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| (4) | 精神健康 |

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|  | 精神健康(Mental Health) | | | |  |  |
|  | 請選出你在最近一星期的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 感到緊張 | 1 | 2 | 3 | 4 | 5 |
|  | 感到沮喪 | 1 | 2 | 3 | 4 | 5 |
|  | 感到平靜和平和 | 1 | 2 | 3 | 4 | 5 |
|  | 感到情緒低落 | 1 | 2 | 3 | 4 | 5 |
|  | 認為自己是快樂的人 | 1 | 2 | 3 | 4 | 5 |
|  | 享受事物 | 1 | 2 | 3 | 4 | 5 |
|  | 感到滿意 | 1 | 2 | 3 | 4 | 5 |
|  | 感到高興 | 1 | 2 | 3 | 4 | 5 |