**ThePILL**

Several common symptoms or bodily sensations are listed below. Most people have experienced most of them at one time or another. We are currently interested in finding out how prevalent each symptom is among various groups of people. On the page below, write how frequently you experience each symptom. For all items, use the following scale:

<table>
<thead>
<tr>
<th>Have never or almost never experienced the symptom</th>
<th>Less than 3 or 4 times per year</th>
<th>Every month or so</th>
<th>Every week or so</th>
<th>More than once every week</th>
</tr>
</thead>
</table>

For example, if your eyes tend to water once every week or two, you would answer "D" next to question #1.

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1. Eyes water
2. Itchy eyes or skin
3. Ringing in ears
4. Temporary deafness or hard of hearing
5. Lump in throat
6. Choking sensations
7. Sneezing spells
8. Running nose
9. Congested nose
10. Bleeding nose
11. Asthma or wheezing
12. Coughing
13. Out of breath
14. Swollen ankles
15. Chest pains
16. Racing heart
17. Cold hands or feet even in hot weather
18. Leg cramps
19. Insomnia or difficulty sleeping
20. Toothaches
21. Upset stomach
22. Indigestion
23. Heartburn or gas
24. Abdominal pain
25. Diarrhea
26. Constipation
27. Hemorrhoids
28. Swollen joints
29. Stiff or sore muscles
30. Back pains
31. Sensitive or tender skin
32. Face flushes
33. Tightness in chest
34. Skin breaks out in rash
35. Acne or pimples on face
36. Acne/pimples other than face
37. Boils
38. Sweat even in cold weather
39. Strong reactions to insect bites
40. Headaches
41. Feeling pressure in head
42. Hot flashes
43. Chills
44. Dizziness
45. Feel faint
46. Numbness or tingling in any part of body
47. Twitching of eyelid
48. Twitching other than eyelid
49. Hands tremble or shake
50. Stiff joints
51. Sore muscles
52. Sore throat
53. Sunburn
54. Nausea

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Since the beginning of the semester, how many:

- _____ Visits have you made to the student health center or private physician for illness
- _____ Days have you been sick
______ Days your activity has been restricted due to illness