Doctors are aware that emotions play an important part in most illnesses. If your doctor knows about these feelings he will be able to help you more.

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

Don't take too long over your replies: your immediate reaction to each item will probably be more accurate than a long thought-out response. *[Tick only one box in each section]*

I feel tense or 'wound up':

Most of the time	
A lot of the time	
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

A	A	

D

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

1	D	

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....

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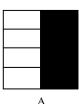
I feel cheerful:

Not at all	
Not often	
Sometimes	
Most of the time	

I)

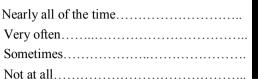
I can sit at ease and feel relaxed:

Definitely	
Usually	
Not often	
Not at all	



A =

I feel as if I am slowed down:



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 to be on the move:



D

Α

D

Α

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

D

I get sudden feelings of panic:

get sudden reenings of panie.	
Very often indeed	
Quite often	
Quite often	
Not at all	
	А

I can enjoy a good book or radio or TV programme:



Do not write below this line

D =