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
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
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

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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

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A		B		C		D		Total:	

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