**ANNEXURE I: GENERAL HEATH QUALITY QUESTIONNAIRE (GHQ-28)**

Please read this carefully:

We would like to know if you had any medical complaints, and how your health has been in general, over the past few weeks. Please answer ALL the questions on the following pages 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 that you had in the past.

It is important that you try to answer ALL the questions.

Thank you very much for your co-operation.

Have you recently:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | **Been feeling perfectly well and in good health?** | Better thanusual | Same as usual | Worse thanusual | Much morethan usual |
| 2 | **Been feeling in need of agood tonic?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 3 | **Been feeling run down and out of sorts?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 4 | **Felt that you are ill?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 5 | **Being getting any pains inyour head?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 6 | **Been getting a feeling of tightness or pressure in your head?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 7 | **Been having hot or cold spells?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 8 | **Lost much sleep over worry?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 9 | **Had difficulty in staying asleep once you are off?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 10 | **Felt constantly under strain?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 11 | **Been getting edgy and bad- tempered?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 12 | **Been getting scared orpanicky for no good reason?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 13 | **Found getting everything on top of you?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 14 | **Been feeling nervous and strung-up all the time?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 15 | **Been managing to keepyourself busy and occupied?** | More so than usual | Same as usual | Rather more than usual | Much lessthan usual |
| 16 | **Been taking longer over thethings that you do?** | Quicker than usual | Same as usual | longer thanusual | Much longerthan usual |
| 17 | **Felt on the whole you were doing things well?** | Better thanusual | About thesame | less wellthan usual | Much lessthan usual |
| 18 | **Been satisfied with the way you've carried out your task?** | More satisfied | About thesame | less satisfied than usual | Much less satisfied thanusual |
| 19 | **Felt that you are playing a useful part in things?** | More so than usual | Same as usual | Rather less than usual | Much lessthan usual |
| 20 | **Felt capable of makingdecisions about the things?** | More so than usual | Same as usual | Rather less than usual | Much lessthan usual |
| 21 | **Been able to enjoy your normal day-to-day activities?** | More so than usual | Same as usual | Rather less than usual | Much lessthan usual |
| 22 | **Been thinking of yourself as worthless person?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 23 | **Felt that life is entirelyhopeless?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 24 | **Felt that life isn't worth living?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 25 | **Thought of the possibility thatyou might make away withyourself?** | Definitely not | I don’t thinkso | Has crossed my mind | Definitelyhave |
| 26 | **Found at times you couldn't do anything because your nerves were too bad?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 27 | **Found yourself wishing you were dead and away from it all?** | Not at all | No more than usual | Rather more than usual | Much morethan usual |
| 28 | **Found that the idea of taking your own life kept coming intoyour mind?** | Definitely not | I don’t thinkso | Has crossed my mind | Definitelyhas |