

# GENERAL HEALTH QUESTIONNAIRE

GHQ-12

Please read this carefully:

We should like to know if you have had any medical complaints, and how your health has been in general, *over the past few weeks*. Please answer ALL the questions simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those you had in the past. It is important that you try to answer ALL the questions.

Thank you very much for your co-operation.

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## HAVE YOU RECENTLY:

1	-	been able to concentrate on whatever you're doing?	Better than usual	Same as usual	Less than usual	Much less than usual
2	-	lost much sleep over worry?	Not at all	No more than usual	Rather more than usual	Much more than usual
3	-	felt that you are playing a useful part in things?	More so than usual	Same as usual	Less useful than usual	Much less useful
4	-	felt capable of making decisions about things?	More so than usual	Same as usual	Less so than usual	Much less capable
5	-	felt constantly under strain?	Not at all	No more than usual	Rather more than usual	Much more than usual
6	-	felt you couldn't overcome your difficulties?	Not at all	No more than usual	Rather more than usual	Much more than usual
7	-	been able to enjoy your normal day-to-day activities?	More so than usual	Same as usual	Less so than usual	Much less than usual
8	-	been able to face up to your problems?	More so than usual	Same as usual	Less able than usual	Much less able
9	-	been feeling unhappy and depressed?	Not at all	No more than usual	Rather more than usual	Much more than usual
10	-	been losing confidence in yourself?	Not at all	No more than usual	Rather more than usual	Much more than usual
11	-	been thinking of yourself as a worthless person?	Not at all	No more than usual	Rather more than usual	Much more than usual
12	-	been feeling reasonably happy, all things considered?	More so than usual	About same as usual	Less so than usual	Much less than usual

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