

General Health Questionnaire 28 (GHQ28)

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Japanese version of GHQ28

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A somatic symptoms

- 1 Been feeling perfectly well and in good health?
- 2 Been feeling in need of a good tonic?
- 3 Been feeling run down and out of sorts?
- 4 Been feeling that you are ill?
- 5 Been getting any pains in your head?
- 6 Been getting a feeling of tightness or pressure in your head?
- 7 Been having hot or cold spells?

B Anxiety and insomnia

- 1 Been losing much sleep over worry?
- 2 Been having difficulty in staying asleep once you fall asleep?
- 3 Been feeling constantly under strain?
- 4 Been getting edgy or bad tempered?
- 5 Been getting scared or panicky for no reason?
- 6 Been feeling everything is getting on top of you?
- 7 Been feeling nervous and strung-out all the time?

C Social impairments

- 1 Been managing to keep yourself busy and occupied?
- 2 Been taking longer over the things you do?
- 3 Been feeling on the whole that you were doing things well?
- 4 Been satisfied with the way you have carried out your tasks?
- 5 Been feeling that you are playing a useful part in things?
- 6 Been feeling capable of making decisions about things?
- 7 Been able to enjoy your normal day-to-day activities?

D depression

- 1 Been thinking of yourself as a worthless person?
- 2 Been feeling that life is entirely hopeless?
- 3 Been feeling that life is not worth living?
- 4 Been thinking of the possibility that you may do away with yourself?
- 5 Been feeling at times that you could not do anything because your nerves were too bad?
- 6 Been finding yourself wishing you were dead and away from it all?
- 7 Been finding that the idea of taking your own life keeps coming into your mind?