



CLASS

Chlamydia Screening Study

Questionnaire to Measure Well-being

(Birmingham patients)

Funded by the NHS Executive Research and Development Programme-Health Technology Assessment.

This is a collaborative study between the University of Birmingham, the University of Bristol, United Bristol Health Care Trust, Birmingham Specialist Community Health NHS Trust, and the Public Health Laboratories Services.

As part of the Chlamydia Screening Study we are interested in measuring people's well-being. This is a shortened version of a questionnaire that you may have already completed. We are asking you to provide answers to repeat questions because we are interested in comparing how people feel over time. There is no need to try and remember what answers you put before, we are keen to find out how you feel now.

Your name does not appear on the questionnaire and if you complete and return it all the information you provide will be kept strictly confidential.

When you have filled in the questionnaire please could you send it back in the envelope provided. You do not need to use a stamp as the postage is paid for.

If you have any questions about this questionnaire please do not hesitate to contact Dr Nicola Mills at the Department of Social Medicine, University of Bristol, Canynge Hall, Whiteladies Road, Bristol or telephone 0117 9287210.

How to fill in the questionnaire

Please read each question carefully. For most questions you only have to tick the box next to the relevant answer in each section. The final question requires you to circle one of four options for each given statement.

Thank you for your time

These questions are designed to help us know how you feel. Read each item and place a tick in the box opposite the reply which comes closest to how you have been feeling ***in the past week***.

Don't take too long over your replies, your immediate reaction to each item will probably be more accurate than a long thought-out response.

Tick only one box for each question

1. I feel tense or 'wound up':

- Most of the time 3
A lot of the time 2
From time to time, occasionally 1
Not at all 0

2. I feel as if I am slowed down:

- Nearly all the time 3
Very often 2
Sometimes 1
Not at all 0

3. I still enjoy the things I used to enjoy:

- Definitely as much 0
Not quite so much 1
Only a little 2
Hardly at all 3

4. I get a sort of frightened feeling like 'butterflies' in the stomach:

- Not at all 0
Occasionally 1
Quite often 2
Very often 3

5. I get a sort of frightened feeling as if something awful is about to happen:

- Very definitely and quite badly 3
- Yes, but not too badly 2
- A little, but it doesn't worry me 1
- Not at all 0

6. I have lost interest in my appearance:

- Definitely 3
- I don't take as much care as I should 2
- I may not take quite as much care 1
- I take just as much care as ever 0

7. I can laugh and see the funny side of things:

- As much as I always could 0
- Not quite so much now 1
- Definitely not so much now 2
- Not at all 3

8. I feel restless as if I have to be on the move:

- Very much indeed 3
- Quite a lot 2
- Not very much 1
- Not at all 0

9. Worrying thoughts go through my mind:

- A great deal of the time 3
- A lot of the time 2
- Not too often 1
- Very little 0

10. I look forward with enjoyment to things:

- As much as I ever did 0
- Rather less than I used to 1
- Definitely less than I used to 2
- Hardly at all 3

11. I feel cheerful:

- Never 3
- Not often 2
- Sometimes 1
- Most of the time 0

12. I get sudden feelings of panic:

- Very often indeed 3
- Quite often 2
- Not very often 1
- Not at all 0

13. I can sit at ease and feel relaxed:

- Definitely 0
- Usually 1
- Not often 2
- Not at all 3

14. I can enjoy a good book, or radio or TV programme:

- Often 0
- Sometimes 1
- Not often 2
- Very seldom 3

PLEASE TURN OVER

15. Below is a list of statements dealing with your general feelings about yourself. If you **strongly agree** with a statement, circle **SA**. If you **agree**, circle **A**. If you **disagree**, circle **D**. If you **strongly disagree**, circle **SD**.

Please circle only 1 of the 4 possible answers to each question

	1 Strongly agree	2 Agree	3 Disagree	4 Strongly disagree
a. On the whole, I am satisfied with myself	SA	A	D	SD
b. At times I think I am no good at all	SA	A	D	SD
c. I feel that I have a number of good qualities	SA	A	D	SD
d. I am able to do things as well as most other people	SA	A	D	SD
e. I feel I do not have much to be proud of	SA	A	D	SD
f. I certainly feel useless at times	SA	A	D	SD
g. I feel that I'm a person of worth, at least on an equal plane with others	SA	A	D	SD
h. I wish I could have more respect for myself	SA	A	D	SD
i. All in all, I am inclined to feel that I am a failure	SA	A	D	SD
j. I take a positive attitude toward myself	SA	A	D	SD

Please tick in the box if you would like to receive details on the results of this questionnaire study

Thank you very much. Your participation is appreciated

Please post the questionnaire back using the pre-paid envelope provided.



Return address: ClaSS, Department of Primary Care and General Practice, The Medical School, University of Birmingham, Edgbaston, Birmingham, B15 2TT