



Jordan University of Science and Technology

Participant Questionnaire

Participant Code:

Sociodemographic Characteristics

1. Gender

Female Male

2. Marital Status

Single Married Divorced

3. Employment Status

Employed Unemployed

4. Smoking Status

Yes No

5. The number of cigarettes per day:

6. Age:

7. The number of sleeping hours per day:

Physical Symptoms

During the past 4 weeks, how much have you been bothered by any of the following problems?

		Not bothered at all (0)	Bothered a little (1)	Bothered a lot (2)
1	Stomach pain			
2	Back pain			
3	Pain in your arms, legs, or joints (Knee, hip, etc.)			
4	Menstrual cramps or other problems with periods (women only)			
5	Headache			
6	Chest pain			
7	Dizziness			
8	Fainting spells			
9	Feeling your heart pound or race			
10	Shortness of breath			
11	Pain or problems during sexual intercourse			
12	Constipation			
13	Nausea, gas, or indigestion			
14	Feeling tired or having low energy			
15	Trouble sleeping			

Emotional Symptoms

Please read each statement and press a response that indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

NEVER - Did not apply to me at all

SOMETIMES - Applied to me to some degree, or some of the time

OFTEN - Applied to me to a considerable degree, or a good part of time

ALMOST ALWAYS - Applied to me very much, or most of the time

		NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1	I found it hard to wind down				
2	I was aware of dryness of my mouth				
3	I couldn't seem to experience any positive feeling at all				
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)				
5	I found it difficult to work up the initiative to do things				
6	I tended to over-react to situations				
7	I experienced trembling (eg, in the hands)				
8	I felt that I was using a lot of nervous energy				
9	I was worried about situations in which I might panic and make a fool of myself				
10	I felt that I had nothing to look forward to				
11	I found myself getting agitated				
12	I found it difficult to relax				
13	I felt down-hearted and blue				
14	I was intolerant of anything that kept me from getting on with what I was doing				
15	I felt I was close to panic				
16	I was unable to become enthusiastic about anything				
17	I felt I wasn't worth much as a person				
18	I felt that I was rather touchy				
19	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)				
20	I felt scared without any good reason				
21	I felt that life was meaningless				

Thank you for participating in the study!