

General Health Questionnaire (GHQ-28)

Full name of the patient:

Date accomplished:

Full name of the assessor:

Please read this carefully. We should like to know if you have had any medical complaints and how your health has been in general, over the past few weeks. Please answer ALL the questions on the following pages simply by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past. It is important that you try to answer ALL the questions. Thank you very much for your co-operation.

Have you recently...

Questions	Choices				
A1 been feeling perfectly well and in good health?	☐ Better than usual	☐ Same as usual	☐ Worse than usual	☐ Much worse than usual	
A2 been feeling in need of a good tonic?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
A3 been feeling run down and out of sorts?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
A4 felt that you are ill?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
A5 been getting any pains in your head?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
A6 been getting a feeling of tightness or pressure in your head?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
A7 been having hot or cold spells?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
B1 lost much sleep over worry?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
B2 had difficulty in staying asleep more once you are off?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
B3 felt constantly under strain?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	
B4 been getting edgy and bad-tempered?	☐ Not at all	☐ No more than usual	☐ Rather more than usual	☐ Much more than usual	

Manual General Health Questionnaire

David Kirk



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