

Mail - Marie Lane-Smith - x IMPACT Study (2015) | REI x

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Part A: Emotional Health

In the **past 7 days**, I have been able to laugh and see the funny side of things

* must provide value

- As much as I always could
- Not quite so much now
- Definitely not so much now
- Not at all

reset

In the **past 7 days**, I have looked forward with enjoyment to things

* must provide value

- As much as I ever did
- Rather less than I used to
- Definitely less than I used to
- Hardly at all

reset

In the **past 7 days**, I have blamed myself unnecessarily when things went wrong

* must provide value

- Yes, most of the time
- Yes, some of the time
- Not very often
- No, never

reset

In the **past 7 days**, I have been anxious or worried for no good reason

* must provide value

- No, not at all

reset

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- Not very often
- No, never

In the **past 7 days**, I have been anxious or worried for no good reason

* must provide value

- No, not at all
- Hardly ever
- Yes, sometimes
- Yes, very often

reset

In the **past 7 days**, I have felt scared or panicky for no very good reason.

* must provide value

- Yes, quite a lot
- Yes, sometimes
- No, not much
- No, not at all

reset

In the **past 7 days**, things have been getting on top of me.

* must provide value

- 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

reset

In the **past 7 days**, I have been so unhappy that I have had difficulty sleeping.

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In the past 7 days, I have been so unhappy that I have had difficulty sleeping.
* must provide value

- Yes, quite a lot
- Yes, sometimes
- Not very often
- No, not at all

reset

In the past 7 days, I have felt sad or miserable
* must provide value

- Yes, most of the time
- Yes, quite often
- Not very often
- No, not at all

reset

In the past 7 days, I have been so unhappy that I have been crying.
* must provide value

- Yes, most of the time
- Yes, quite often
- Only occasionally
- No, never

reset

In the past 7 days, the thought of harming myself has occurred to me.
* must provide value

- Yes, quite often
- Sometimes
- Hardly ever
- Never

reset

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In the past 7 days, I have been so unhappy that I have been crying.
* must provide value

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- Yes, quite often
- Only occasionally
- No, never

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In the past 7 days, the thought of harming myself has occurred to me.
* must provide value

- Yes, quite often
- Sometimes
- Hardly ever
- Never

reset

In the past week, have you sometimes felt hopeless about the future?
* must provide value

- Yes
- No

reset

In the past week, have you sometimes wished you were dead?
* must provide value

- Yes
- No

reset

In the past week, have you sometimes thought of ending your life?
* must provide value

- Yes
- No

reset

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