Dear Sir/Madam,

I kindly request you to assist me in the construction of a Mental Health Scale. The complete standardized scale will be used to assess the mental health status of high school teachers in Kenya.

The need for developing such a scale arose from the fact that the investigator could not find any standardized mental health scale which could be effectively used to measure the mental health status of any group of human service workers.

While constructing the given items, the investigator consulted relevant related literature, various instruments used earlier on for clinical psychology i.e. The P.G.I. health questionnaire, Eysencks PEN inventory, Cornell Medical Index [C.M.I.], and Dutt N.K. Anxiety scale. Some experienced teachers from Kenya were also consulted for recommendations.

The original first draft had 155 statements which the investigator thoroughly scrutinized and deleted repeated and
buffer items. This brought the total number of statements to 90.

The investigator now seeks your judgement on the list of 90 statements. Your frank opinion is needed to find out if the statements put forward will form a valid and reliable instrument for assessing the mental health status of teachers. Your valuable suggestions, recommendations and criticism will form the final draft of the proposed scale.

I request you to kindly tick [? ] the items you consider appropriate and mark [x] on inappropriate ones. Space is provided after each statement for recommendations, criticism or suggestions. At the back of the statements more space is provided for general assessment.

Your assistance will be highly appreciated.

Yours sincerely,

[Catherine Wanjiku Kamau]
Ph.D.st.
The following definitions have guided the investigator in constructing the items.

1. Laycock [1944] states that "A mentally healthy teacher is one who has achieved a satisfactory philosophy of life, understands her own problems, has achieved social adequacy, emotional maturity and balance, finds enjoyment in her work and has established a good set of living habits".

2. According to Longman's Dictionary of psychology and psychiatry [1984]. "Mental Health is a state of mind characterised by emotional well being, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stress of life".

The second definition was taken up as the OPERATIONAL DEFINITION and the following are the COMPONENTS OF MENTAL HEALTH USED IN CONSTRUCTING THE ITEMS.

1. Personal and emotional well being [1-28 items].
2. The anxiety factor [29-39 items].
3. The Disabling Symptoms [40-47 items].
4. The Capacity to establish constructive relationships [48-71 items].
5. The capacity to cope with ordinary demands and stress of life [72-90 items].
STATEMENTS OF MENTAL HEALTH STATUS

Q.1. Has anyone in your family ever been treated in a mental hospital for nervous breakdown?
Q.2. Did you ever have a nervous breakdown?
Q.3. Were you ever a patient in a mental hospital?
Q.4. Do you ever feel "just miserable" for no good reason?
Q.5. Do you feel depressed most of the time?
Q.6. Do you get depressed over small matters?
Q.7. Do you get sound sleep?
Q.8. Do you feel miserable after failing to achieve a goal?
Q.9. Do you find it necessary to watch your health carefully?
Q.10. Are you frequently ill?
Q.11. Do you feel afraid that you may be having some chronic disease?
Q.12. Do you feel in a relief after consulting a doctor?
Q.13. Do you at times feel tired for no reason at all?
Q.14. Do you usually take 6 or more alcoholic drinks a day?
Q.15. Do you smoke more than 20 Cigarettes a day?
Q.16. Do you drink more than 8 cups of coffee or tea a day?
Q.17. Do you consider yourself a shy person?
Q.18. Are you feelings easily hurt?
Q.19. Do you easily tend to weep?
Q.20. Do you always exert control over your emotions?
Q.21. Do you flare up in anger when provoked?
Q.22. Do you find it hard to show your feelings?
Q.23. Can you tolerate loud noise?
Q.24. Do you tremble or feel weak whenever someone shouts at you?
Q.25. Do you at time shout at your students?
Q.26. Do you get upset by criticism?
Q.27. Do you feel nervous and shaky when approached by a superior?
Q.28. Do you often sweat and tremble when questioned by a superior?
Q.29. Does worrying continually get you down?
Q.30. Do you worry a lot after you realise you have committed a slight mistake?
Q.31. Do you feel like running away from the life you live?
Q.32. Do you wish you were dead and away from it all?
Q.33. Do you feel afraid of unfamiliar things, places or people?
Q.34. Do you become scared at sudden movements or noises at night?
Q.35. Are you worried about the difficulties you may face in time to come?
Q.36. Do you always seek the approval of your decisions?
Q.37. Do you tremble and perspire when nervous?
Q.38. Do you become nervous at odd situations e.g. (When called upon to address a large gathering)?
Q.39. Are you worried that your students will see some of your weaknesses?
Q.40. Do you feel tired when in low spirits?
Q.41. Do you find it hard to keep your mind on what you're doing?
Q.42. Do you make up your mind easily?
Q.43. Do you sometimes prefer solitude?
Q.44. Do you sometimes feel that you are becoming quite forgetful?
Q.45. Do you often feel a sinking of heart when about to introduce your lesson?
Q.46. Do you say out of five orders issued you get three wrong and two right?
Q.47. Does working tire you completely?
Q.48. Do you consider your family social?
Q.49. Do you periodically experience no feelings for your immediate family?
Q.50. Do you often separate and reunite with your partner (wife, husband etc.)?
Q.51. Do people often misunderstand you?
Q.52. Do you like solving other peoples problems?
Q.53. Would it upset you at all to see a fellow human being suffer?
Q.54. Do people often annoy and irritate you?
Q.55. Do you feel people are to blame for your not being successful?
Q.56. Do you make friends easily with members of your own sex?
Q.57. Do you like going out a lot?
Q.58. Do you acquire new friends easily with members of your own sex?
Q.59. When you make new friends do you usually make the first move?
Q.60. Do you approve the new friends first?
Q.61. Do you like telling jokes or funny stories to your friends?
Q.62. Do you always wish you had someone at your side?
Q.63. Do you feel lonely even when you're in the company of others?
Q.64. Do you feel superior to your students?
Q.65. Are you over confident in front of your students?
Q.66. Can you admit a mistake to your students?
Q.67. Do you easily get irritated when asked a question by a student?
Q.68. Do you like being in the company of those superior to you?
Q.69. Do you try to avoid meeting your superiors?
Q.70. Do you often find it difficult to approach your superiors?
Q.71. Does your family possess massive financial and physical security?
Q.72. Do all the members of your family earn and utilize their finances independent of each other?
Q.73. Are members of your family subserved by the finances extracted from the same source?
Q.74. Do you sometimes put off until tomorrow what you ought to do today?
Q.75. Does life look entirely hopeless?
Q.76. Do you do things according to your laid down plan?
Q.77. Do you feel depressed while teaching for no reason at all?
Q.78. Do you often find that you're not interested in teaching your lesson?
Q.79. Do you often feel a sinking of heart when about to introduce your lesson?
Q.80. Do you at times find your lesson boring?
Q.81. Do you at times find teaching a dull job?
Q.82. Do you at times feel that your work is not
appreciated?

Q.83. Are you often against some laid down rules and regulations?

Q.84. Do you dislike directions and orders being issued to you?

Q.85. Do you find it hard to work under excessive authority?

Q.86. Can you willingly work above the official quota?

Q.87. Can you willingly undertake extra duties?

Q.88. Do you often experience mental tiredness in preparation of lessons?

Q.89. Do you like adopting the ideas of other people?

Q.90. Do you at many occasions find yourself late for job or appointments?