

## QUESTIONS ABOUT CURRENT HEALTH

The following questions are about the way you have been feeling during the last six weeks. Please circle the answer which applies to you. Don't spend long on any one question.

### During the last 6 weeks:

- |  |              |                  |               |
|--|--------------|------------------|---------------|
| 1. Have you been troubled by dizziness or shortness of breath                      | Often        | Sometimes        | Never         |
| 2. Have you felt sick or had indigestion?  | Often        | Sometimes        | Never         |
| 3. Have you found that silly or unreasonable thoughts kept recurring in your mind? | Often        | Sometimes        | Never         |
| 4. Have you had to check things you do to an unnecessary extent?                   | Often        | Sometimes        | Never         |
| 5. Have you been able to get off to sleep all right?                               | Often<br>not | Sometimes<br>not | Yes           |
| 6. Has it irritated you if your normal routine was disturbed?                      | Greatly      | A little         | Not at<br>all |
| 7. Have you found yourself worrying about things that do not really matter?        | Often        | Sometimes        | Never         |
| 8. Have you felt unduly tired and exhausted?                                       | Often        | Sometimes        | Never         |