

## Mental Health Module

### Big Lottery Fund Well-being Evaluation

This module contains a few extra questions about your feelings.

**Please read each statement and tick the box which indicates how much the statement applied to you over the past week. Do not spend too much time on any statement. (please circle one number for each statement)**

	Did not apply to me at all	Applied to me to some degree, or some of the time	Applied to me to a considerable degree, or a good part of time	Applied to me very much, or most of the time
a) <b>I found it hard to wind down</b>	0	1	2	3
b) <b>I experienced breathing difficulty</b> (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
c) <b>I tended to over-react to situations</b>	0	1	2	3
d) <b>I experienced trembling</b> (e.g. in the hands)	0	1	2	3
e) <b>I was worried about situations in which I might panic and make a fool of myself</b>	0	1	2	3
f) <b>I found myself getting agitated</b>	0	1	2	3
g) <b>I was intolerant to anything that kept me from getting on with what I was doing</b>	0	1	2	3
h) <b>I felt I was close to panic</b>	0	1	2	3
i) <b>I found myself getting upset by quite trivial things</b>	0	1	2	3
j) <b>I was aware of the action of my heart in the absence of physical exertion</b> (e.g. missing a heart beat)	0	1	2	3