for me to get through the day without a few drinks.
128. I never put off seeing the doctor if I feel I need to.
129. Being in touch with my spiritual self helps me deal with life's burdens.
130. I often feel sad and unloved.

131. I start feeling crazy when medical problems turn out badly for me.
132. I am holding back when I respond to many of these statements.
133. I feel entitled to all my sick days each year.
134. I'd rather not know the details of an illness I might have.
135. I get very irritable if I haven't had a cup of coffee for a few hours.

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136. The quality of my life has gotten much worse because of my ~~illness~~.
137. I rarely feel a sense of joy these days.
138. I usually do what I want without worrying about how it affects ~~others~~.
139. I'm a yo-yo dieter; my weight goes up and down.
140. My head often hurts so much that I need to take time off from ~~work~~.

141. This is a very lonely world.
142. I've tried to quit smoking many times, but I always start again.
143. I would change my lifestyle on my doctor's advice.
144. Without God in my life, I could never get through a serious illness.
145. My pain is on my mind constantly.

146. I always overeat when I'm depressed or under stress.
147. My future looks like it will be full of problems and pain.
148. It's okay to take advantage of gray areas in the law.
149. I've tried exercise programs, but I just can't seem to stick ~~with them~~.
150. I'm unable to organize my life the way I want.

151. Members of my family have complained recently about my ~~drinking~~.
152. I really don't understand human feelings like others do.
153. I need plenty of caffeine to get me through the day.
154. I almost always put other people's needs above my own.
155. I often feel overwhelmed by minor responsibilities.

156. I've lost interest in things that I used to find pleasurable.
157. I now need to follow routines so that I don't get confused.
158. My medical condition has made daily tasks much more difficult.
159. I know I should exercise, but I just can't get started.
160. I cannot count on anyone to support me during times of illness.

161. I feel very depressed.
162. I am a very emotional person.
163. I like to flirt with members of the opposite sex.
164. I get irritable if I go too long without a cigarette.
165. I have no deep religious beliefs.