

Instructions:

This questionnaire is designed to help us know how you feel. Read each item and place a firm cross in the box opposite the reply which comes closest to how you have been feeling in the past week. e.g.

Don't take too long over your replies; your immediate reaction will probably be more accurate than a long thought out response. Please do not miss out a statement and place only one **X** in a box for each statement.

I feel tense or 'wound up':

- Most of the time
- A lot of the time
- From time to time, occasionally
- Not at all

I still enjoy the things I used to enjoy:

- Definitely as much
- Not quite so much
- Only a little
- Hardly at all

I get a sort of frightened feeling as if something awful is about to happen:

- Very definitely and quite badly
- Yes, but not too badly
- A little, but it doesn't worry me
- Not at all

I can laugh and see the funny side of things:

- As much as I always could
- Not quite so much now
- Definitely not so much now
- Not at all

Worrying thoughts go through my mind:

- A great deal of the time
- A lot of the time
- From time to time but not too often
- Only occasionally

I feel cheerful:

- Not at all
- Not often
- Sometimes
- Most of the time

I can sit at ease and feel relaxed:

- Definitely
- Usually
- Not often
- Not at all

I feel as if I am slowed down:

- Nearly all the time
- Very often
- Sometimes
- Not at all

I get a sort of frightened feeling like 'butterflies' in the stomach:

- Not at all
- Occasionally
- Quite often
- Very often

I have lost interest in my appearance:

- Definitely
- I don't take so much care as I should
- I may not take quite as much care
- I take just as much care as ever

I feel restless as if I have been on the move:

- Very much indeed
- Quite a lot
- Not very much
- Not at all

I look forward with enjoyment to things:

- As much as I ever did
- Rather less than I used to
- Definitely less than I used to
- Hardly at all

I get sudden feelings of panic:

- Very often indeed
- Quite often
- Not very often
- Not at all

I can enjoy a good book or radio or TV programme

- Often
- Sometimes
- Not often
- Very seldom

Date completed

d	d
<input type="text"/>	<input type="text"/>

 /

m	m
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y	y	y	y
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Signed _____