

Further information on the Malaise Inventory

The Malaise Inventory is comprised of 24 self-completion items covering emotional and somatic symptoms and is intended to measure psychological distress (Rutter, 1970). The Malaise Inventory was derived from the Cornell Medical Index Health Questionnaire, which was comprised of 195 self-completion items (Brodman et al., 1949). Each item in the Malaise Inventory has the response options yes or no.

How are you feeling generally...

1. Do you often have backache?
2. Do you feel tired most of the time?
3. Do you often feel miserable or depressed?
4. Do you often have bad headaches?
5. Do you often get worried about things?
6. Do you usually have great difficulty in falling or staying asleep?
7. Do you usually wake unnecessarily early in the morning?
8. Do you wear yourself out worrying about your health?
9. Do you often get in a violent rage?
10. Do people often annoy and irritate you?
11. Have you at times had twitching of the face, head or shoulders?
12. Do you often suddenly become scared for no good reason?
13. Are you scared to be alone when there are no friends near you?
14. Are you easily upset or irritated?
15. Are you frightened of going out alone or of meeting people?
16. Are you constantly keyed up and jittery?
17. Do you suffer from indigestion?
18. Do you suffer from an upset stomach?
19. Is your appetite poor?
20. Does every little thing get on your nerves and wear you out?
21. Does your heart often race like mad?
22. Do you often have bad pains in your eyes?
23. Are you troubled with rheumatism or fibrositis?
24. Have you ever had a nervous breakdown?

The Malaise Inventory has a good level of internal consistency and its validity is robust across different population groups (Rodgers et al., 1999). Consequently it has been widely used in population studies.

References

- Brodman, K., Erdmann, A., Lorge, I., Wolff, H., Broadbent, T., 1949. The Cornell Medical Index. An adjunct to medical interview. J. Am. Med. Assoc. 140, 530–534.
- Rodgers, B., Pickles, A., Power, C., Collishaw, S., Maughan, B., 1999. Validity of the malaise inventory in general population samples. Soc. Psychiatry Psychiatr. Epidemiol. 34, 333–341.
- Rutter, M., 1970. Education, health and behaviour. Longman, Harlow.