

Method for Calculating Scores Obtained in the GHQ

1. In the survey, respondents were asked to answer a General Health Questionnaire (GHQ) that comprised 12 questions relating to one's mental health conditions as given below.

In the past four weeks, have you encountered any of the following situations? <u>Show card and read out items (a) – (l) one by one</u> (Probe the degree)	<u>Answers and corresponding code numbers</u>			
	Often	Sometimes	Seldom	Never
(a) Feeling that you had not made good use of time	1	2	3	4
(b) Feeling that you were not decisive.....	1	2	3	4
(c) Feeling that you had suffered from pressure	1	2	3	4
(d) Feeling that you could not overcome your own difficulties	1	2	3	4
(e) Feeling unhappy or distressed.....	1	2	3	4
(f) Able to lead a happy life.....	1	2	3	4
(g) Able to face your own difficulties.....	1	2	3	4
(h) Sleepless because of worrying something ...	1	2	3	4
(i) Having lost self-confidence.....	1	2	3	4
(j) Able to concentrate on doing anything	1	2	3	4
(k) Feeling that you were a useful person.....	1	2	3	4
(l) Feeling happy in general.....	1	2	3	4

2. The scores obtained in the GHQ were calculated by the following method –

Step 1 Firstly, the answer codes for questions (a), (b), (c), (d), (e), (h) and (i) were re-coded in reverse term (i.e. 1 to 4; 2 to 3; 3 to 2; and 4 to 1).

Step 2 One's total score in the GHQ was then obtained by summing up all the scores in the 12 questions from (a) to (l) and deducting the sum by 11.