

**MENTAL HEALTH INVENTORY FROM THE MEDICAL OUTCOMES STUDY**

**SECTION 5: YOUR FEELINGS**

These questions are about how you feel and how things have been with you during the past month. For each question, please circle a number for the one answer that comes closest to the way you have been feeling.

20. How happy, satisfied, or pleased have you been with your personal life during the past month?

(Circle One)

- Extremely happy, could not have been more satisfied or pleased.....1
- Very happy most of the time .....2
- Generally satisfied, pleased .....3
- Sometimes fairly satisfied, sometimes fairly unhappy .....4
- Generally dissatisfied, unhappy.....5
- Very dissatisfied, unhappy most of the time .....6

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21. During the past month, how often did you feel there were people you were close to?

(Circle One)

- Always .....1
- Very often.....2
- Fairly often.....3
- Sometimes.....4
- Almost never.....5
- Never.....6

22. During the past month, how often has feeling depressed interfered with what you usually do?

(Circle One)

- Always .....1
  - Very often.....2
  - Fairly often.....3
  - Sometimes.....4
  - Almost never.....5
  - Never.....6
- 

23. How much of the time, during the past month, did you have difficulty reasoning and solving problems; for example, making plans, making decisions, learning new things?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time.....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

24. During the past month, how much of the time have you generally enjoyed the things you do?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time.....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

25. How much of the time, during the past month, has your daily life been full of things that were interesting to you?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

26. During the past month, how much of the time have you felt loved and wanted?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

27. How much of the time, during the past month, have you been a very nervous person?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time .....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

28. During the past month, how much of the time did you have difficulty doing activities involving concentration and thinking?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

29. During the past month, how much of the time did you feel depressed?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

30. During the past month, how much of the time have you felt tense or "high-strung"?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time .....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

31. During the past month, how much of the time have you been in firm control of your behavior, thoughts, emotions, feelings?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

32. During the past month, how much of the time did you become confused and start several actions at a time?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

33. During the past month, how much of the time did you feel that you had nothing to look forward to?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time .....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

34. How much of the time, during the past month, have you felt calm and peaceful?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

35. How much of the time, during the past month, have you felt emotionally stable?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

36. How much of the time, during the past month, have you felt downhearted and blue?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time .....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

37. How often have you felt like crying during the past month?

(Circle One)

- Always .....1
  - Very often.....2
  - Fairly often.....3
  - Sometimes.....4
  - Almost never.....5
  - Never.....6
- 

38. How much of the time, during the past month, did you feel left out?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time.....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

39. During the past month, how often did you feel that others would be better off if you were dead?

(Circle One)

- Always .....1
- Very often.....2
- Fairly often.....3
- Sometimes.....4
- Almost never.....5
- Never.....6

40. During the past month, how much of the time did you forget, for example, things that happened recently, where you put things, appointments?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

41. During the past month, how much of the time did you feel that your love relationships, loving and being loved, were full and complete?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

42. How much have you been bothered by nervousness, or your "nerves," during the past month?

(Circle One)

- Extremely so, to the point where I could not take care of things .....1
- Very much bothered .....2
- Bothered quite a bit.....3
- Bothered some, enough to notice.....4
- Bothered just a little .....5
- Not bothered at all .....6

43. During the past month, how much of the time has living been a wonderful adventure for you?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

44. How much of the time, during the past month, have you felt so down in the dumps that nothing could cheer you up?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

45. During the past month, did you ever think about taking your own life?

(Circle One)

- Yes, constantly .....1
- Yes, very often.....2
- Yes, fairly often .....3
- Yes, a couple of times.....4
- Yes, once.....5
- No, never.....6

46. During the past month, how much of the time have you felt restless, fidgety, or impatient?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

47. During the past month, how much of the time have you been moody or brooded about things?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

48. During the past month, how often did you get rattled, upset, or flustered?

(Circle One)

- Always .....1
- Very often.....2
- Fairly often.....3
- Sometimes.....4
- Almost never.....5
- Never.....6

49. How much of the time, during the past month, did you have trouble keeping your attention on any activity for long?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

50. During the past month, how much of the time have you been anxious or worried?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time .....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

51. During the past month, how much of the time have you been a happy person?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time .....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

52. How often during the past month did you find yourself having difficulty trying to calm down?

(Circle One)

- Always .....1
  - Very often.....2
  - Fairly often.....3
  - Sometimes.....4
  - Almost never.....5
  - Never.....6
- 

53. During the past month, how much of the time have you been in low or very low spirits?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time.....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time .....6
- 

54. How much of the time, during the past month, have you felt cheerful, lighthearted?

(Circle One)

- All of the time .....1
- Most of the time .....2
- A good bit of the time.....3
- Some of the time .....4
- A little of the time .....5
- None of the time .....6

55. During the past month, how depressed (at its worst) have you felt?

(Circle One)

- Extremely depressed.....1
  - Very depressed .....2
  - Quite depressed .....3
  - Somewhat depressed .....4
  - A little depressed .....5
  - Not depressed at all .....6
- 

56. How much of the time, during the past month, did you react slowly to things that were said or done?

(Circle One)

- All of the time .....1
  - Most of the time .....2
  - A good bit of the time.....3
  - Some of the time .....4
  - A little of the time .....5
  - None of the time.....6
- 

57. During the past month, how often did you feel isolated from others?

(Circle One)

- Always .....1
- Very often.....2
- Fairly often.....3
- Sometimes.....4
- Almost never.....5
- Never.....6