

TARIKH: ___ / ___ / _____

K10
PENEMUDUGA: _____
ID PENEMUDUGA: _ _ _ _ _ _ _ _ _ _ _ _ _ _

NOMBOR KAJIAN:				
NAMA:				
NAMA LAIN:				
TARIKH LAHIR:		JANTINA:		
___ / ___ / _____		LELAKI <input type="checkbox"/> ₁ PEREMPUAN <input type="checkbox"/> ₂		
ALAMAT:				

Soalan-soalan di bawah adalah mengenai perasaan anda dalam tempoh **4 minggu kebelakangan ini**. Sila tanda satu kotak yang dapat menyatakan perasaan anda dengan paling dekat.

Dalam tempoh 4 minggu kebelakangan ini, berapa kerap kah anda:	1 Tidak pernah sekali	2 Jarang	3 Kadang-kadang	4 Hampir setiap masa	5 Setiap masa
1. Berasa letih tanpa sebarang sebab?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Berasa cemas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Berasa cemas sehingga tiada apa yang mampu menenangkan anda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Berasa tiada harapan?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Berasa gelisah atau resah?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Berasa sangat gelisah sehingga tidak boleh duduk diam?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Berasa murung?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Berasa semuanya memerlukan usaha?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Berasa sangat sedih sehingga tiada apa yang mampu menceriakan anda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Berasa diri tiada nilai atau tiada guna	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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