

5. 我會無緣無故地感到害怕和恐慌，但又找不出充足的理由為甚麼會這樣：

很多時
有時
不多時
絕對沒有

6. 我感到事情多得令我難以應付：

是的，大部分時候我一點也不能妥善地處理
是的，有時我不能如常那樣妥善處理好
不，大部分時候我能夠處理得相當好
不，我一直能處理得很好

7. 我很不高興以致很難入睡：

很經常
有時
不很經常
從不

8. 我感到痛苦和悲傷：

總是
經常
不經常
從不

9. 我很不高興以致於哭泣：

總是
很經常
偶爾
從不

10. 我曾有傷害自己的念頭：

很經常
有時
幾乎沒有
從不

謝謝你的合作

English version of questions

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|--|--|
| <p>1 I have been able to laugh and see the funny side of things:
As much as I always could
Not quite so much now
Definitely not so much now
Not at all</p> | <p>6 Things have been getting on top of me:
Yes, most of the time I haven't been able to cope at all
Yes, sometimes I haven't been coping as well as usual
No, most of the time I have coped quite well
No, I have been coping as well as ever</p> |
| <p>2 I have looked forward with enjoyment to things:
As much as I ever did
Rather less than I used to
Definitely less than I used to
Hardly at all</p> | <p>7 I have been so unhappy that I have had difficulty sleeping:
Yes, most of the time
Yes, sometimes
Not very often
No, not at all</p> |
| <p>3 I have blamed myself unnecessarily when things went wrong:
Yes, most of the time
Yes, some of the time
Not very often
No, never</p> | <p>8 I have felt sad or miserable:
Yes, most of the time
Yes, quite often
Not very often
No, not at all</p> |
| <p>4 I have been worried and anxious for no good reason:
No, not at all
Hardly ever
Yes, sometimes
Yes, very often</p> | <p>9 I have been so unhappy that I have been crying:
Yes, most of the time
Yes, quite often
Only occasionally
No, never</p> |
| <p>5 I have felt scared or panicky for no very good reason:
Yes, quite a lot
Yes, sometimes
No, not much
No, not at all</p> | <p>10 The thought of harming myself has occurred to me:
Yes, quite often
Sometimes
Hardly ever
Never</p> |