Strong Souls



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

Have trouble sleeping?	Not much	Sometimes	Fair bit	Lots of times
Get angry or wild real quick?	Not much	Sometimes	Fair bit	Lots of times
Hard to focus. Thinking all over the place.	Not really	Sometimes	Fair bit	Lots of times
Had too many bad moods?	Not really	Little bit	Fair bit	Lots
Felt pretty lonely much of the time?	Not really	Little bit	Fair bit	Lots
Have you felt so sad that nothing could cheer you up?	Not much	Sometimes	Fair bit	Lots
Have you felt so worried you start to shake?	Never	Little bit	Fair bit	Lots
Have you felt so worried it was hard to breathe?	Never	Little bit	Fair bit	Lots
Have you felt so worried you got really sweaty?	Not much	Little bit	Fair bit	Lots
Have you been so worried you felt sick in the guts?	Never	Little bit	Fair bit	Lots
Have you felt so worried you got dizzy?	Never	Little bit	Fair bit	Lots
Got angry or wild and stayed that way for a long time?	Never	Sometimes	Fair bit	Lots
Felt like giving up - no point in trying?	Never	Little bit	Fair bit	Lots
Have you wished you were dead?	Never	Little bit	Fair bit	Lots of times
Felt like hurting yourself?	Never	Little bit	Fair bit	Lots
Have you felt like killing yourself?	Never	Sometimes	Fair bit	Lots of times
	Get angry or wild real quick?Hard to focus. Thinking all over the place.Had too many bad moods?Felt pretty lonely much of the time?Have you felt so sad that nothing could cheer you up?Have you felt so worried you start to shake?Have you felt so worried it was hard to breathe?Have you felt so worried you got really sweaty?Have you been so worried you felt sick in the guts?Have you felt so worried you got dizzy?Got angry or wild and stayed that way for a long time?Felt like giving up - no point in trying?Have you wished you were dead?Felt like hurting yourself?	Get angry or wild real quick?Not muchHard to focus. Thinking all over the place.Not reallyHad too many bad moods?Not reallyFelt pretty lonely much of the time?Not reallyHave you felt so sad that nothing could cheer you up?Not muchHave you felt so worried you start to shake?NeverHave you felt so worried it was hard to breathe?NeverHave you felt so worried you got really sweaty?Not muchHave you been so worried you got dizzy?NeverHave you felt so worried you got dizzy?NeverGot angry or wild and stayed that way for a long time?NeverFelt like giving up - no point in trying?NeverHave you wished you were dead?NeverHave you felt like killing yourself?Never	Get angry or wild real quick?Not muchSometimesHard to focus. Thinking all over the place.Not reallySometimesHad too many bad moods?Not reallyLittle bitFelt pretty lonely much of the time?Not reallyLittle bitHave you felt so sad that nothing could cheer you up?Not muchSometimesHave you felt so worried you start to shake?NeverLittle bitHave you felt so worried you got really sweaty?Not muchSometimesHave you felt so worried you got really sweaty?Not muchLittle bitHave you felt so worried you got dizzy?NeverLittle bitHave you wished you were dead?NeverLittle bitHave you wished you were dead?NeverLittle bit	Get angry or wild real quick?Not muchSometimesFair bitHard to focus. Thinking all over the place.Not reallySometimesFair bitHad too many bad moods?Not reallyLittle bitFair bitHad too many bad moods?Not reallyLittle bitFair bitFelt pretty lonely much of the time?Not reallyLittle bitFair bitHave you felt so sad that nothing could cheer you up?Not muchSometimesFair bitHave you felt so worried you start to shake?NeverLittle bitFair bitHave you felt so worried it was hard to breathe?NeverLittle bitFair bitHave you felt so worried you got really sweaty?Not muchLittle bitFair bitHave you felt so worried you got really sweaty?Not muchLittle bitFair bitHave you felt so worried you got dizzy?NeverLittle bitFair bitHave you felt so worried you got dizzy?NeverLittle bitFair bitHave you wild and stayed that way for a long time?NeverSometimesFair bitFelt like giving up - no point in trying?NeverLittle bitFair bitHave you wished you were dead?NeverLittle bitFair bitFair bitFair bitFair bitFair bitHave you felt is hilling usurgel?NeverLittle bitFair bitHave you felt so worried you got dizzy?NeverLittle bitFair bitHave you felt so worried you got dizzy?NeverLittle bitFair

How much is this like you?

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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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