Your Quality of Life

We are interested in finding out about your quality of life

OVER THE PAST SEVEN DAYS, INCLUDING TODAY.

Please answer all the following questions and respond to all the statements by checking one box for each statement.

Your responses will remain confidential.
We are interested in finding out about the quality of your life OVER THE PAST SEVEN DAYS, INCLUDING TODAY. Please respond to all the following statements by checking one box for each statement.

1. I lacked the energy to do things. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

2. I couldn't be bothered to do things. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

3. I was worried about my future. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

4. I felt lonely. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

5. I felt hopeless. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

6. I felt panicky. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

7. I was able to carry out my day to day activities. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

8. I took things people said the wrong way. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

9. I found it hard to concentrate. Never Rarely Sometimes Often Always
   [ ]   [ ]   [ ]   [ ]   [ ]

10. I found it difficult to mix with people. Never Rarely Sometimes Often Always
    [ ]   [ ]   [ ]   [ ]   [ ]

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OVER THE PAST SEVEN DAYS (Including today):

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<table>
<thead>
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<tbody>
<tr>
<td>11. I felt down.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>12. I felt that I could cope.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
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<td>13. I felt very mixed up and unsure of myself.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>14. I slept well.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
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<tr>
<td>15. My feelings swung from high to low.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
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<td>16. I felt concerned that I wouldn’t get better.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>17. I worried about things</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>18. I felt that people tended to avoid me.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>19. I got upset thinking about the past.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>20. I had trouble remembering things.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>21. I felt cut off from the world.</td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
</tbody>
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OVER THE PAST SEVEN DAYS (Including today):

22. I felt uncomfortable with people.  Never  Rarely  Sometimes  Often  Always

23. I had trouble thinking clearly.  Never  Rarely  Sometimes  Often  Always

24. I had upsetting thoughts.  Never  Rarely  Sometimes  Often  Always

25. I had suicidal thoughts.  Never  Rarely  Sometimes  Often  Always

26. I felt happy.  Never  Rarely  Sometimes  Often  Always

27. I felt depressed.  Never  Rarely  Sometimes  Often  Always

28. I felt drowsy.  Never  Rarely  Sometimes  Often  Always

29. I felt restless.  Never  Rarely  Sometimes  Often  Always

30. I was concerned about my social life.  Never  Rarely  Sometimes  Often  Always
OVER THE PAST SEVEN DAYS (Including today):

31. I felt tired. Never Rarely Sometimes Often Always

32. I felt physically weak. Never Rarely Sometimes Often Always

33. I felt like I wasn’t leading a normal life. Never Rarely Sometimes Often Always

Thank you for your time