**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 than usual | Same as  usual | Worse than usual | Much more than usual |
| 2 | **Been feeling in need of a good tonic?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 3 | **Been feeling run down and  out of sorts?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 4 | **Felt that you are ill?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 5 | **Being getting any pains in your head?** | Not at all | No more  than usual | Rather more  than usual | Much more than 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 more than usual |
| 7 | **Been having hot or cold spells?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 8 | **Lost much sleep over worry?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 9 | **Had difficulty in staying asleep once you are off?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 10 | **Felt constantly under strain?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 11 | **Been getting edgy and  bad- tempered?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 12 | **Been getting scared or panicky for no good reason?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 13 | **Found getting everything on top of you?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 14 | **Been feeling nervous and  strung-up all the time?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 15 | **Been managing to keep yourself busy and occupied?** | More so than  usual | Same as  usual | Rather more  than usual | Much less than usual |
| 16 | **Been taking longer over the things that you do?** | Quicker than  usual | Same as  usual | longer than usual | Much longer than usual |
| 17 | **Felt on the whole you were  doing things well?** | Better than usual | About the same | less well than usual | Much less than usual |
| 18 | **Been satisfied with the way  you've carried out your task?** | More satisfied | About the same | less satisfied  than usual | Much less  satisfied than usual |
| 19 | **Felt that you are playing a  useful part in things?** | More so than  usual | Same as  usual | Rather less  than usual | Much less than usual |
| 20 | **Felt capable of making decisions about the things?** | More so than  usual | Same as  usual | Rather less  than usual | Much less than usual |
| 21 | **Been able to enjoy your  normal day-to-day activities?** | More so than  usual | Same as  usual | Rather less  than usual | Much less than usual |
| 22 | **Been thinking of yourself as  worthless person?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 23 | **Felt that life is entirely hopeless?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 24 | **Felt that life isn't worth living?** | Not at all | No more  than usual | Rather more  than usual | Much more than usual |
| 25 | **Thought of the possibility that you might make away with yourself?** | Definitely not | I don’t think so | Has crossed  my mind | Definitely have |
| 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 more than 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 more than usual |
| 28 | **Found that the idea of taking  your own life kept coming into your mind?** | Definitely not | I don’t think so | Has crossed  my mind | Definitely has |