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Workaholism among South African professionals: family competence and wellbeing

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Appendix D

General Health Questionnaire

I would like to know how your health has been in general over the last few weeks. Please read the questions below and each of the four possible answers. Circle the response that best applies to you. Thank you for answering all the questions.

Have you recently:

1. been able to concentrate on what you're doing?

better than usual same as usual less than usual much less than usual

2. lost much sleep over worry?

Not at all no more than usual rather more than usual much more than usual

3. felt that you are playing a useful part in things?

more so than usual same as usual less so than usual much less than usual

4. felt capable of making decisions about things?

more so than usual same as usual less than usual much less than usual

5. felt constantly under strain?

Not at all no more than usual rather more than usual much more than usual

6. felt you couldn't overcome your difficulties?

Not at all | no more than usual | rather more than usual | much more than usual

7. been able to enjoy your normal day to day activities?

more so than usual | same as usual | less so than usual | much less than usual

8. been able to face up to your problems?

more so than usual | same as usual | less than usual | much less than usual

9. been feeling unhappy or depressed?

not at all | no more than usual | rather more than usual | much more than usual

10. been losing confidence in yourself?

not at all | no more than usual | rather more than usual | much more than usual

11. been thinking of yourself as a worthless person?

not at all | no more than usual | rather more than usual | much more than usual

12. been feeling reasonably happy, all things considered?

more so than usual | same as usual | less so than usual | much less than usual