

General Health Questionnaire (GHQ-12)

Full name of the patient:

Date accomplished:

Full name of the assessor:

Instructions: Please answer the following questions by selecting the statements that you feel apply to you based on their respective items.

Have you recently...

Questions

Choices

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

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