APPENDIX - E

TEACHERS MENTAL HEALTH SCALE (TMHS)

BY

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AGE........................... SEX..............................

PROFESSIONAL QUALIFICATION...............................

TEACHING EXPERIENCE......................................

MARITAL STATUS...........................................

INSTRUCTIONS:

There are 50 items and you are requested to answer each item. Do not leave any item unanswered.

Your answers to the questions will be treated in the strictest confidence. Therefore, feel free to give candid replies. There are no right or wrong answers. Indicate your answer to each question by drawing a circle around Yes/No. There is no time limit but the scale can be completed within 20-25 minutes.
1. My remarks full of wit and humour have won me many friends. YES NO
2. Do you feel contended that you belong to the noble profession of teaching? YES NO
3. Are you generally keeping good health? YES NO
4. Do you remain worried about catching diseases? YES NO
5. Do you feel lonely even when you are in the company of others? YES NO
6. Does worrying continuously get you down? YES NO
7. Do you worry alot after you realise you have committed a slight mistake? YES NO
8. Are you confident infront of your students? YES NO
9. Do you often feel miserable for no good reason? YES NO
10. Do you get depressed over small matters? YES NO
11. Do you often feel tired for no good reason? YES NO
12. My mood usually changes due to apparent causes. YES NO
13. Do you make up your mind easily? YES NO
14. Sometimes I get too angry that I cannot perform my teaching duties effectively. YES NO
15. I always feel highly discouraged when my views differ from others. YES NO
16. Do things sometimes look as if they were not real? YES NO
17. I often worry over possible but luck. YES NO
18. Do you feel that you are becoming quite forgetful? YES NO
19. Do you on many occasions find yourself late for your job or an appointment? YES NO
20. Do you feel it hard to keep your mind on what you are doing? YES NO
21. Do you often feel a sinking of heart when about to introduce your lesson? YES NO
22. Do you feel depressed while teaching for no reason at all? YES NO
23. Do you often feel that you are not interested in teaching your lessons? YES NO
24. Are you often worried about the difficulties you may face in time to come? YES NO
25. Do you tremble and perspire when nervous? YES NO
26. Do you often find teaching a dull job? YES NO
27. Do you try to avoid meeting your superiors? YES NO
28. I am confident about my teaching abilities. YES NO
29. Do you often feel that your hardwork is often appreciated? YES NO
30. Do you feel that you have sufficient opportunities for self expression? YES NO
31. Can you admit a mistake to your students? YES NO
32. Are you often worried that your students will see some of your mistakes? YES NO
33. Do you often shout at your students? YES NO
34. Do you often get irritated when students pose a question? YES NO
35. Do people often annoy and irritate you? YES NO
36. Do you find it hard to show your feelings? YES NO
37. I easily upset by a small event of disappointment. YES NO
38. Do you get sound sleep? YES NO
39. Do you tremble or feel weak whenever someone shouts at you? YES NO
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<td>40. Did you ever have a nervous breakdown?</td>
<td>YES NO</td>
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<td>41. Do you often feel depressed?</td>
<td>YES NO</td>
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<td>42. Do you continue feeling miserable over some past failures?</td>
<td>YES NO</td>
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<td>43. Do you get highly upset by criticism?</td>
<td>YES NO</td>
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<td>44. Do you worry that nobody appreciates you?</td>
<td>YES NO</td>
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<td>45. Do you experience enthusiasm while preparing your lessons?</td>
<td>YES NO</td>
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<td>46. Are your feelings easily hurt?</td>
<td>YES NO</td>
<td></td>
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<td>47. Do you easily tend to weep?</td>
<td>YES NO</td>
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<td>48. Does life look entirely hopeless?</td>
<td>YES NO</td>
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<td>49. Do you feel like running away from the life you live?</td>
<td>YES NO</td>
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<td>50. Do you wish you were dead and away from it all?</td>
<td>YES NO</td>
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