

APPENDIX - V

Please indicate your problem areas (by a tick mark) and report on the percentage of improvement in them (if there is any) :

Problem Areas	% of Improvement
(1) General physical health (lack of energy/vitality)	() _____
(2) Pain problems (headache, backache, stomach pains etc.)	() _____
(3) Appetite (eating more or lack of interest in food)	() _____
(4) Sleep (restless nights)	() _____
(5) Thinking (negative, confused)	() _____
(6) Mood (depressed)	() _____
(7) Anxiety/Tension/Nervousness	() _____
(8) Lack of confidence	() _____
(9) Lack of motivation to work	() _____
(10) Lack of concentration	() _____
(11) Memory (forgetfulness)	() _____
(12) Emotional imbalance (touchy, sulky, short tempered, emotional outbursts, tendency to over-react etc.)	() _____
(13) Absenteeism	() _____
(14) Smoking	() _____
(15) Clumsiness	() _____
(16) Interpersonal relationship problem	() _____
(17) Any other _____ (Please specify).	() _____