

Unexplained somatic complaints

Yes

A. Have you been bothered by continuing aches or pains or other physical complaints for which a cause has not been found (e.g. nausea / vomiting / diarrhoea / shortness of breath / chest pain / headaches / abdominal pain)?

If YES to any of the above, continue below

1. Have you seen more than one doctor for these problems?

2. Have you seen any specialists about these problems?

3. Have you experienced these pains or different physical problems for longer than six months?

4. Low mood or loss of interest or pleasure?

5. Worried, anxious or tense?

6. How much alcohol do you drink in a typical week (number of standard drinks/week)?

Summing up

Positive to A and also to at least one positive from 1–3, and negative to 4, 5 and 6: consider **unexplained somatic complaints**