

**ADULT GROWTH HORMONE DEFICIENCY ASSESSMENT (AGHDA)  
QUALITY OF LIFE QUESTIONNAIRE**

|  |            |           |
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| <p>Listed below are some statements which people make about themselves. Read the list carefully and put a tick in the box marked YES if the statement applies to you. Tick the box marked NO if it does not apply to you.</p> <p>Please remember to answer every item. If you are not sure whether to answer YES or NO tick whichever answer you think is most true in general</p> | <b>YES</b> | <b>NO</b> |
| <b>I have to struggle to finish jobs.</b>  |            |           |
| I feel a strong need to sleep during the day.  |            |           |
| I often feel lonely even when I am with other people.  |            |           |
| I have to read things several times before they sink in.   |            |           |
| It is difficult for me to make friends.  |            |           |
| It takes a lot of effort for me to do simple tasks.  |            |           |
| I have difficulty controlling my emotions.   |            |           |
| I often lose track of what I want to say.  |            |           |
| I lack confidence.   |            |           |
| I have to push myself to do things.  |            |           |
| I often feel very tense.   |            |           |
| I feel as if I let people down.  |            |           |
| I find it hard to mix with people.   |            |           |
| I feel worn out even when I've not done anything.  |            |           |
| There are times when I feel very low.  |            |           |
| I avoid responsibility if possible.  |            |           |
| I avoid mixing with people I don't know well.  |            |           |
| I feel as if I am a burden to other people.  |            |           |
| I often forget what people have said to me.  |            |           |
| I find it difficult to plan ahead.   |            |           |
| I am easily irritated by other people.   |            |           |
| I often feel too tired to do the things I ought to do.   |            |           |
| I have to force myself to do all the things that need doing.   |            |           |
| I often have to force myself to stay awake.  |            |           |
| My memory lets me down.  |            |           |