

## ▼▼【台北諮商】BSRS\_Brief Symptom Rating Scale\_英文版

活動類型: 團體心理測驗  
發布單位: 諮商輔導中心  
辦理校區: 台北  
畢業門檻: 非畢業門檻  
活動日期: Thursday, September 11, 2025 to Sunday, December 31, 2028

### Brief Symptom Rating Scale (BSRS-5)

#### Instructions:

The following statements describe feelings or experiences that many people may encounter in daily life.

Please read each item carefully and indicate how much you have been bothered by that problem during the past week, including today.

Use the following scale to rate your response:

- 0 = Not at all
- 1 = A little bit
- 2 = Moderately
- 3 = Quite a bit
- 4 = Extremely

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