

## KUESIONER KESEHATAN PASIEN-9 (PHQ-9)

Selama 2 minggu terakhir, seberapa sering Anda terganggu oleh masalah-masalah berikut? (Gunakan "✓" untuk menandai jawaban Anda)	Tidak pernah	Beberapa hari	Lebih dari separuh waktu yang dimaksud	Hampir setiap hari
1. Kurang tertarik atau bergairah dalam melakukan apapun	0	1	2	3
2. Merasa murung, muram, atau putus asa	0	1	2	3
3. Sulit tidur atau mudah terbangun, atau terlalu banyak tidur	0	1	2	3
4. Merasa lelah atau kurang bertenaga	0	1	2	3
5. Kurang nafsu makan atau terlalu banyak makan	0	1	2	3
6. Kurang percaya diri — atau merasa bahwa Anda adalah orang yang gagal atau telah mengecewakan diri sendiri atau keluarga	0	1	2	3
7. Sulit berkonsentrasi pada sesuatu, misalnya membaca koran atau menonton televisi	0	1	2	3
8. Bergerak atau berbicara sangat lambat sehingga orang lain memperhatikannya. Atau sebaliknya — merasa resah atau gelisah sehingga Anda lebih sering bergerak dari biasanya.	0	1	2	3
9. Merasa lebih baik mati atau ingin melukai diri sendiri dengan cara apapun.	0	1	2	3

FOR OFFICE CODING   0   +        +        +         
=Total Score:       

**Jika Anda mencentang salah satu masalah, seberapa besar kesulitan yang ditimbulkan karenanya dalam melakukan pekerjaan, mengurus pekerjaan rumah tangga, atau bergaul dengan orang lain?**

**Sangat tidak sulit**

**Sedikit sulit**

**Sangat sulit**

**Luar biasa sulit**

## PANAS-X

This scale consists of a number of words and phrases that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you feel this way *right now*. Use the following scale to record your answers:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
very slightly or not at all	a little	moderately	quite a bit	extremely

1. \_\_\_\_\_ cheerful
2. \_\_\_\_\_ disgusted
3. \_\_\_\_\_ attentive
4. \_\_\_\_\_ bashful
5. \_\_\_\_\_ sluggish
6. \_\_\_\_\_ daring
7. \_\_\_\_\_ surprised
8. \_\_\_\_\_ strong
9. \_\_\_\_\_ scornful
10. \_\_\_\_\_ relaxed
11. \_\_\_\_\_ irritable
12. \_\_\_\_\_ delighted
13. \_\_\_\_\_ inspired
14. \_\_\_\_\_ fearless
15. \_\_\_\_\_ disgusted with self
16. \_\_\_\_\_ sad
17. \_\_\_\_\_ calm
18. \_\_\_\_\_ afraid
19. \_\_\_\_\_ tired
20. \_\_\_\_\_ amazed
21. \_\_\_\_\_ shaky
22. \_\_\_\_\_ happy
23. \_\_\_\_\_ timid
24. \_\_\_\_\_ alone
25. \_\_\_\_\_ alert
26. \_\_\_\_\_ upset
27. \_\_\_\_\_ angry
28. \_\_\_\_\_ bold
29. \_\_\_\_\_ blue
30. \_\_\_\_\_ shy
31. \_\_\_\_\_ active
32. \_\_\_\_\_ guilty
33. \_\_\_\_\_ joyful
34. \_\_\_\_\_ nervous

35. \_\_\_\_\_ lonely
36. \_\_\_\_\_ sleepy
37. \_\_\_\_\_ excited
38. \_\_\_\_\_ hostile
39. \_\_\_\_\_ proud
40. \_\_\_\_\_ jittery
41. \_\_\_\_\_ lively
42. \_\_\_\_\_ ashamed
43. \_\_\_\_\_ at ease
44. \_\_\_\_\_ scared
45. \_\_\_\_\_ drowsy
46. \_\_\_\_\_ angry at self
47. \_\_\_\_\_ enthusiastic
48. \_\_\_\_\_ downhearted
49. \_\_\_\_\_ sheepish
50. \_\_\_\_\_ distressed
51. \_\_\_\_\_ blameworthy
52. \_\_\_\_\_ determined
53. \_\_\_\_\_ frightened
54. \_\_\_\_\_ astonished
55. \_\_\_\_\_ interested
56. \_\_\_\_\_ loathing
57. \_\_\_\_\_ confident
58. \_\_\_\_\_ energetic
59. \_\_\_\_\_ concentrating
60. \_\_\_\_\_ dissatisfied with self

## Scales

General Positive Emotion:= (p31 + p25 + p3 + p52 + p47 + p37 + p13 + p55 + p39 + p8)

General Negative Emotion:= (p18 + p44 + p34 + p40 + p11 + p38 + p32 + p42 + p26 + p50)

fear:= (p18 + p44 + p53 + p34 + p40 + p21)

hostility:= (p37 + p38 + p11 + p9 + p2 + p56)

guilt:= (p32 + p42 + p51 + p46 + p15 + p60)

sadness:= (p16 + p29 + p48 + p24 + p35)

joviality:= (p22 + p33 + p12 + p1 + p37 + p47 + p41 + p58)

self\_assurance:= (p39 + p3 + p57 + p28 + p6 + p14)

attentiveness:= (p25 + p3 + p59 + p52)

shyness:= (p30 + p4 + p49 + p23)

fatigue:= (p36 + p19 + p5 + p45)

serenity:= (p17 + p10 + p43)

surprise:= (p20 + p7 + p54)

basic positive affect:= (joviality+self\_assurance+attentiveness)/3

basic negative affect:= (sadness+guilt+hostility+fear)/4