Strong Souls

menzies school of health research

These are some questions about things that sometimes happen to people. Please circle how often these things happened to you IN THE PAST FEW MONTHS

1	**Have trouble sleeping?**	Not much	Sometimes	Fair bit	Lots of times
2	**Get angry or wild real quick?**	Not much	Sometimes	Fair bit	Lots of times
3	**Hard to focus. Thinking all over the place.**	Not really	Sometimes	Fair bit	Lots of times
4	**Had too many bad moods?**	Not really	Little bit	Fair bit	Lots
5	**Felt pretty lonely much of the time?**	Not really	Little bit	Fair bit	Lots
6	**Have you felt so sad that nothing could cheer you up?**	Not much	Sometimes	Fair bit	Lots
7	**Have you felt so worried you start to shake?**	Never	Little bit	Fair bit	Lots
8	**Have you felt so worried it was hard to breathe?**	Never	Little bit	Fair bit	Lots
9	**Have you felt so worried you got really sweaty?**	Not much	Little bit	Fair bit	Lots
10	**Have you been so worried you felt sick in the guts?**	Never	Little bit	Fair bit	Lots
11	**Have you felt so worried you got dizzy?**	Never	Little bit	Fair bit	Lots
12	**Got angry or wild and stayed that way for a long time?**	Never	Sometimes	Fair bit	Lots
13	**Felt like giving up - no point in trying?**	Never	Little bit	Fair bit	Lots
14	**Have you wished you were dead?**	Never	Little bit	Fair bit	Lots of times
15	**Felt like hurting yourself?**	Never	Little bit	Fair bit	Lots
16	**Have you felt like killing yourself?**	Never	Sometimes	Fair bit	Lots of times

How much is this like you?

17	**You have a strong family who help each other.**	Always	Most times	Sometimes	Not really
18	**You know lots about white fella ways.**	Lots	Fair bit	Little bit	Not much
19	**You know someone who is a really good person.**	Lots of people	Fair few	Not many	No one
20	**You laugh and make jokes a lot.**	Lots	Fair bit	Little bit	Not much
21	**You are really into something (like music, cars, clothes, football, fishing, computers, etc).**	Lots	Fair bit	Little bit	Not much
22	**You are a good son or daughter to your family.**	Always	Most times	Sometimes	Not really
23	**You got an older person looking out for you.**	Always	Most times	Sometimes	Not really
24	**You got lots of friends.**	Lots	Fair few	Not many	None
25	**When you are upset, you can usually talk to someone about it (parents or friends).**	Always	Fair bit	Little bit	Never

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For more information about strong souls: www.menzies.edu.au/strongsouls