

## Mental Health - Questions list

Question 1: Over the past few years, have you had problems with sleep that affected your sleep quality over all?

- Not at all
- Slightly
- Mildly
- Moderately
- Severely

Gender specific: None  
Routing rule: None

Question 2: Over the past few years, have you had problems with memory (like learning new information) or with location (like finding your way home)?

- Not at all
- Slightly
- Mildly
- Moderately
- Severely

Gender specific: None  
Routing rule: None

Question 3: In an average week, have you felt driven to perform certain behaviors or mental acts over and over again?

- Not at all
- Less than a day or two each week
- Several days per week
- More than half the days in a week

Nearly every day

Gender specific: None  
Routing rule: None

Question 4: How anxious are you?

Not at all

Slightly

Mildly

Moderately

Severely

Gender specific: None  
Routing rule: None

Question 5: Have you ever had a panic attack?

Yes

No

Gender specific: None  
Routing rule: ( Yes->6 No->8 )

Question 6: What happened during your panic attack?

Racing heart

Feeling weak, faint or dizzy

Difficulty breathing, feeling like you were suffocating

Feeling like you were going to die

Feeling like you were losing control

Sweating profusely

Chills

Sense of terror or impending doom

 Tingling or numbness in your hands

Gender specific: None

Routing rule: None

Question 7: Roughly speaking, how many panic attacks have you had?

- One
- 2-5
- 5-10
- 10-100
- Too many to count

Gender specific: None

Routing rule: None

Question 8: Have you ever been depressed (regardless of whether you received a formal diagnosis)?

- Yes
- No

Gender specific: None

Routing rule: ( Yes->9 No->13 )

Question 9: How many times have you been depressed?

Please select the number:

Gender specific: None

Routing rule: None

Question 10: When was the last time you were depressed?

- In the last week
- Last month
- About half a year ago

- One year ago
- More than one year ago

Gender specific: None  
Routing rule: None

Question 11: The last time you were depressed, was there a particular situation in your life (for example, death of a loved one, a breakup, stress, etc.) that caused this depression, or did it seem to simply "arise from nowhere" or "come out of the blue"?

- There was a particular situation
- It came out of the blue
- I do not know

Gender specific: None  
Routing rule: ( There was a particular situation->12 It came out of the blue->13 I do not know->13 )

Question 12: If there was a situation that caused your depression, use the space provided to describe, as best you can, what factor or factors caused you to become depressed.



Please specify:

Gender specific: None  
Routing rule: None

Question 13: The following questions ask about unusual experiences people have, please let us know which of these experiences apply to you.

Gender specific: None  
Routing rule: None

Question 14: No matter how hard I try to concentrate, unrelated thoughts always creep in my mind.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies

Certainly applies

Gender specific: None  
Routing rule: None

Question 15: In my daydreams I can hear the sound of a tune almost as clearly as if I were actually listening to it.

Certainly does not apply

Possibly does not apply

Unsure

Possibly applies

Certainly applies

Gender specific: None  
Routing rule: None

Question 16: Sometimes my thoughts seem as real as actual events in my life.

Certainly does not apply

Possibly does not apply

Unsure

Possibly applies

Certainly applies

Gender specific: None  
Routing rule: None

Question 17: Sometimes a passing thought will seem so real that it frightens me.

Certainly does not apply

Possibly does not apply

Unsure

Possibly applies

Certainly applies

Gender specific: None  
Routing rule: None

Question 18: The sounds I hear in my daydreams are usually clear and distinct.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies
- Certainly applies

Gender specific: None  
Routing rule: None

Question 19: The people in my daydreams seem so true to life that I sometimes think they are.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies
- Certainly applies

Gender specific: None  
Routing rule: None

Question 20: I often hear a voice speaking my thoughts aloud.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies
- Certainly applies

Gender specific: None  
Routing rule: None

Question 21: In the past I have had the experience of hearing a person's voice and then found that no one was there.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies
- Certainly applies

Gender specific: None

Routing rule: None

Question 22: On occasions I have seen a person's face in front of me when no one was in fact there.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies
- Certainly applies

Gender specific: None

Routing rule: None

Question 23: I have been troubled by hearing voices in my head.

- Certainly does not apply
- Possibly does not apply
- Unsure
- Possibly applies
- Certainly applies

Gender specific: None

Routing rule: ( Certainly does not apply->25 Possibly does not apply->25 Unsure->25 Possibly applies->24 Certainly applies->24 )

Question 24: Who do these voices belong to?

Please specify:

Gender specific: None

Routing rule: None

Question 25: How would you rate this survey?



No comment.



I can imagine it is useful for research.



It was interesting.



It could use some work.

Gender specific: None

Routing rule: ( END )