(405) Self-quality

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Please select your situation in the most recent month | No | Rather little | Average | Rather a lot | Very much |
|  | Find happiness | 1 | 2 | 3 | 4 | 5 |
|  | Feel the pressure | 1 | 2 | 3 | 4 | 5 |
|  | Good mood | 1 | 2 | 3 | 4 | 5 |
|  | upset | 1 | 2 | 3 | 4 | 5 |
|  | Respect yourself | 1 | 2 | 3 | 4 | 5 |
|  | Feel old | 1 | 2 | 3 | 4 | 5 |
|  | Have good experience | 1 | 2 | 3 | 4 | 5 |