

# Psychological Well-Being of Correctional Officers in Ibadan, Oyo State of Nigeria: Predictive Influence of Job Stress and Job Satisfaction

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## Abstract

It has been observed that correctional officers in Nigeria usually experience psychological related issues such as anxiety, self-consciousness, depression, emotional vulnerability and poor quality of life and these related issues could be linked to the observable increased low productivity, physical morbidity, reduced quality and duration of life and frequent visitation to health care centers among the officers. These aforementioned psychological related issues also have an implication on poor quality of life and maladjusted behaviours among inmates. This informed the direction of this study to examine the psychological well-being of correctional officers in prisons and its influencing factors. The study utilized cross-sectional research design which involves the use of self-report questionnaire for data collection. A total number of two hundred and seven (207) correctional officers participated in the study. Results outcomes shows that job stress and job satisfaction had significant joint influence on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria [ $F(2,204)=49.12$ ;  $p<0.05$ ;  $R=0.57$ ,  $R^2=0.33$ ]. Also, it was discovered that job stress and job satisfaction made significant independent contribution to correctional officers' psychological well-being in Ibadan, Oyo State of Nigeria ( $\beta= 0.26$ ;  $t = 4.14$ ;  $p<0.05$ ,  $\beta=-0.40$ ;  $t = 6.35$ ;  $p<0.05$ ). The study concluded that there was a significant independent and joint influence of job stress and job satisfaction on the selected correctional officers' psychological well-being, and it was recommended that prison service, counseling psychologists, clinical psychologists and health related professionals should take cognisance of job stress and job satisfaction in the development of any intervention that will be designed to improve the psychological wellbeing of correctional officers.

## Keywords

Job Stress, Job Satisfaction, Psychological Wellbeing, Correctional Officers

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## 1. Introduction

The psychological well-being of correctional officers in prisons should be important concern of every organizations and society at large. Their well-being goes a long way to influence inmates and behavioural modification activities that they involve in daily because correctional officers are responsible for the care, custody, and control of individuals

who have been arrested and are awaiting trial while on remand or who have been convicted of a crime and sentenced to serve time in a prison or jail. They also enforce rules and regulations, maintain security by preventing disturbances, assaults, and escapes. Also, they supervise the daily activities of inmates, conditions of reformatories and ensure the whereabouts of all inmates at all times. This is an indication that psychological well-being of correlational officers would

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have significant influence on correctional activities of their inmates and determined their behaviors when they are released into the society. Meanwhile, psychological wellbeing according to Burris, Brechting, Salsman and Carlson [1] refers to the simple notion of a person's welfare, happiness, advantages, interests, utility, and quality of life.

Recently, researchers in the field of social science have shown a widening interest on the aspects of psychological well-being. Extensive research on psychological well-being which focuses mainly on how people feel, e.g. positive affect, negative affect and life satisfaction [2], has begun to be complemented by a heightened interest in how well people perceive aspects of their functioning, e.g. the extent to which they feel they are in control of their lives, feel that what they do is meaningful and worthwhile, and have good relationships with others. This perspective is often referred to as psychological well-being and is based on a eudemonic perspective, rather than the hedonic perspective of subjective well-being research.

Some scholars in the field of psychology were of the opinion that psychological well-being is the physical and mental healthiness of individual measures as a subjective feelings and expression of self. They further avers that it should be conceptualised and taken into consideration some combination of positive affective states such as happiness (the hedonic perspective) and functioning with optimal effectiveness in individual and social life (the eudaimonic perspective) [3]. Huppert [4] also supported this notion through his postulation that "Psychological well-being is about lives going well. It is the combination of feeling good and functioning effectively." By definition therefore, people with high psychological well-being should experience feeling happy, capable, well supported, satisfied with life and so on. Huppert [4] further claimed the consequences of psychological well-being to include better physical health, mediated possibly by brain activation patterns, neurochemical effects and genetic factors. These make it imperative to examine psychological well-being of correctional officers and its influencing factors because this will go a long way to influence the behavior and reformatories programme of inmates.

In Nigeria, psychological related issues such as anxiety, self-consciousness, depression, emotional vulnerability and poor quality of life was observed among correctional officers in prison and these required attention. These related issues could be linked to the observable increased low productivity, physical morbidity, reduced quality and duration of life and increased use of health services among the officers. These aforementioned psychological related issues also have an implication on poor quality of life and maladjusted behaviours among inmates. This informed the

direction of this study to examine the psychological well-being of correctional officers in prisons and its influencing factors and the factors considered in this study that could influence psychological well-being of correctional officers are job stress, job status, job satisfaction and demographic factors.

Job stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker and it has become inextricably bound to the worker's quality of life. Although, that individuals are confronted by stressors in their day-to-day living is no longer a disputed issue but it needed to be addressed because it has observed that it have capacity to influence psychological wellbeing. However, conceptualizing job stress as Beerhr and Newman [5] suggested that job stress arises from condition that may be regarded as either positive (enhancement) or negative (disruption). Job stress is chiefly concerned with negative environmental antecedent or stressors like work overload, role conflict, role ambiguity, poor working conditions, hygienic factors which are associated and identified with a particular job type [6]. Job stress can also be referred to the mental, physical and emotional reaction ones experience as a result of ones work demands in life. This makes the present study to considered job stress as factor that can influence psychological wellbeing of correctional officers in prison. Also this study considered job satisfaction as influencing factor.

Job satisfaction can be defined as individual concept by averaging work related conditions to determine his/her cognitive, behavioural and emotional evaluation about particular job using environmental supports, hygiene and motivations [7]. Despite its wide usage in scientific research, as well as in everyday life, there is still no general agreement regarding what job satisfaction is. In fact there is no final definition on what job satisfaction represents most especially among correctional officers in prisons but different authors have different approaches towards explaining what job satisfaction is. Some of the most commonly mentioned definitions on job satisfaction: Hoppock [8] defined job satisfaction as any combination of psychological, physiological and environmental circumstances that cause an employee to be satisfied with job [8]. According to this approach although job satisfaction is under the influence of many external factors, it remains something internal that has to do with the way how the employee feels. That is job satisfaction presents a set of factors that cause a feeling of satisfaction.

Vroom in his explanation about job satisfaction focuses on the role of the employee in the workplace. Thus he defines job satisfaction as affective orientations on the part of

individuals toward work roles which they are presently occupying [9]. One of the most often mentioned definitions on job satisfaction is the one given by Spector according to whom job satisfaction has to do with the way people feel about their job and its various aspects. It has to do with the extent to which people like or dislike their job. That's why job satisfaction and job dissatisfaction can appear in any given work situation. Job satisfaction represents a combination of positive or negative feelings that workers have towards their work. Meanwhile, when a worker employed in a prison, brings with it the needs, desires and experiences which determinates expectations and when the expectation is not met on the job and or by the job, there is tendency that job satisfaction of such employee to be affected and this can influence the employee's psychological wellbeing which is what this study intend to find out.

More so, in recent decades, researchers have initiated researches focus on psychological wellbeing. This may be because of its influence on individual disposition and behavior or because of its significant influence on the society at large but it was observed that inadequate studies has been carried out to examine the psychological wellbeing of correctional officer and its influencing factors, and this is the gap that present study filled.

### 1.1. Purpose of the Study

The study examined emotional stability and reading ability as predictors of essay writing performance among junior secondary school students with learning disabilities in Ibadan, Oyo state, Nigeria.

Specifically, the study addressed following objectives;

- i. To determine joint contribution of job stress and job satisfaction on the correctional officers' psychological well-being in Ibadan, Oyo State of Nigeria.
- ii. To investigate the relative contribution of job stress and job satisfaction on the correctional officers' psychological well-being in Ibadan, Oyo State of Nigeria.

### 1.2. Research Hypothesis

There will be no significant independent and joint influence of job stress and job satisfaction on the correctional officers' psychological well-being in Ibadan, Oyo State of Nigeria.

### 1.3. Significance of the Study

This present study will contribute to knowledge advancement by enhancing literature and make useful data available for the purpose of proffering solution to the present correctional officers 'problems, past and for future research interest.

This study is very relevant as a result of current approaches whereby management of every organizations are engaging in finding ways to improve employees' performance in the workplace, identifying factors affecting employees' psychological well-being will be of greater assistance in this regard.

There is general consensus among various scholars that happiness of individuals takes premium in life and personal growth that is why emphasis is placed on correctional officers' well-being, since more inputs will be put into the prison service if the correctional are satisfied with their psychological well-being in life as a function of employment. Also, this study will expose the need to provide the correctional officers, adequate insurance policies health facilities, improved salary structure and general condition of service, training on personal growth, self-acceptance e.t.c.

In addition, this study will offer the employers of labour especially in prison service the opportunity to find out the effects of workplace stress and job satisfaction on their workers psychological well-being as well as their corresponding in-puts. Thereby, suggesting future research topic and relevant ideas. This study will also offer relevant suggestion on need to reduce the job stress and positively enhanced factors contributing to correctional officers' psychological well-being. Therefore, providing training for the officers on how to manage some of the inherent stress thereby increasing their healthy living and ensuring high level of productivity.

## 2. Methodology

### 2.1. Research Design

The study adopted the descriptive research design of ex-post facto type. This research design was adopted because the variable of interest had occurred prior to the commencement of the study and the researchers did not manipulate any variable of the study. In addition, the independent variables of the study were perceived job stress and job satisfaction. The dependent variable of the study was psychological well-being.

### 2.2. Research Setting

The research was carried out among correctional officers in Nigerian Prison Service at Agodi, Ibadan, Oyo state of Nigeria. The Nigerian Prisons Service derives its operational powers from CAP 366 Laws of the Federation of Nigeria 1990 to take into lawful custody all those certified to be so kept by courts of competent jurisdiction; produce suspects in courts as and when due; identify the causes of their anti-

social dispositions; set in motion mechanisms for their treatment and training for eventual reintegration into society as normal law abiding citizens on discharge; and administer Prisons Farms and Industries for this purpose and in the process generate revenue for the government. For the purposes of staff development, the Nigeria Prisons runs four (4) Training Institutions. This is the Prison Staff College, Kaduna, which trains new officers and retrains serving ones.

### 2.3. Sample and Sampling Technique

The total sample for the study was two hundred and seven (207) correctional officers of the Nigerian Prison Service (NPS) at Ibadan, Oyo State. They were selected using purposive sampling technique based on their willingness and readiness to participate in the study.

### 2.4. Participants

Two hundred and seven (207) employees of the Nigerian Prison Service (NPS) at Ogodi, Ibadan, Oyo State were conveniently sampled for the study. They were selected from different departments and units in the state public service. The sample cut across different age, sex, education, job status, and job tenures. The age of the participants ranged from 18 to 62 years with a mean of 36.87 years and standard deviation of 9.15. Their job tenures ranged from 5 month to 30 years with a mean of 11.47 years and standard deviation of 7.63. one hundred and thirty-four (64.7%) were males, while females were seventy-three (35.3%). The level of education of the participants ranged from primary school to MS/MBA/MA/MED.

Forty-seven (22.7%) had primary school education, fifty-eight (28.0%) were secondary school leavers, seventy-seven (37.2%) had OND/NCE, twenty-one (10.1%) were HND certificate holders, two (1.0%) had BSC, while two (0.2%) also had postgraduate degrees such as MSC/MA/MED. Eighteen (6.7%) were contract staff, one hundred and one (48.8%) were junior staff, seventy-eight (37.7%) senior staff, while ten (4.8%) were management staff. One hundred and forty (67.6%) were Christians, fifty-six (27.1%) Muslims, eight (3.9%) were traditionalists, while three (1.4%) belonged to other religions.

### 2.5. Research Instrument

The instrument used for data collection in this study was a structured questionnaire which had four sections. These sections were: Sections A, B, C, and D. Each of these sections tapped various information of interest examined in the study. However, the detailed description of the instrument is outlined as followed:

Section A: Socio-Demographic Characteristics

This section of the structured questionnaire tapped relevant socio-demographic characteristics of the participants which included age, sex (male and female), job tenure, marital status (single, married, divorced, separated, and widowed), job status (contract, junior, senior, and management staff), and religions (Christianity, Islam, Traditional, and others) of the participants. It is also important to mention that this section of the instrument was pre-coded such that level of the variables were shown and coded accordingly.

Section B: Perceived Stress Scale

To measure job stress, this study used a slightly modified version of Cohen, Kamarck, and Mermelstein's (1983) Perceived Stress Scale (PSS). Recognizing that individuals may respond differently to stressful events or situations, Cohen et al. developed the PSS to measure the experience of stress rather than purportedly stressful events. The original scale employed 14 items designed to assess stress-related thoughts and feelings experienced over the last month. It was anchored on 5-point Likert type rating scale ranging from never (0) to very often (4). It was scored in a manner that higher scores reflect higher level of job stress, while lower scores represent lower level of job stress.

Convergent validity for the scale has been demonstrated through significant correlations with scales measuring the self-assessed impact of life events and with standard measures of physical and depressive symptomology. In this sample, the current study found a scale reliability of .71, slightly less than the values of .84, .85, and .86 from Cohen et al.'s (1983) initial validation study.

Section C: Minnesota Satisfaction Questionnaire (MSQ)

The Minnesota Satisfaction Questionnaire (MSQ) was used in this study to measure job satisfaction. It is a popular measure of job satisfaction that conceptualizes satisfaction as being related to either intrinsic or extrinsic aspects of the job. Intrinsic satisfaction is related to how people feel about the nature of their job tasks, while extrinsic satisfaction is concerned with aspects of the job that are external or separate from job tasks or the work itself. It was anchored on 5-point rating scale with indicants ranging from very dissatisfied (1) to very satisfied (5).

The scale was scored in a manner that higher scores reflect higher level of job satisfaction, while lower scores represent lower level of job satisfaction. Internal consistency for the MSQ ranges from .84 to .91 for the Intrinsic subscale, from .77 to .82 for the Extrinsic subscale, and from .87 to .92 for the General Satisfaction scale. However, in the current study, the aggregated scores of respondents were computed for the MSQ. The scale yielded reliability alpha of .85 in this study.

#### Section D: Psychological General Well-Being Index (PGWBI)

Subjective levels of well-being were assessed using the PGWB by Dupuy (1984). The PGWB measures an individual's "self-representations of intrapersonal affective or emotional states reflecting a sense of subjective well-being or distress" (Dupuy, 1984). The questionnaire consists of 22 items assessing the following six domains: anxiety, depressed mood, positive well-being, self-control, general health, and vitality. Each item has a Likert scale response ranging from 0 to 5 (total scores = 0 to 110; higher scores are associated with greater levels of general well-being). While a total of six domains can be assessed, only the overall PGWB score was used due to sample size limitations.

This questionnaire has been found to be reliable and valid ( $\alpha = .92$ ; Dupuy, 1984). In this study, the scale was subjected to revalidation in order to ensure it was suitable for use in the current environment. This procedure led to 12 items being expunged from the original scale of 22 items. The remaining 10 standard items had inter-item correlation ranging from .44 to .74, while the items composite alpha was obtained as .85.

#### 2.6. Method of Data Collection

The approval was sought from the heads of administration and departments of the Nigerian Prison Service at Agodi in Ibadan and approval was given to carry out the study among their correctional officers. A copy of the questionnaire the researcher intended to be administered to the correctional officers was attached to the letter written to seek approval from the state command and approval was given.

The researchers met with the correctional officers and discussed the possibility of drawing them into the study. Those who found it convenient and gave their informed consent were eventually sampled. Copies of the questionnaire were administered to them in their various offices and this

was done on an individual basis. However, the researcher instructed them on how to respond to the various statements in the questionnaire. Also, there was no specific time given to them to return the questionnaires since some of them complained of busy schedule and therefore reluctantly participated in the study.

The questionnaires were collected gradually from the participants. Although two hundred and fifty copies of the questionnaire were distributed to the participants, but two hundred and seven were validly returned, while the remaining forty-seven questionnaires were either not returned at all or filled inappropriately and therefore were discarded. Therefore, the response rate was 89.6 percent. The data collected were collated, coded and scored for data analysis.

#### 2.7. Method of Data Analysis

The data two hundred and seven questionnaires were subjected to data analysis using the Statistical Package for Social Sciences (SPSS) software. The socio-demographic characteristics of the participants were analyzed using descriptive statistics such as mean, standard deviation, frequency, and percentages. The hypothesis was tested using inferential statistics; multiple regression analysis. The hypothesis was tested at 0.05 level of significance.

### 3. Results

Research hypothesis one: There will be no significant independent and joint influence of job stress and job satisfaction on the correctional officers' psychological well-being in Ibadan, Oyo State of Nigeria. This was analysed using multiple regression analysis statistical tool and the result is present in Table 1 below

**Table 1.** Multiple Regression Analysis of Psychological Well-being on Perceived Job Stress and Job Satisfaction.

Variables	$\beta$	T	P	F	R <sup>2</sup>	R	P
Job stress	0.26	4.14	<.001	49.12	0.33	0.57	<.001
Job satisfaction	0.40	6.35	<.001				

Table 1 show that job stress and job satisfaction yielded a coefficient of multiple correlations (R) of 0.73 and multiple correlations square of 0.33. This shows that about 33% of the total variance of the correctional officers' psychological well-being was accounted for by the linear combination of the job stress and job satisfaction while the remaining 75% could be assigned to other estranged factors not considered in this study. The table also indicated that job stress and job satisfaction had

significant joint influence on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria [ $F(2,204)=49.12$ ;  $p<0.05$ ;  $R=0.57$ ,  $R^2=0.33$ ].

Also, the result shows that job stress and job satisfaction made significant independent contribution to correctional officers' psychological well-being in Ibadan, Oyo State of Nigeria ( $\beta= 0.26$ ;  $t = 4.14$ ;  $p<0.05$ ,  $\beta=-0.40$ ;  $t = 6.35$ ;  $p<0.05$ ). Therefore, the predicted hypothesis is



disconfirmed.

## 4. Discussion

Research hypothesis one tested the extent to which perceived job stress and job satisfaction independently and jointly influence psychological well-being. It was found that perceived job stress and job satisfaction had significant independent and joint influence on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria. On the account of significant independent influence of job stress on the psychological well-being, job stress has known as one of the factors likely to predict psychological wellbeing. Study conducted by Adegoke [10] which is consistent with the finding of the present study found that job stress is one of the major factor that have influences on the health, daily living and psychological well-being of workers. This could be because job of correctional officers are demanding and brings about pressure that are not matched to their knowledge and abilities which challenge their ability to cope on the job. Also, Cartwright and Cooper [11] reported that stress not only contributes to the physical disorders, but also to their emotional problems and this makes them vulnerable to some illnesses and involve in unhealthy lifestyles such as excessive consumption of alcohol, smoking, substance abuse and self-medications. This is because high level of job stress has been linked to increased headache, cancer, heart disease, depression, anxiety, and emotional distress which supported the finding of this study.

On the account of the significant independent influence of job satisfaction on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria, the finding of the study is an indication of the importance of job satisfaction on the psychological wellbeing of correctional officer. This is partially consistent with finding of the study conducted by Opkara [12] which found that employees who experience high level of job satisfaction on their jobs are usually happy and this usually result to optimal health, excellent job performance and decreased rate of turnover.

However previous studies have not delineated the direction of significant relationship or influence of job satisfaction on psychological well-being of correctional officers.

The result of the finding also revealed significant joint influence of job stress and job satisfaction on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria. However, previous studies have not delineated the direction of significant relationship or influence of job stress and job satisfaction on psychological well-being of correctional officers but present study has proven that job stress and job satisfaction have significant influence on

psychological well-being of correctional officers.

## 5. Conclusion

This study examined the influence of job stress and job satisfaction on psychological well-being of correctional officers. One hypothesis was tested. In view of the present findings, the following conclusions were arrived at:

The result of the findings revealed that job stress and job satisfaction had significant independent influence on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria. Also, it was discovered that job stress and job satisfaction had significant joint influence on psychological well-being of correctional officers in Ibadan, Oyo State of Nigeria.

## 6. Recommendations

The study found that job stress and job satisfaction had significant joint influence on psychological well-being. Therefore, government, stakeholder and human resource personnel at Nigeria Prison Service should take cognisance of level of job satisfaction and perceived job stress among correctional officers in the development of any intervention to improve the psychological wellbeing of correctional officer.

The study also found that job stress had significant influence on psychological well-being of correctional officers. This implies that public service managers are faced with highly stressed and frustrated employees. However, in order to stem the tide of stress and poor well-being at Nigeria Prison Service, government, stakeholder and human resource personnel at Nigeria Prison Service should give more sense of belonging to correctional officers and create condition within the work environment that will give them the confidence that their job is secure. This can be done by making correctional officers have more trust in management policies.

## 7. Limitations and Suggestion for Further Studies

The study is limited to one branch of Nigeria Prison Service, one city, one state. The generalization of the findings to other organizations and Nigeria Prison Service offices in other part of Nigeria is limited. Therefore, it is suggested that this study should be carried out in other organization, other branches of Nigeria Prison Service, other part of the world and consider other factors not considered in this study that could influence psychological wellbeing of correctional officers.

## Appendix

Department of psychology

University of ibadan

*Informed consent form*

Dear Respondent,

You are invited to participate in an academic research. You are expected to carefully and accurately complete this questionnaire. It may take few minutes of your time but your response will contribute to knowledge in this area. If you therefore agree to respond to this questionnaire, you are expected to indicate this by signing the dotted lines below.

.....

Signature

Section A

1. Age (in years).....
2. Gender: Male [.....]...Female [.....]
3. Religion: a) Christian (b) Islam (c) Traditional (d) others (specify).....
4. Status: a). Contract worker [.....] b). Junior staff [.....] c). Senior staff [.....] d). Management Staff [.....]
5. How many year(s) have you spent in this organization?.....
6. Highest educational qualification:.....

Section B:

Please indicate the degree of your agreement or disagreement with each statement by checking one of the seven alternatives below each statement. The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

**Table 2.** Job stress scale.

S/N	ITEM	0	1	2	3	4
1.	In the last month, how often have you been upset because of something that happened unexpectedly?					
2.	In the last month, how often have you felt that you were unable to control the important things in your life?					
3.	In the last month, how often have you felt nervous and "stressed"?					
4.	In the last month, how often have you felt confident about your ability to handle your personal problems?					
5.	In the last month, how often have you felt that things were going your way?					
6.	In the last month, how often have you found that you could not cope with all the things that you had to do?					
7.	In the last month, how often have you been able to control irritations in your life?					
8.	In the last month, how often have you felt that you were on top of things?					
9.	In the last month, how often have you been angered because of things that were outside of your control?					
10.	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					

Section C

Listed below are statements describing employees' job satisfaction towards their career. For each statement, please mark one response to indicate your level of agreement or disagreement noting that;

Very dissatisfied= 1; Dissatisfied= 2; I am not sure=3; Satisfied=4; Very satisfied =5.

**Table 3.** Job satisfaction scale.

S/N...	ITEMS	Very dissatisfied	Dissatisfied	I am not sure	Satisfied	Very satisfied
1	Being able to keep busy all the time					
2	The chance to work alone on the job					

S/N...	ITEMS	Very dissatisfied	Dissatisfied	I am not sure	Satisfied	Very satisfied
3	The chance to do different things from time to time					
4	The chance to be 'somebody' in the community					
5	The way my boss handles his/her workers					
6	The competence of my supervisor in making decisions					
7	Being able to do things that don't go against my conscience					
8	The way my job provides for steady employment					
9	The chance to do things for other people					
10	The chance to tell people what to do					
11	The chance to do something that makes use of my abilities					
12	The way company policies are put into practice					
13	My pay and the amount of work I do					
14	The chances for advancement on this job					
15	The freedom to use my own judgment					
16	The chance to try my own methods of doing the job					
17	The working conditions					
18	The way my co-workers get along with each other					
19	The praise I get for doing good job					
20	The feeling of accomplishment I get form the job					

Section D: Please carefully read and indicate how each statement applies to you. This section requires that you evaluate your health status in the past week. SD= Strongly Disagree; D=Disagree a little; U=neither agree nor disagree; A=Agree a little; SA= Strongly Agree

Table 4. Psychological wellbeing scale.

S/N...		SD	D	U	A	SA
1	Did you feel in good spirits? (DURING THE PAST WEEK)					
2	Have you been bothered by any illness, bodily disorder, aches or pains? (DURING THE PAST WEEK)					
3	Have you felt depressed? (DURING THE PAST WEEK)					
4	Have you been in firm control of your behaviour, thoughts, emotions or feelings? (DURING THE PAST WEEK)					
5	Have you been bothered by nervousness or your 'nerves'? (DURING THE PAST WEEK)					
6	Did you have a lot of energy, pep or vitality? (DURING THE PAST WEEK)					
7	Have you felt downhearted and blue? (DURING THE PAST WEEK)					
8	Have you been generally tense or did you feel any tension? (DURING THE PAST WEEK)					
9	Have you been happy, satisfied, or pleased with your personal life? (DURING THE PAST WEEK)					
10	Did you feel healthy enough to carry out the things you like to do or had to do? (DURING THE PAST WEEK)					
11	Have you felt sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile? (DURING THE PAST WEEK)					
12	Have you been waking up feeling fresh and rested? (DURING THE PAST WEEK)					
13	Have you been concerned, worried or had any fears about your health? (DURING THE PAST WEEK)					
14	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? (DURING THE PAST WEEK)					
15	Has your daily life been full or things that were interesting to you? (DURING THE PAST WEEK)					
16	Did you feel dull or sluggish? (DURING THE PAST WEEK)					
17	Have you been anxious, worried, or upset? (DURING THE PAST WEEK)					
18	Have you been feeling emotionally stable and sure of yourself? (DURING THE PAST WEEK)					
19	Did you feel relaxed and at ease? (DURING THE PAST WEEK)					
20	Have you felt cheerful and lighthearted? (DURING THE PAST WEEK)					
21	Have you felt tired, worn out, used up, or exhausted? (DURING THE PAST WEEK)					
22	Have you been under, or felt you were under any strain, stress or pressure? (DURING THE PAST WEEK)					



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