

General Health Questionnaire (GHQ-28)

Full name of the patient:

Date accomplished:

Full name of the assessor:

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 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...

Questions

Choices

A1 been feeling perfectly well and in good health? Better than usual Same as usual Worse than usual Much worse than usual

A2 been feeling in need of a good tonic? Not at all No more than usual Rather more than usual Much more than usual

A3 been feeling run down and out of sorts? Not at all No more than usual Rather more than usual Much more than usual

A4 felt that you are ill? Not at all No more than usual Rather more than usual Much more than usual

A5 been getting any pains in your head? Not at all No more than usual Rather more than usual Much more than usual

A6 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

A7 been having hot or cold spells? Not at all No more than usual Rather more than usual Much more than usual

B1 lost much sleep over worry? Not at all No more than usual Rather more than usual Much more than usual

B2 had difficulty in staying asleep more once you are off? Not at all No more than usual Rather more than usual Much more than usual

B3 felt constantly under strain? Not at all No more than usual Rather more than usual Much more than usual

B4 been getting edgy and bad-tempered? Not at all No more than usual Rather more than usual Much more than usual

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Questions**Choices**

- B5** been getting scared or panicky for no good reason? Not at all No more than usual Rather more than usual Much more than usual
- B6** found everything getting on top of you? Not at all No more than usual Rather more than usual Much more than usual
- B7** been feeling nervous and strung-up all the time? Not at all No more than usual Rather more than usual Much more than usual
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- C1** been managing to keep yourself busy and occupied? More so than usual Same as usual Rather less than usual Much less than usual
- C2** been taking longer over the things you do? Quicker than usual Same as usual Longer than usual Much longer than usual
- C3** felt on the whole you were doing things well? Better than usual About the same Less well than usual Much less well
- C4** been satisfied with the way you've carried out your task? More satisfied About same as usual Less satisfied than usual Much less satisfied
- C5** felt that you are playing a useful part in things? More so than usual Same as usual Less useful than usual Much less useful
- C6** felt capable of making decisions about things? More so than usual Same as usual Less so than usual Much less capable
- C7** 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
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- D1** been thinking of yourself as a worthless person? Not at all No more than usual Rather more than usual Much more than usual
- D2** felt that life is entirely hopeless? Not at all No more than usual Rather more than usual Much more than usual
- D3** felt that life isn't worth living? Not at all No more than usual Less useful than usual Much more than usual
- D4** thought of the possibility that you might make away with yourself? Definitely not I don't think so Has crossed my mind Definitely have
- D5** 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

Questions

Choices

D6 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

D7 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

A

B

C

D

Total: