Outcomes: Mental Health Inventory (MHI)

- The MHI asks questions about how the consumer is feeling and coping with usual life activities. It provides measurable information about the consumer's wellbeing.
- It will take time to complete.
- The questionnaire may be offered when a consumer starts using public mental health services, at regular reviews during treatment, and when treatment is complete.
- The completion of the MHI provides the mental health clinician with more information than what they may obtain in an interview alone.
- The information obtained from the questionnaires will be analysed and the results will be made available to consumers.
- The results of the questionnaires completed at various times during your treatment can be compared. This will be a good way to see changes in the course of recovery.
- If further feedback is required please approach a staff member.

You can expect the mental health clinician to:
- be genuinely interested in the questionnaire responses
- follow up the completion of the questionnaire with an invitation to talk about the answers and discuss how it made you feel
- talk with you about the results of both the consumer and clinician questionnaires
- use the results of the questionnaires when discussing the development of an individual treatment plan.

- It is important for consumers to complete the questionnaire on their own. If support or assistance is required please approach a staff member.
- Please read each question and tick the box by the ONE statement that best describes how things have been FOR YOU during the past month. There are no right or wrong answers.

1 How happy, satisfied, or pleased have you been with your personal life during the past month? (tick one)

1  Extremely happy, could not be more pleased or satisfied
2  Very happy most of the time
3  Generally, satisfied, pleased
4  Sometimes fairly satisfied, sometimes fairly unhappy
5  Generally dissatisfied, unhappy
6  Very dissatisfied, unhappy most of the time
2 **How much of the time have you felt lonely during the past month? (Tick one)**

1 [ ] All of the time
2 [ ] Most of the time
3 [ ] A good bit of the time
4 [ ] Some of the time
5 [ ] A little of the time
6 [ ] None of the time

3 **How often did you become nervous or jumpy when faced with excitement or unexpected situations during the past month? (Tick one)**

1 [ ] Always
2 [ ] Very often
3 [ ] Fairly often
4 [ ] Sometimes
5 [ ] Almost never
6 [ ] Never

4 **During the past month, how much of the time have you felt that the future looks hopeful and promising? (Tick one)**

1 [ ] All of the time
2 [ ] Most of the time
3 [ ] A good bit of the time
4 [ ] Some of the time
5 [ ] A little of the time
6 [ ] None of the time

5 **How much time, during the past month, has your daily life been full of things that were interesting to you? (Tick one)**

1 [ ] All of the time
2 [ ] Most of the time
3 [ ] A good bit of the time
4 [ ] Some of the time
5 [ ] A little of the time
6 [ ] None of the time
6  How much time, during the past month, did you feel relaxed and free from tension? (Tick one)

1  All of the time  4  Some of the time
2  Most of the time  5  A little of the time
3  A good bit of the time  6  None of the time

7  During the past month, how much of the time have you generally enjoyed the things you do?

1  All of the time  4  Some of the time
2  Most of the time  5  A little of the time
3  A good bit of the time  6  None of the time

8  During the past month, have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel or of your memory? (tick one)

1  Not at all
2  Maybe a little
3  Yes, but not enough to be concerned or worried about
4  Yes, and I have been a little concerned
5  Yes, and I am quite concerned
6  Yes, and I am very much concerned about it
9 **Did you feel depressed during the past month? (tick one)**

1. Yes, to the point that I did not care about anything for days at a time
2. Yes, very depressed almost every day
3. Yes, quite depressed several times
4. Yes, a little depressed now and then
5. No, never felt depressed at all

10 **During the past month, how much of the time have you felt loved and wanted? (tick one)**

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

11 **How much time, during the past month, have you been a very nervous person? (tick one)**

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

12 **When have you got up in the morning, this past month, about how often did you expect to have an interesting day? (tick one)**

1. Always
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never
13. **During the past month, how much of the time have you felt tense or “high strung”? (tick one)**

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

14. **During the past month, have you been in firm control of your behaviour, thoughts, emotions or feelings? (tick one)**

1. Yes, very definitely
2. Yes, for the most part
3. Yes, I guess so
4. No, not too well
5. No, and I am somewhat disturbed
6. No, and I am very disturbed

15. **During the past month, how often did your hands shake when you tried to do something? (tick one)**

1. Always
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never

16. **During the past month, how often did you feel that you had nothing to look forward to? (tick one)**

1. Always
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never
Outcomes: Mental Health Inventory (MHI)

17. How much of the time, during the past month, have you felt calm and peaceful? (tick one)
- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

18. How much of the time, during the past month, have you felt emotionally stable? (tick one)
- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

19. How much of the time, during the past month, have you felt downhearted and blue? (tick one)
- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

20. How often have you felt like crying, during the past month? (tick one)
- Always
- Very often
- Fairly often
- Sometimes
- Almost never
- Never

21. During the past month, how often have you felt that others would be better off if you were dead? (tick one)
- Always
- Very often
- Fairly often
- Sometimes
- Almost never
- Never
22 **How much of the time, during the past month, were you able to relax without difficulty? (tick one)**

1 [ ] All of the time  
2 [ ] Most of the time  
3 [ ] A good bit of the time  
4 [ ] Some of the time  
5 [ ] A little of the time  
6 [ ] None of the time

23 **How much of the time, during the past month, did you feel that your love relationships, loving and being loved, were full and complete? (tick one)**

1 [ ] All of the time  
2 [ ] Most of the time  
3 [ ] A good bit of the time  
4 [ ] Some of the time  
5 [ ] A little of the time  
6 [ ] None of the time

24 **How often, during the past month, did you feel that nothing turned out for you the way you wanted it to? (tick one)**

1 [ ] Always  
2 [ ] Very often  
3 [ ] Fairly often  
4 [ ] Sometimes  
5 [ ] Almost never  
6 [ ] Never

25 **How much have you been bothered by nervousness, or your “nerves”, during the past month? (tick one)**

1 [ ] Extremely so, to the point where I could not take care of things  
2 [ ] Very much bothered  
3 [ ] Bothered quite a bit by nerves  
4 [ ] Bothered some, enough to notice  
5 [ ] Bothered just a little by nerves  
6 [ ] Not bothered at all by this
26  During the past month, how much of the time has living been a wonderful adventure for you? (tick one)

1  All of the time  4  Some of the time
2  Most of the time  5  A little of the time
3  A good bit of the time  6  None of the time

27  How often, during the past month, have you felt so down in the dumps that nothing could cheer you up? (tick one)

1  Always  4  Sometimes
2  Very often  5  Almost never
3  Fairly often  6  Never

28  During the past month, did you think about taking your own life? (tick one)

1  Yes, very often  4  Yes, at one time
2  Yes, fairly often  5  No, never
3  Yes, a couple of times

29  During the past month, how much of the time have you felt restless, fidgety, or impatient? (tick one)

1  All of the time  4  Some of the time
2  Most of the time  5  A little of the time
3  A good bit of the time  6  None of the time

30  During the past month, how much of the time have you been moody or brooded about things? (tick one)

1  All of the time  4  Some of the time
2  Most of the time  5  A little of the time
3  A good bit of the time  6  None of the time
31  **How much of the time, during the past month, have you felt cheerful, lighthearted? (tick one)**

1  [ ] All of the time
2  [ ] Most of the time
3  [ ] A good bit of the time
4  [ ] Some of the time
5  [ ] A little of the time
6  [ ] None of the time

32  **During the past month, how often did you get rattled, upset or flustered? (tick one)**

1  [ ] Always
2  [ ] Very often
3  [ ] Fairly often
4  [ ] Sometimes
5  [ ] Almost never
6  [ ] Never

33  **During the past month, have you been anxious or worried? (tick one)**

1  [ ] Yes, extremely to the point of being sick or almost sick
2  [ ] Yes, very much so
3  [ ] Yes, quite a bit
4  [ ] Yes, some, enough to bother me
5  [ ] Yes, a little bit
6  [ ] No, not at all

34  **During the past month, how much of the time were you a happy person? (tick one)**

1  [ ] All of the time
2  [ ] Most of the time
3  [ ] A good bit of the time
4  [ ] Some of the time
5  [ ] A little bit of the time
6  [ ] None of the time
35. How often, during the past month, did you find yourself trying to calm down? (tick one)

1 Always
2 Very often
3 Fairly often
4 Sometimes
5 Almost never
6 Never

36. During the past month, how much of the time have you been in low or very low spirits? (tick one)

1 All of the time
2 Most of the time
3 A good bit of the time
4 Some of the time
5 A little of the time
6 None of the time

37. How often, during the past month, have you been waking up feeling fresh and rested? (tick one)

1 Always, every day
2 Almost every day
3 Most days
4 Some days, but usually not
5 Hardly ever
6 Never wake up feeling rested

38. During the past month, have you been under or felt you were under any strain, stress or pressure? (tick one)

1 Yes, almost more than I could stand or bear
2 Yes, quite a bit of pressure
3 Yes, some more than usual
4 Yes, some, but about normal
5 Yes, a little bit
6 No, not at all

Thank you very much for your help

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