

General health Questionnaire (GHQ-12)

People for different reasons, face different problems which have an impact on mental health, relationship with others and confidence level. Read the following sentences carefully and on the bases of their own experience tick on one option that best explain your condition.

Have you recently:	0= never to 3=always			
1. Been able to concentrate on whatever you are doing.	0	1	2	3
2. Lost much sleep over worry.	0	1	2	3
3. Felt that you are playing a useful part in things.	0	1	2	3
4. Felt capable of making decisions about things.	0	1	2	3
5. Felt constantly under strain.	0	1	2	3
6. Felt you couldn't overcome your difficulties.	0	1	2	3
7. been able to enjoy your normal day to day activities.	0	1	2	3
8. Been able to face up to your problems.	0	1	2	3
9. Been feeling unhappy and depressed.	0	1	2	3
10. Been losing confidence in yourself.	0	1	2	3
11. Been thinking of yourself as a worth less person.	0	1	2	3
12. Been feeling reasonably happy, all things.	0	1	2	3

General Health Questionnaire Manual

Thomas Griffiths



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