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| (4) | 精神健康 |

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|  | 精神健康(Mental Health) |  |  |
|  | 请选出你在最近一星期的情况 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
|  | 感到紧张 | 1 | 2 | 3 | 4 | 5 |
|  | 感到沮丧 | 1 | 2 | 3 | 4 | 5 |
|  | 感到平静和平和 | 1 | 2 | 3 | 4 | 5 |
|  | 感到情绪低落 | 1 | 2 | 3 | 4 | 5 |
|  | 认为自己是快乐的人 | 1 | 2 | 3 | 4 | 5 |
|  | 享受事物 | 1 | 2 | 3 | 4 | 5 |
|  | 感到满意 | 1 | 2 | 3 | 4 | 5 |
|  | 感到高兴 | 1 | 2 | 3 | 4 | 5 |