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**PHASE TWO PARTICIPANT CHECKLIST**  
(Control Subject)

**These questions ask about how you have been feeling during the past month. For each question, circle the letter next to the answer which best applies to you. This is not a test.**

1. How have you been feeling in general? (during the past month)
  - a. In excellent spirits
  - b. In very good spirits
  - c. In good spirits mostly
  - d. I have been up and down in spirits a lot
  - e. In low spirits mostly
  - f. In very low spirits
  
2. Have you been bothered by nervousness or your "nerves"? (during the past month)
  - a. Extremely so -- to the point where I could not work or take care of things
  - b. Very much so
  - c. Quite a bit
  - d. Some -- enough to bother me
  - e. A little
  - f. Not at all
  
3. Have you been in firm control of your behavior, thoughts, emotions OR feelings? (during the past month)
  - a. Yes, definitely so
  - b. Yes, for the most part
  - c. Generally so
  - d. Not too well
  - e. No, and I am somewhat disturbed
  - f. No, and I am very disturbed
  
4. Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile? (during the past month)
  - a. Extremely so -- to the point that I have just about given up
  - b. Very much so
  - c. Quite a bit
  - d. Some -- enough to bother me
  - e. A little bit
  - f. Not at all

5. Have you been under or felt you were under any strain, stress, or pressure? (during the past month)
- a. Yes -- almost more than I could bear or stand
  - b. Yes -- quite a bit of pressure
  - c. Yes -- some - more than usual
  - d. Yes -- some - but about usual
  - e. Yes - a little
  - f. Not at all
6. How happy, satisfied, or pleased have you been with your personal life? (during the past month)
- a. Extremely happy - could not have been more satisfied or pleased
  - b. Very happy
  - c. Fairly happy
  - d. Satisfied -- pleased
  - e. Somewhat dissatisfied
  - f. Very dissatisfied
7. Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory? (during the past month)
- a. Not at all
  - b. Only a little
  - c. Some -- but not enough to be concerned or worried about
  - d. Some and I have been a little concerned
  - e. Some and I am quite concerned
  - f. Yes, very much so and I am very concerned
8. Have you been anxious, worried, or upset? (during the past month)
- a. Extremely so -- to the point of being sick or almost sick
  - b. Very much so
  - c. Quite a bit
  - d. Some -- enough to bother me
  - e. A little bit
  - f. Not at all
9. Have you been waking up fresh and rested? (during the past month)
- a. Every day
  - b. Most every day
  - c. Fairly often
  - d. Less than half the time
  - e. Rarely
  - f. None of the time

10. Have you been bothered by any illness, bodily disorder, pains, or fears about your health? (during the past month)
- a. All the time
  - b. Most of the time
  - c. A good bit of the time
  - d. Some of the time
  - e. A little of the time
  - f. None of the time
11. Has your daily life been full of things that were interesting to you? (during the past month)
- a. All the time
  - b. Most of the time
  - c. A good bit of the time
  - d. Some of the time
  - e. A little of the time
  - f. None of the time
12. Have you felt down-hearted and blue? (during the past month)
- a. All of the time
  - b. Most of the time
  - c. A good bit of the time
  - d. Some of the time
  - e. A little of the time
  - f. None of the time
13. Have you been feeling emotionally stable and sure of yourself? (during the past month)
- a. All of the time
  - b. Most of the time
  - c. A good bit of the time
  - d. Some of the time
  - e. A little of the time
  - f. None of the time
14. Have you felt tired, worn out, used-up, or exhausted? (during the past month)
- a. All of the time
  - b. Most of the time
  - c. A good bit of the time
  - d. Some of the time
  - e. A little of the time
  - f. None of the time

