

General Health Questionnaire (GHQ-12)

Name: _____ Gender: _____ Date of assessment: _____

Contact information: _____

Instructions: Please choose one response for each question.

1. Been able to concentrate well on what you're doing?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Always | Frequently | Sometimes | Never |

2. Felt you were playing a useful part in things?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Always | Frequently | Sometimes | Never |

3. Felt capable of making decisions about things?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Always | Frequently | Sometimes | Never |

4. Been able to enjoy your normal day to day activities?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Always | Frequently | Sometimes | Never |

5. Been able to face up to your problems?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Always | Frequently | Sometimes | Never |

6. Been feeling reasonably happy, all things considered?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Always | Frequently | Sometimes | Never |

7. Lost much sleep over worry?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Never | Sometimes | Frequently | Always |

8. Felt constantly under strain?

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 0 | 0 | 1 | 1 |
| Never | Sometimes | Frequently | Always |

9. Felt you couldn't overcome your difficulties?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	0	1	1
Never	Sometimes	Frequently	Always

10. Been feeling unhappy and depressed?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	0	1	1
Never	Sometimes	Frequently	Always

11. Been losing confidence in yourself?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	0	1	1
Never	Sometimes	Frequently	Always

12. Been thinking of yourself as a worthless person?

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	0	1	1
Never	Sometimes	Frequently	Always

Total score: _____

Scoring and interpretation

Each item can get a score of 0 if options 1 or 2 are chosen or 1 if options 3 and 4 are selected, getting from its sum a total score ranging from 0 to 12.

The cut-off point set for the general population was 3, considering those subjects with scores greater than or equal to 3 are more prone to potential psychiatric morbidity cases.

Higher scores indicate a greater likelihood of health issues. They may also suggest the need for further assessment or intervention.

References

Comotti, A., Fattori, A., Greselin, F., Bordini, L., Brambilla, P., & Bonzini, M. (2023). Psychometric evaluation of GHQ-12 as a screening tool for psychological impairment of healthcare workers facing COVID-19 Pandemic. *La Medicina del Lavoro*, 114(1), e2023009. <https://doi.org/10.23749/mdl.v114i1.13918>

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Ramlogan, S., Raman, V., Abraham, K., & Pierre, K. (2019). Self-reported stress, coping ability, mental status, and periodontal diseases among police recruits. *Clinical and Experimental Dental Research*, 6(1), 117–123. <https://doi.org/10.1002/cre2.258>