

Mental Health and Latent Toxoplasmosis: Comparison of Individuals with and without *Anti-Toxoplasma* Antibodies

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Appendix 1. General Health Questionnaire-28 (GHQ-28) (Goldberg & Hillier, 1979)

Have you recently:	Not at all	No more than usual	Rather more than usual	Much more than usual
1. Been feeling perfectly well and in good health?				
2. Been feeling in need of a good tonic?				
3. Been feeling run down and out of sorts?				
4. Felt that you are ill?				
5. Been getting any pains in your head?				
6. Been getting a feeling of tightness or pressure in your head?				
7. Been having hot or cold spells?				
8. Lost much sleep over worry?				
9. Had difficulty in staying asleep once you are off?				
10. Felt constantly under strain?				
11. Been getting edgy and bad-tempered?				
12. Been getting scared or panicky for no good reason?				
13. Found everything getting on top of you?				
14. Been feeling nervous and strung-up all the time?				
15. Been managing to keep yourself busy and occupied?				
16. Been taking longer over the things you do?				
17. Felt on the whole you were doing things well?				
18. Been satisfied with the way you've carried out your task?				
19. Felt that you are playing a useful part in things?				
20. Felt capable of making decisions about things?				
21. Been able to enjoy your normal day-to-day activities?				
22. Been thinking of yourself as a worthless person?				
23. Felt that life is entirely hopeless?				
24. Felt that life isn't worth living?				
25. Thought of the possibility that you might make away with yourself?				
26. Found at times you couldn't do anything because your nerves were too bad?				
27. Found yourself wishing you were dead and away from it all?				
28. Found that the idea of taking your own life kept coming into your mind?				

The General Health Questionnaire has been shown to be reliable and valid in an Iranian population (Riahi and Izadi-Mazidi 2012).