





## Part 1

First I'd like you to answer a few questions about how well you sleep. Could you answer the questions thinking about your sleep over the last 4 weeks only. Your answers should indicate the most accurate reply for the majority of days or nights in the past 4 weeks.

- Q1** a) During the last 4 weeks, when have you usually gone to bed at night?  
(use a 12 hour clock)
- BDTMHR.D BDTMMN.D
- Hr   M
- b) During the last 4 weeks, how long has it usually taken you to fall asleep each night?  
(write the number of minutes)
- SLFALL.D
- Minutes
- c) During the last 4 weeks, when have you usually got up in the morning?  
(use a 12 hour clock)
- UPTMHR.D UPTMMN.D
- Hr   M
- d) During the last 4 weeks, how many hours of sleep did you get at night (this may be different from the number of hours you spent in bed)?  
(write in the number of hours and minutes, calculate to the nearest 30 minutes)
- SLHRS.D SLMNS.D
- Hrs   Mns
- Q2** a) During the last 4 weeks how often have you had trouble sleeping because you couldn't get to sleep within 30 minutes?  
(ring the answer which applies)
- not in the last 4 weeks ..... 1  
less than once a week ..... 2  
once or twice a week ..... 3  
three or more times a week ..... 4
- SLTR30.D
- b) During the last 4 weeks how often have you had trouble sleeping because you wake up in the middle of the night or early morning?
- not in the last 4 weeks ..... 1  
less than once a week ..... 2  
once or twice a week ..... 3  
three or more times a week ..... 4
- SLTRWK.D
- Q3** During the last 4 weeks how would you rate your sleep quality overall?
- very good ..... 1  
fairly good ..... 2  
fairly bad ..... 3  
very bad ..... 4
- SLQUAL.D
- Q4** During the last 4 weeks, how often have you taken medicine (prescribed or 'over the counter) to help you sleep?
- not in the last 4 weeks ..... 1  
less than once a week ..... 2  
once or twice a week ..... 3  
three or more times a week ..... 4
- SLMED.D
- Q5** During the last 4 weeks, how often have you had trouble staying awake while driving, eating meals or engaging in social activity?
- not in the last 4 weeks ..... 1  
less than once a week ..... 2  
once or twice a week ..... 3  
three or more times a week ..... 4
- WAKETR.D

## Part 2

On the next page you will find a number of words that describe different feelings and emotions.

We would like you to tell us how well each of the words describes how you GENERALLY feel

Use the five point scale to show us how well each word describes you.

For example. If the word was 'friendly'

put a circle round **1** if you generally feel friendly '**very slightly or not at all**'

put a circle round **2** if you generally feel friendly '**a little**'

put a circle round **3** if you generally feel '**moderately**' friendly

put a circle round **4** if you generally feel friendly '**quite a bit**'

put a circle round **5** if you generally feel '**extremely**' friendly

If you had filled in part of the measure like this...

Generally, I feel INTERESTED...	1.....2..... <b>3</b> .....4.....5
Generally, I feel DISTRESSED...	<b>1</b> .....2.....3.....4.....5
Generally, I feel EXCITED...	1.....2.....3..... <b>4</b> .....5

It would mean that generally you feel moderately interested, generally you feel distressed very slightly or not at all and generally you feel excited quite a bit

**REMEMBER TO RING A NUMBER FOR EVERY WORD OR PHRASE**

		Very slightly or not at all	a little	moderately	quite a bit	extremely
Generally, I feel INTERESTED...	SPNS1.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel DISTRESSED...	SPNS2.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel EXCITED...	SPNS3.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel UPSET...	SPNS4.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel STRONG...	SPNS5.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel GUILTY...	SPNS6.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel SCARED...	SPNS7.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel HOSTILE...	SPNS8.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel ENTHUSIASTIC...	SPNS9.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel PROUD...	SPNS10.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel IRRITABLE...	SPNS11.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel ALERT...	SPNS12.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel ASHAMED...	SPNS13.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel INSPIRED...	SPNS14.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel NERVOUS...	SPNS15.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel DETERMINED...	SPNS16.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel ATTENTIVE...	SPNS17.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel JITTERY...	SPNS18.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel ACTIVE...	SPNS19.D	1 .....	2 .....	3 .....	4 .....	5
Generally, I feel AFRAID...	SPNS20.D	1 .....	2 .....	3 .....	4 .....	5

DID YOU RING A NUMBER FOR EVERY WORD OR PHRASE?

### Part 3

**Now here is a set of questions about the way you have been feeling in general over the last 7 days**

The choice of answers is often different for each question, so please read each one carefully and ring the answer which shows how you have been feeling

For example....

#### **I feel tired and flat**

most of the time .....	1
a lot of the time .....	2
only occasionally .....	3
never .....	4

**The person answering has been feeling tired and flat a lot of the time over the last week, so he or she has put a ring round 2**

**NOW ANSWER THE QUESTIONS BELOW. PLEASE DON'T MISS ANY OUT**

HADS1.D

#### **a) I feel tense or 'wound up'**

most of the time .....	1
a lot of the time .....	2
only occasionally .....	3
never .....	4

HADS2.D

#### **b) I still enjoy the things I used to**

just as much as ever .....	1
not quite as much .....	2
only a little .....	3
hardly at all .....	4

HADS3.D

#### **c) I get a sort of frightened feeling as if something awful is about to happen**

a lot, and quite badly .....	1
sometimes, but not too badly .....	2
a little, but it doesn't worry me .....	3
never .....	4

HADS4.D

**d) I can laugh and see the funny side of things**

- as much as I always could .....1  
 not quite as much as I used to .....2  
 a lot less than I used to .....3  
 never .....4

HADS5.D

**e) Worrying thoughts go through my mind**

- a great deal of the time .....1  
 a lot of the time .....2  
 from time to time, but not often .....3  
 only occasionally .....4

HADS6.D

**f) I feel cheerful**

- never .....1  
 not often .....2  
 sometimes .....3  
 most of the time .....4

HADS7.D

**g) I can sit at ease and feel relaxed**

- nearly all the time .....1  
 usually .....2  
 not often .....3  
 never .....4

HADS8.D

**h) I feel as if I am slowed down**

- nearly all the time .....1  
 very often .....2  
 sometimes .....3  
 never .....4

HADS9.D

**i) I get a sort of frightened feeling like 'butterflies' in the stomach**

- never .....1  
 occasionally .....2  
 quite often .....3  
 very often .....4

HADS10.D

**j) I have lost interest in my appearance**

- completely .....1  
 I don't care nearly as much as I should.....2  
 I don't take quite as much care as I used to.....3  
 I take as much care as ever .....4

HADS11.D

**k) I feel restless as if I have to be on the move**

- very much indeed .....1  
 quite a lot .....2  
 not very much .....3  
 never .....4

HADS12.D

**l) I look forward with enjoyment to things**

- as much as I ever did .....1  
 less than I used to.....2  
 a lot less than I used to .....3  
 never .....4

HADS13.D

**m) I get sudden feelings of panic**

- very often .....1  
 quite often.....2  
 only occasionally .....3  
 never .....4

HADS14.D

**n) I can enjoy a book or TV program**

- often .....1  
 sometimes .....2  
 not often .....3  
 hardly at all .....4
-



## Part 4

SCHLTH.D

- A) **Over the last twelve months, would you say your health on the whole has been good, fairly good, or not good?**

(ring the answer which applies)

good..... 1  
 fairly good ..... 2  
 not good..... 3

- B) **I'd like you to read the statements below, and for each one tell me how strongly you agree or disagree with each**

**For example:**

If the statement was...

	strongly agree	agree	disagree	strongly disagree
Sometimes I do silly things on impulse	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The person filling in the questionnaire has ticked agree to show that they sometimes do silly things on impulse

**Now please tick a box for each of the statements below to show how much you agree or disagree with it**

	strongly agree	agree	disagree	strongly disagree
<b>I have little control over the things that happen to me</b> MAST1.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>There is no way I can solve some of the problems I have</b> MAST2.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>There is little I can do to change many of the important things in my life</b> MAST3.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I often feel helpless in dealing with the problems of life</b> MAST4.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sometimes I feel I'm being pushed around in life</b> MAST5.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>What happens in the future mostly depends on me</b> MAST6.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I can do just about anything I really set my mind to</b> MAST7.D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Part 5

This set of questions is about how you feel about yourself in general.

Just like the last set of questions we would like you to ring the number which best shows how you feel about yourself.

for example...

**I have difficulty finishing jobs which I have started.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

If you feel that you always finish jobs when you start them you might strongly disagree with the statement and ring 4 as above.

**NOW ANSWER THE QUESTIONS BELOW. PLEASE DON'T MISS ANY OUT**

RSE1.D

**a) When I make up my mind to do something I expect to be successful.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

RSE2.D

**b) On the whole I am satisfied with myself.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

RSE3.D

**c) I wish I could have more respect for myself.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

RSE4.D

**d) I feel I am a person of worth, at least equal to others.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

RSE5.D

**e) I take a positive attitude towards myself.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

RSE6.D

**f) Nowadays there seem to be a lot of problems that I can't solve however hard I try.**

strongly agree

agree

disagree

strongly disagree

1

2

3

4

RSE7.D

**g) I am able to do things as well as most people.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE8.D

**h) I often feel I have little control over the things that happen to me.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE9.D

**i) All in all I am inclined to think I am a failure.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE10.D

**j) At times I think I am no good at all.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE11.D

**k) I feel I have a number of good qualities.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE12.D

**l) I certainly feel useless at times.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE13.D

**m) I feel I do not have much to be proud of.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

RSE14.D

**n) I can achieve all my goals if I put my mind to it**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

## Part 6

Please **only answer this section if you have a paid job at the moment.** If you are not in paid work at the moment leave these questions blank

**Here is a set of statements about jobs. Please ring the answer that best fits your job situation. Sometimes none of the answers fits exactly. Please choose the answer that comes closest.**

KARA1.D

**a) My job requires that I learn new things.**

strongly agree	disagree	agree	strongly disagree
1	2	3	4

KARA2.D

**b) My job involves a lot of repetitive work.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA3.D

**c) My job requires me to be creative.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA4.D

**d) My job allows me to make a lot of decisions on my own.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA5.D

**e) My job requires a high level of skill.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA6.D

**f) On my job, I have very little freedom to decide how I do my work.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA7.D

**g) I get to do a variety of different things on my job.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA8.D

**h) I have a lot of say about what happens on my job.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA9.D

**i) I have an opportunity to develop my own special abilities.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA10.D

**j) My job requires working very fast.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA11.D

**k) My job requires working very hard.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA12.D

**l) I am not asked to do an excessive amount of work.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA13.D

**m) I have enough time to get the job done.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

KARA14.D

**n) I am free from conflicting demands that others make.**

strongly agree	agree	disagree	strongly disagree
1	2	3	4

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**THANK YOU FOR FILLING IN THE EARLIER QUESTIONS, PLEASE LEAVE THIS LAST PART BLANK UNTIL THE NURSE VISITS YOU**

**General Health Questionnaire**

We should like to know how your health has been in general over the past few weeks. Please answer all the questions in this section by underlining the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

for example, an item might be...

**HAVE YOU RECENTLY**

<b>been able to achieve more than usual in your life?</b>	More than usual	Same as usual	<u>Less than usual</u>	Much less than usual	
---	-----------------	---------------	------------------------	----------------------	--

if you felt that you had been achieving less than usual recently you would underline it as shown.

**N.B. The grey boxes are for office use, please do not write in them**

**IT IS IMPORTANT THAT YOU ANSWER ALL THE QUESTIONS.**

**HAVE YOU RECENTLY**

- |          |  |                    |                    |                        |                      |  |
|----------|--|--------------------|--------------------|------------------------|----------------------|--|
| <b>1</b> | <b>been able to concentrate on whatever you're doing?</b><br>GHQ1.D        | Better than usual  | Same as usual      | Less than usual        | Much less than usual |  |
| <b>2</b> | <b>lost much sleep over worry?</b><br>GHQ2.D                               | Not at all         | No more than usual | Rather more than usual | Much more than usual |  |
| <b>3</b> | <b>been having restless, disturbed nights?</b><br>GHQ3.D                   | Not at all         | No more than usual | Rather more than usual | Much more than usual |  |
| <b>4</b> | <b>been managing to keep yourself busy and occupied?</b><br>GHQ4.D         | More so than usual | Same as usual      | Rather less than usual | Much less than usual |  |
| <b>5</b> | <b>been getting out of the house as much as usual?</b><br>GHQ5.D           | More so than usual | Same as usual      | Rather less than usual | Much less than usual |  |
| <b>6</b> | <b>been managing as well as most people would in your shoes?</b><br>GHQ6.D | Better than most   | About the same     | Rather less well       | Much less well       |  |
| <b>7</b> | <b>felt on the whole you were doing things well?</b><br>GHQ7.D             | Better than usual  | About the same     | Less well than usual   | Much less well       |  |

8	<b>been satisfied with the way you've carried out your task?</b> GHQ8.D	More satisfied	About the same as usual	Less satisfied than usual	Much less satisfied	<input type="checkbox"/>
9	<b>been able to feel warmth and affection for those near to you?</b> GHQ9.D	Better than usual	About the same as usual	Less well than usual	Much less well	<input type="checkbox"/>
10	<b>been finding it easy to get on with other people?</b> GHQ10.D	Better than usual	About the same as usual	Less well than usual	Much less well	<input type="checkbox"/>
11	<b>spent much time chatting with people?</b> GHQ11.D	More time than usual	About the same as usual	Less time than usual	Much less than usual	<input type="checkbox"/>
12	<b>felt that you are playing a useful part in things?</b> GHQ12.D	More so than usual	Same as usual	Less useful than usual	Much less useful	<input type="checkbox"/>
13	<b>felt capable of making decisions about things?</b> GHQ13.D	More so than usual	Same as usual	Less so than usual	Much less capable	<input type="checkbox"/>
14	<b>felt constantly under strain?</b> GHQ14.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
15	<b>felt you couldn't overcome your difficulties?</b> GHQ15.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
16	<b>been finding life a struggle all the time?</b> GHQ16.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
17	<b>been able to enjoy your normal day-to-day activities?</b> GHQ17.D	More so than usual	Same as usual	Less so than usual	Much less than usual	<input type="checkbox"/>
18	<b>been taking things hard?</b> GHQ18.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
19	<b>been getting scared or panicky for no good reason?</b> GHQ19.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
20	<b>been able to face up to your problems?</b> GHQ20.D	More so than usual	Same as usual	Less able than usual	Much less able	<input type="checkbox"/>
21	<b>found everything getting on top of you?</b> GHQ21.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>

<b>22</b>	<b>been feeling unhappy and depressed?</b> GHQ22.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
<b>23</b>	<b>been losing confidence in yourself?</b> GHQ23.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
<b>24</b>	<b>been thinking of yourself as a worthless person?</b> GHQ24.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
<b>25</b>	<b>felt that life is entirely hopeless?</b> GHQ25.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
<b>26</b>	<b>been feeling hopeful about your own future?</b> GHQ26.D	More so than usual	About the same as usual	Less so than usual	Much less hopeful	<input type="checkbox"/>
<b>27</b>	<b>been feeling reasonably happy, all things considered?</b> GHQ27.D	More so than usual	About the same as usual	Less so than usual	Much less than usual	<input type="checkbox"/>
<b>28</b>	<b>been feeling nervous and strung-up all the time?</b> GHQ28.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
<b>29</b>	<b>felt that life isn't worth living?</b> GHQ29.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>
<b>30</b>	<b>found that at times you couldn't do anything because your nerves were too bad?</b> GHQ30.D	Not at all	No more than usual	Rather more than usual	Much more than usual	<input type="checkbox"/>



**Don't fill in this section until the interviewer tells you to**

### **AH4**

Use this page and the next 2 pages to record the answers to the AH4. Do the practice questions first, they are on page 1 of the AH4 question booklet, record the answers below. (Some of questions in the practice section already have the answers written in to show you how to answer them).

Take your time over this part, ask the interviewer to explain anything you don't understand.

Once you have done that the interviewer will give you the correct answers so you can check you have understood what to do.

the main part of the measure takes exactly 10 minutes. Tell the interviewer when you are ready to start. He or she will start the 10 minute timer. Turn to page 2 and begin to answer the questions.

We don't expect you to reach the end in 10 minutes, do as many as you can, try to answer all the questions, only leave one blank if you are really stuck with it.

### **EXAMPLES**

<b>Q1</b>	<b>9</b>
<b>Q2</b>	
<b>Q3</b>	<b>2</b>
<b>Q4</b>	
<b>Q5</b>	<b>16</b>
<b>Q6</b>	
<b>Q7</b>	<b>2</b>
<b>Q8</b>	
<b>Q9</b>	<b>4</b>
<b>Q10</b>	
<b>Q11</b>	<b>1</b>
<b>Q12</b>	

**When you have finished doing the examples turn to the next page**

## AH4 Answers

### Questions on page 3

AH1.D	<b>Q1</b>	
AH2.D	<b>Q2</b>	
AH3.D	<b>Q3</b>	
AH4.D	<b>Q4</b>	
AH5.D	<b>Q5</b>	
AH6.D	<b>Q6</b>	
AH7.D	<b>Q7</b>	
AH8.D	<b>Q8</b>	
AH9.D	<b>Q9</b>	
AH10.D	<b>Q10</b>	
AH11.D	<b>Q11</b>	
AH12.D	<b>Q12</b>	
AH13.D	<b>Q13</b>	
AH14.D	<b>Q14</b>	
AH15.D	<b>Q15</b>	

### Questions on page 4

AH16.D	<b>Q16</b>	
AH17.D	<b>Q17</b>	
AH18.D	<b>Q18</b>	
AH19.D	<b>Q19</b>	
AH20.D	<b>Q20</b>	
AH21.D	<b>Q21</b>	
AH22.D	<b>Q22</b>	
AH23.D	<b>Q23</b>	
AH24.D	<b>Q24</b>	
AH25.D	<b>Q25</b>	
AH26.D	<b>Q26</b>	
AH27.D	<b>Q27</b>	
AH28.D	<b>Q28</b>	
AH29.D	<b>Q29</b>	
AH30.D	<b>Q30</b>	

**Questions on  
page 5**

AH31.D	<b>Q31</b>	
AH32.D	<b>Q32</b>	
AH33.D	<b>Q33</b>	
AH34.D	<b>Q34</b>	
AH35.D	<b>Q35</b>	
AH36.D	<b>Q36</b>	
AH37.D	<b>Q37</b>	
AH38.D	<b>Q38</b>	
AH39.D	<b>Q39</b>	
AH40.D	<b>Q40</b>	
AH41.D	<b>Q41</b>	
AH42.D	<b>Q42</b>	
AH43.D	<b>Q43</b>	
AH44.D	<b>Q44</b>	
AH45.D	<b>Q45</b>	

**Questions on  
page 6**

AH46.D	<b>Q46</b>	
AH47.D	<b>Q47</b>	
AH48.D	<b>Q48</b>	
AH49.D	<b>Q49</b>	
AH50.D	<b>Q50</b>	
AH51.D	<b>Q51</b>	
AH52.D	<b>Q52</b>	
AH53.D	<b>Q53</b>	
AH54.D	<b>Q54</b>	
AH55.D	<b>Q55</b>	
AH56.D	<b>Q56</b>	
AH57.D	<b>Q57</b>	
AH58.D	<b>Q58</b>	
AH59.D	<b>Q59</b>	
AH60.D	<b>Q60</b>	

**Questions on  
Page 7**

AH61.D	<b>Q61</b>	
AH62.D	<b>Q62</b>	
AH63.D	<b>Q63</b>	
AH64.D	<b>Q64</b>	
AH65.D	<b>Q65</b>	

**THANK YOU FOR FILLING IN THESE QUESTIONS**