**APPENDIX**

**Table A:** Frequency distribution of SRQ-20 item questionnaire answers. Number and percentage used.

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| **SRQ-20 questions** | **n(%)** |
| 1. Do you often have headaches? | 60(21) |
| 1. Is your appetite poor? | 35(12) |
| 1. Do you sleep badly? | 87(30) |
| 1. Are you easily frightened? | 64(22) |
| 1. Do your hands shake? | 42(15) |
| 1. Do you feel nervous, tense or worried? | 148(51) |
| 1. Is your digestion poor? | 46(16) |
| 1. Do you have trouble thinking clearly? | 61(21) |
| 1. Do you feel unhappy? | 62(22) |
| 1. Do you cry more than usual? | 40(14) |
| 1. Do you find it difficult to enjoy your daily activities? | 60(21) |
| 1. Do you find it difficult to make decisions? | 114(40) |
| 1. Is your daily work suffering? | 76(26) |
| 1. Are you unable to play a useful part in your life | 48(17) |
| 1. Have you lost interest in things? | 72(25) |
| 1. Do you feel that you are a worthless person? | 37(13) |
| 1. **Has the thought of ending your life been on your mind?** | **34(12)** |
| 1. Do you feel tired all the time? | 75(30) |
| 1. Do you have uncomfortable feelings in your stomach? | 70(24) |
| 1. Are you easily tired | 125(43) |
| **Having SRQ score ≥5** | **123(43)** |