

Psychological distress

The MHI-5 index from the RAND-36 questionnaire

"In the following, I will again ask for your views about your health and how you feel about life in general. If you are unsure about how to answer any question, try and think about your overall health and give the best answer you can. Do not spend too much time thinking about your answer as your immediate response is likely to be the most accurate."

"These questions are about how you feel and how things have been with you during the past month. For each question, please indicate the one answer that comes closest to the way you have been feeling. I will here ask for the extent of your agreement with each of the items. The options to the question how much time during the past month are: 1. All of the time; 2. Most of the time; 3. A good bit of the time; 4. Some of the time; 5. A little of the time; and 6. None of the time."

How much time during the past month?

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
Have you felt particularly nervous?						
Have you felt so down in the dumps nothing could cheer you up?						
Have you felt calm and peaceful?						
Have you felt downhearted and miserable?						
Have you been happy?						