

# General Health Questionnaire (GHQ-12)

Name: Holly Carson

Gender: Female

Date of assessment: 9/3/2024

Contact information: 555-456-6789

Instructions: Please choose one response for each question.

1. Been able to concentrate well on what you're doing?

0

Always

0

Frequently

1

Sometimes

1

Never

2. Felt you were playing a useful part in things?

0

Always

0

Frequently

1

Sometimes

1

Never

3. Felt capable of making decisions about things?

0

Always

0

Frequently

1

Sometimes

1

Never

4. Been able to enjoy your normal day to day activities?

0

Always

0

Frequently

1

Sometimes

1

Never

5. Been able to face up to your problems?

0

Always

0

Frequently

1

Sometimes

1

Never

6. Been feeling reasonably happy, all things considered?

0

Always

0

Frequently

1

Sometimes

1

Never

7. Lost much sleep over worry?

0

Never

0

Sometimes

1

Frequently

1

Always

8. Felt constantly under strain?

0

Never

0

Sometimes

1

Frequently

1

Always

# General Health Questionnaire Ghq 12

**S Ashworth**



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