



NHLBI GROWTH AND HEALTH STUDY

MY PROBLEMS

0925-0294
exp. 9/92

NGHS Form 22
Rev. 0 12/89
2 Pages

ID						
NC						
VN						

The questions below ask about your feelings and thoughts during the last month. Please read each question carefully. Then check the box that best describes how often you felt or thought that way during the last month. Check only one box for each question.

	Never	Once in a while	Some- times	Often	Very often	
1. I was upset because of something that I didn't expect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM1
2. I felt that I could not do something about important things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM2
3. I felt nervous and like everybody was pushing me. ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM3
4. I was able to solve annoying problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM4
5. I felt that I was able to handle big changes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM5
6. I felt sure I could handle my personal problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM6

	Never	Once in a while	Some- times	Often	Very often	
7. I felt that things were going my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM7
8. I found that I could not handle all the things that I had to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM8
9. I was able to do something about the things that bothered me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM9
10. I felt that I had finished everything I need to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM10
	Never	Once in a while	Some- times	Often	Very often	
11. I felt angry when things happened that I couldn't do anything about.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM11
12. I found myself thinking about things that I had to get done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM12
13. I was able to do something about the way I spend my time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM13
14. I felt that my problems were becoming so big that I could not handle them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM14

Thanks for taking the time to answer these questions!

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Thanks for taking the time to answer these questions.

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8.	I found that I could not handle all the things that I had to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM8
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14.	I felt that my problems were becoming so big that I could not handle them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM14
15.	I worried that I didn't have enough money for the things I needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM15
16.	I worried that I will never have enough money for the things I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ITEM16

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