

## APPENDIX – IV

### MHQ Feedback Form

Instructions : Please read the questions carefully. Fill your response in the response sheet given to you separately. If the statement mentioned is true in your case, please tick ( ✓ ) in the box just next to the question number as given in the response sheet. If the statement mentioned is false in your case, please tick ( ✕ ) in the box just next to the question number as given in the response sheet. Your honest opinion will be kept confidential.

- 1) If I had to live my life over again, I would plan it differently.
- 2) I often feel that I repeat certain phrases many times.
- 3) I am sad all the time and I can't come out of it.
- 4) I feel that the future is hopeless, and that things cannot improve.
- 5) I am extremely scared of some things that don't scare others.
- 6) I feel giddy (dizzy/weak and shaken) at times.
- 7) Smoking gives me confidence.
- 8) I sometimes hear things or voices which are actually not there.
- 9) I wonder about the honesty of people who are more friendly than I expect them to be.
- 10) I need my friends more than they seem to need me.
- 11) Certain thoughts or words keep disturbing my mind.
- 12) I feel I am a complete failure as a person.
- 13) I am dissatisfied and bored with everything.
- 14) I feel guilty most of the time.
- 15) I feel hopeless and helpless when faced with a situation I intensely dislike.
- 16) I often complain of aches and pains.
- 17) Smoking is a good way of relaxation.
- 18) Use of alcohol helps reduce tension and stress.
- 19) I sometimes have beliefs that others do not confirm.
- 20) I feel some people are pursuing (following) me.
- 21) As a child I was afraid of the dark.
- 22) I have a habit of checking things again and again.
- 23) I feel I am being punished.
- 24) I hate myself.
- 25) I am extremely scared of open/closed places.
- 26) I feel very tired.
- 27) Whenever I have emotional disturbance, I tend to drink /smoke.
- 28) I sometimes get a feeling that some people are plotting against me.
- 29) People sometimes tell me that when I get excited, it shows in my voice and manner too obviously.
- 30) I hate dirt and unclean things.
- 31) I blame myself all the time for my faults.
- 32) I would end my life if I had the chance.
- 33) I used to cry, but now I can't cry even though I want to.
- 34) I make special efforts to avoid something I dislike.
- 35) I often get stomach aches.
- 36) I have tasted a narcotic drug once out of curiosity.
- 37) It's okay to use drugs once in a while.

- 38) I sometimes get a feeling there are very few people equal to me.
- 39) I have fear of some unknown people.
- 40) I use up more energy than most people in getting things done because I get tense and nervous.
- 41) I sometimes get vivid, true to life dreams that disturb my sleep, and then I can't go back to sleep.
- 42) I have a habit of counting things or numbers.
- 43) I feel irritated all the time now.
- 44) I have lost all interest in others.
- 45) I have greater difficulty in making decisions now than before.
- 46) I am afraid of public speaking/eating in public /have stage fear/using public bathrooms.
- 47) I sometimes get fits.
- 48) I seem to have become dependent on drugs.
- 49) I sometimes get funny smells which others deny.
- 50) I stay confused most of the times.
- 51) I can almost feel tears come to my eyes when things go wrong.
- 52) I worry a lot if I have done something not exactly the way I should have done.
- 53) I feel there are permanent changes in my appearance that make me look unattractive.
- 54) I believe that I look ugly.
- 55) I have to push myself very hard to do anything.
- 56) In a public gathering, I fear I'll end up doing something that embarrasses me.
- 57) I suffer from a handicap.
- 58) Some drugs are more harmful than others.
- 59) I love watching T.V. throughout the day.
- 60) I have a bad habit of oversleeping.
- 61) I sometimes feel I am a bundle of disease.
- 62) I sometimes get too worried over unimportant small matters.
- 63) I have firm belief in luck.
- 64) I get up a couple of hours earlier than usual and find it hard to get back in sleep.
- 65) I am too tired to do anything.
- 66) My appetite is much worse now.
- 67) I think I overreact when faced with a frustration situation.
- 68) I suffer from asthma/ulcers/migraine/hypertension/skin trouble.
- 69) I prefer T.V. to any other source of entertainment.
- 70) I spend a lot of time visiting doctors.
- 71) I seem to tremble or perspire when I think of a difficult task ahead.
- 72) I make special efforts to avoid bad luck.
- 73) I have lost more than 5 to 10 kgs.
- 74) I am always worried about physical problems, and it is hard to think of much else.
- 75) I have completely lost interest in having a good time and have stopped reacting to enjoyable situations.
- 76) I avoid going out so that I don't miss any of my favourite programmes.
- 77) I feel that the doctors are not able to diagnose my problem.