

TARIKH: ____ / ____ / ____

K10

PENEMUDUGA: _____

ID PENEMUDUGA:

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NOMBOR KAJIAN:					
NAMA:					
NAMA LAIN:					
TARIKH LAHIR:			JANTINA:		
____ / ____ / ____			LELAKI ☐ ₁ PEREMPUAN ☐ 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?	☐	☐	☐	☐	☐
2. Berasa cemas?	☐	☐	☐	☐	☐
3. Berasa cemas sehingga tiada apa yang mampu menenangkan anda?	☐	☐	☐	☐	☐
4. Berasa tiada harapan?	☐	☐	☐	☐	☐
5. Berasa gelisah atau resah?	☐	☐	☐	☐	☐
6. Berasa sangat gelisah sehingga tidak boleh duduk diam?	☐	☐	☐	☐	☐
7. Berasa murung?	☐	☐	☐	☐	☐
8. Berasa semuanya memerlukan usaha?	☐	☐	☐	☐	☐
9. Berasa sangat sedih sehingga tiada apa yang mampu menceriakan anda?	☐	☐	☐	☐	☐
10. Berasa diri tiada nilai atau tiada guna	☐	☐	☐	☐	☐

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