

## Self-Check Mental Health for Journalists

Before reflecting upon the following questions addressing your physical and mental well-being: Please think back to the last two weeks: Where have you been? What have you done? What did you feel like? When responding to the following questions, please refer to these last two weeks. How often have you

(almost) never          several days          about half of the days          almost every day	
felt nervous, anxious or on edge?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
been unable to stop worrying, also about minor or unlikely issues?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt difficulty breathing or dizziness and thought to suffer a severe physical issue (e.g. a stroke, cancer) without any medical indication?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
found it difficult to relax and calm down in your leisure time?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt restless or over-activated?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
become annoyed or irritable very easily?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
noted major changes in your eating behaviours and / or weight (poor appetite or impulsive overeating, or phases of both taking turns)?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt down, worthless or hopeless?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt indifferent towards the needs or concerns of others at work or in your private life?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt you lost interest or pleasure in doing things you usually enjoy?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
had trouble falling asleep, sleeping through, or been sleeping too much?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
consumed alcohol or drugs (e.g., in order to increase performance, to calm down, or to keep functioning)?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
increased or changed alcohol or drug consumption (e.g., in order to increase performance, to calm down, or to keep functioning)?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt very tired, or seriously exhausted ("battery low")?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
had trouble concentrating on things like work, reading, conversations, or TV?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
postponed planned self-care or leisure activities or spending time with friends or family because of an unusual amount of work?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt what you do is meaningless or not worth the effort, after all?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
found it increasingly difficult to delegate and took over more and more, including minor tasks, so that everything goes as it should?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
had conflicts with others who gave you feedback that you have changed, e.g., with regard to your values or priorities, your mood or your behaviour (e.g. working behaviour, substance use)	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt bad about yourself, thinking that you were a failure, or an embarrassment to your family or friends?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
felt the impulse of hurting yourself in some way or indeed done so on purpose?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
had thoughts that you would be better off dead?	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>