



---

Theses and Dissertations


---

1981

## Mental Health Status of Vietnamese Refugees in Utah County, Utah

David A. Acree  
Brigham Young University - Provo

Follow this and additional works at: <https://scholarsarchive.byu.edu/etd>

 Part of the [Psychiatric and Mental Health Commons](#), [Psychiatry and Psychology Commons](#), and the [Psychology Commons](#)

---

### BYU ScholarsArchive Citation

Acree, David A., "Mental Health Status of Vietnamese Refugees in Utah County, Utah" (1981). *Theses and Dissertations*. 4455.

<https://scholarsarchive.byu.edu/etd/4455>

This Thesis is brought to you for free and open access by BYU ScholarsArchive. It has been accepted for inclusion in Theses and Dissertations by an authorized administrator of BYU ScholarsArchive. For more information, please contact [scholarsarchive@byu.edu](mailto:scholarsarchive@byu.edu), [ellen\\_amatangelo@byu.edu](mailto:ellen_amatangelo@byu.edu).

GV  
3.02  
A172  
1981

MENTAL HEALTH STATUS OF VIETNAMESE REFUGEES  
IN UTAH COUNTY, UTAH

A Thesis

Presented to

the Department of Health Science  
Brigham Young University

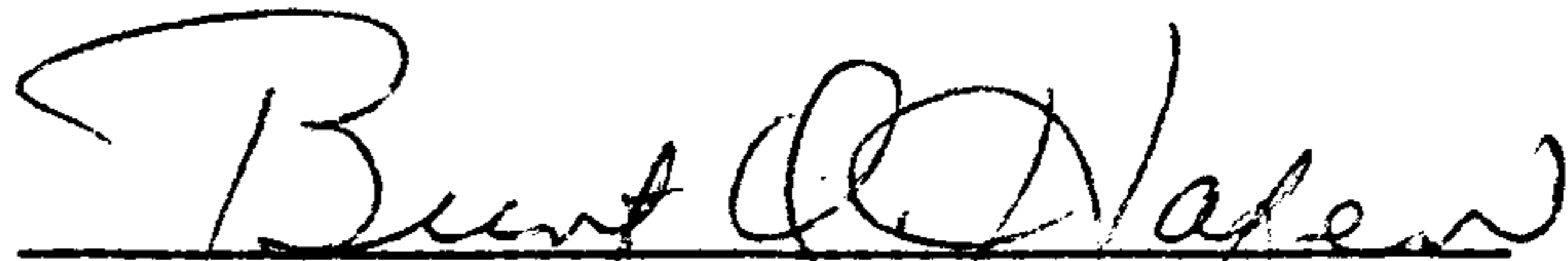
In Partial Fulfillment  
of the Requirements for the Degree  
Master of Health Science

by

David A. Acree

August, 1981

This Thesis, by David Armond Acree, is accepted in its present form by the Department of Health Science of Brigham Young University as satisfying the thesis requirement for the degree of Master of Science.

  
Brent Q. Hafen, Committee Chairman

  
Gary S. Williams, Committee Member

7/14/81  
Date


  
Ronald L. Rhodes, Department Chairman

TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENTS . . . . .	v
LIST OF TABLES . . . . .	vi
LIST OF FIGURES . . . . .	vii
Chapter	
1. INTRODUCTION . . . . .	1
Statement of the Problem . . . . .	3
Hypotheses . . . . .	3
Delimitations . . . . .	4
Justification . . . . .	4
Definitions . . . . .	5
2. REVIEW OF LITERATURE . . . . .	7
Illness and Adjustment to Change . . . . .	7
Indochinese Adjustment in the United States . . . . .	9
Cross-Cultural Use of the Cornell Medical Index . . . . .	12
Somatic Complaints as a Cultural Expression of Anxiety . . . . .	14
3. PROCEDURES . . . . .	15
4. ANALYSIS OF DATA . . . . .	19
5. SUMMARY, FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS . . . . .	30
Summary . . . . .	30
Findings . . . . .	31
Conclusions . . . . .	32
Recommendations . . . . .	34

	Page
APPENDICES . . . . .	35
A. Cornell Medical Index Health Questionnaire (Male and Female with Vietnamese Translations) . . . . .	36
B. Supplementary Data Sheet (English and Vietnamese) . . . . .	61
REFERENCES . . . . .	64

## ACKNOWLEDGEMENTS

The author would like to express special thanks to his wife, Kathleen, for always listening to her husband's dreams and hopes without laughing and for the constant encouragement, support, and patience she has given; also to two special children who were amazingly patient with their dad. Thanks Nathan and Amie.

In addition, the author wants to thank Huynh Lam Mau for his help in administering the questionnaire and for giving the author a better appreciation of the Vietnamese perspective of life in America.

LIST OF TABLES

Table	Page
1. Sample Characteristics . . . . .	19
2. Mean CMI Scores and Percentages Beyond Suggested Cutoff Points . . . . .	23
3. Mean CMI Scores . . . . .	24
4. CMI Symptom Type By Each Section with Means and Corrected Scores . . . . .	27

## LIST OF FIGURES

Figure	Page
1. Mean CMI Score Vs. Quality of Life . . . . .	25
2. Mean CMI Score Vs. Location of Spouse . . . . .	25
3. Mean CMI Score Vs. Relationship with Sponsor . . . . .	26
4. Mean CMI Score by Section . . . . .	27
5. Corrected Mean CMI Score by Sections . . . . .	28



## Chapter 1

### INTRODUCTION

The people of Indochina have experienced warfare and political turmoil for most of the last forty years. The American withdrawal of troops in 1973 and the North Vietnamese victory in 1975 did not bring peace to the people of this region. Reprisals against Laotians who had helped the Americans increased. Famine and warfare continued to kill and displace the people of Cambodia. Ethnic Chinese living in Vietnam were persecuted and ordered to leave the country. On foot and by boat, this flight of people hoping to resettle elsewhere has continued. Hostility and rejection have often greeted the refugees arrival in temporary countries of asylum. (37:6-30)

Of those countries offering the refugees new homes, the United States has opened its doors the widest. As of August 1980, approximately 389,000 Indochinese refugees had been resettled in the United States for a total of 168,000 new admissions each year. (42:73) With several hundred thousand refugees still in temporary camps in Southeast Asia and with continuing harassment of unwanted citizens in their Indochinese homelands, this large influx of refugees into the United States is expected to continue for several years. (42:74-76)

In order to understand and provide for the health needs of these new people, it is important to see things from their perspective. (16:9)

Imagine, for a moment, that you and your family must suddenly leave your home forever, taking only what you can carry. Danger and devastation are all around you. You've witnessed the violent deaths of friends and neighbors; now your only thought is to get out of the country alive. In the confusion and terror of flight, you become separated from your parents. There's no way to know when, or if, you'll see them again.

The agonizing struggle of escape finally ends in a squalid, overcrowded camp, where you wait and wait . . . with thousands of other refugees. Suspended between the horrors of the recent past and a future you can barely imagine, you have plenty of time to count your losses -- family, friends, home, country, everything that's dear and familiar to you.

The waiting ends at last with a plane trip to a country so distant and so different from your own that even the simplest details of everyday living are unfamiliar, confusing and difficult. Surrounded by strangers who, however concerned they may be, don't share your language, your customs, or even some of your basic assumptions about life, you long for a familiar point of reference. The struggle to adapt and build a future for yourself and your family fills your days; dreams of the land and people you left behind haunt your nights.

Imagine, in short, the unrelenting stresses that shadow the lives of Indochinese refugees. Perhaps no other recent group of new Americans has endured such profound suffering and culture shock as these people, violently uprooted by war and transplanted to a radically different culture half a world away. Surely none is at greater risk for mental health and adjustment problems. (36.:55)

The fact that many refugees are encountering emotional problems should come as no surprise. (42:343)

Even though Indochinese refugees are often spoken of as though they were one homogeneous group, they actually consist of five different ethnic groups: ethnic Chinese from Vietnam, Vietnamese, Laotians, Cambodians, and Lao Hmong. (42:125) There are cultural as well as linguistic differences. A 1979 survey by the U.S. Department of Health, Education, and Welfare of

organizations dealing with the Indochinese refugees indicated there may be some difference in anxiety levels and types of emotional difficulties among various ethnic groups. (36:59)

### Statement of the Problem

The purpose of this study was to determine from responses on the Cornell Medical Index the mental health status of Vietnamese refugees in Utah County, Utah. The following two subproblems were considered:

1) The first subproblem was to determine if refugee complaints as revealed by responses on the CMI were predominantly physiological or psychological.

2) A second subproblem was to see if there was a relationship between CMI scores and the following list of demographic variables: sex, age, marital status, education, length of time in U.S., feelings about life in America, number of friends, number of relatives in U.S., location of spouse, type housing, means of transportation, driver's license status, relationship with sponsor, English ability, and public assistance.

### Hypotheses

The null hypothesis for this study was that the mental health status of Vietnamese refugees in Utah County, Utah as determined from responses on the Cornell Medical Index does not differ from a "normal" population.

The proposed alternative hypothesis for investigation in this study was that there is a difference in mental health status

of Vietnamese refugees in Utah County as compared to the "normal" population ( $p \leq .05$ ).

#### Delimitations

This study was only concerned with Vietnamese refugees 15 years of age or older residing in Utah County, Utah. The study was also delimited to Vietnamese refugees and ethnic Chinese refugees from Vietnam. Mental health status of refugees was determined from responses given on the Cornell Medical Index questionnaire.

#### Justification

For the thousands of Indochinese refugees arriving in the United States each month, the difficulty of adapting to an alien socio-cultural environment poses a much greater challenge than any physical health problems they may be bringing with them. (23:74) A longitudinal two year study in 1975 and 1976 among Vietnamese refugees in Seattle indicated that the psychological health of many refugees was being adversely affected by the stresses of adaptation. (25:955-961)

Consequently, this led to this attempt to determine if the psychological health of refugees who have settled in Utah is also being adversely affected by the stresses of adaptation. If refugees settling in one geographical area are better able to emotionally adjust than refugees settling elsewhere, the next step would be to determine what factors are responsible for this difference.

By also attempting to see if a relationship existed between certain demographic variables and mental health status, it was hoped those refugees most at risk for problems might be more easily identified. Identifying such factors may assist refugees elsewhere.

### Definitions

Cornell Medical Index. A widely used health questionnaire developed by Cornell University Medical College to evaluate medical and psychological status.

Indochina. An area in Southeast Asia consisting of the countries of Laos, Cambodia, and Vietnam.

Indochinese. People from Indochina.

Mental Health Status. Considered to be a measure of feeling of well-being. In this study mental health status is determined from responses on the Cornell Medical Index.

"Normal" Population. Corresponds with the average of those scores obtained on the Cornell Medical Index of those people having no major difficulty coping with life stresses.

Refugee. As defined by the Refugee Act of 1980, "a person who is persecuted or has a well founded fear of persecution on account of race, religion, nationality, membership in a particular social group or political opinion." (42:92)

Refugee Act of 1980. Law enacted to make removal of refugees from countries of first asylum to the United States more rapid. The act enables "a much larger pool of people to apply for

refugee admission than were previously eligible." (42:92) This law also provides for assistance to the refugees after they arrive in the United States to help them become self-supporting.

## Chapter 2

### REVIEW OF LITERATURE

This chapter is a review of literature relating to adaptational problems of Indochinese refugees in America as well as literature relating to cross-cultural use of the Cornell Medical Index. This chapter is divided into the following sections: (1) illness and adjustment to change, (2) Indochinese adjustment in the United States, (3) cross-cultural use of the Cornell Medical Index, (4) somatic complaints as a cultural expression of anxiety.

#### Illness and Adjustment to Change

Displacement and migration of people from one area to another is not a new phenomenon. People have found themselves uprooted from their homes throughout history. Finding themselves in different surroundings, people are forced to adapt and develop alternative coping strategies from those they may have been long accustomed to. When displacement exposes one to a totally different culture, stress tends to build up until appropriate responses are found. (32:1-33) The more the culture or origin differs from the adoptive culture, the greater the degree of stress. (10:88)

Along this same line, much discussion has been generated regarding the psychological implications of technical change.

A significant change results in tension either because old behavior is found to be inadequate or by creating new situations for which new behavior must be acquired. The old responses . . . have usually been an essential part of the individual's sense of his "self"; now their inadequacy or uselessness may be felt as a threat to the whole hitherto prized way of life. Even if the individual is willing to give up his old responses for new ones, he will be in a state of tension while he unlearns the old responses. (26:287)

Thus it can be seen, learning to cope with stress can create many tensions. A significant amount of this stress comes from the environment in which one finds oneself. According to David (11:333), coping with environmental stress "consists of making an effort to solve problems by an individual or family faced with demands highly relevant to their welfare but taxing adaptive resources."

Furthermore, it has long been recognized that exposure to stressful conditions can adversely effect physical and emotional health. It has also been pointed out not everyone who experiences great stress will experience illness. One important factor in one's susceptibility to illness under stress is the support systems available to an individual such as family and friends. (29:1018)

Other writers have also explored this relationship between risk of illness and stress brought on by life changes. (25) (21) Their writings all indicate an increasing susceptibility to illness with increased exposure to stress.

With regard to refugees and immigrants, there has been research done on the physical and emotional effects of migration. One study reported an increased incidence of physical illness among Chinese and Hungarian refugees in New York. (19:9-44) In the last three decades there has also been much written concerning the



incidence of mental and emotional problems among refugees. (15)  
(33) (8) (27) According to these studies, refugee and immigrant populations have a higher rate of psychiatric problems. Refugees are particularly more vulnerable in that their adjustment may be more prolonged than the immigrant's. (17:407) The longer it takes for adjustment to a new cultural environment, the lower one's resistance to illness becomes. (32:31)

#### Indochinese Adjustment in the United States

Among the Indochinese, the extended family unit is the most important support unit to the individual. Unfortunately, many of the refugees have lost or become separated from their families. Often the resettlement process itself further disrupts the family units. For example, attempts to more equally distribute the refugees throughout the country have often resulted in members of the same extended family unit being settled a thousand or more miles apart in different areas of the country. (36:56)

This breaking up of the family units may prove particularly damaging to the Indochinese because they tend to avoid developing strong ties outside the family circle. This tendency may make it more difficult for the refugees to reach out and help each other. (36:56) At Camp Pendleton, California, when the refugee families saw that smaller families were processed first, they gave up orphaned children they had unofficially adopted. (36:56) (17:407) Refugees may also feel guilt or anxiety about family members left behind in Southeast Asia. (36:60)

Undoubtedly, another great source of stress is the conflicts between Indochinese and American cultures. A newspaper article in the New York Times (24:L-31) compared many aspects of the Vietnamese and American cultures. Differences in affection, celebration, daily habits, family relationships, manners, philosophy of life, time concept, and working were contrasted with each other pointing out the vast differences that exist.

Not surprisingly, one of the main sources of stress among the refugees and a major determinant of speed of adaptation is English language proficiency. (13) Difficulties in communication coupled with different cultural traditions can create misunderstandings as well as confusion. An example of this is given in a nursing article which recounts the experience of a Vietnamese woman in an American hospital during childbirth. (20:45-48) The article stresses the need for cultural assessment before intelligent communication and treatment can take place.

The first large groups of Indochinese refugees began coming to the United States in 1975. These first groups were predominantly Vietnamese. Segal and Lourie (34) suggested in 1975 after examining many of the refugees on Guam that psychological problems would increase among the refugees over time. They felt much of this would be due to culture conflict and shock of family separation.

A separate two year longitudinal study of Vietnamese refugees in Seattle during 1975 and 1976 revealed a high level of physical and mental dysfunction associated with anxiety and depression. The study based much of its findings on responses

obtained on the Cornell Medical Index. Sample size the first year was 152, the second year 141. Random sampling was not done. (28:447-450) (25:955-961)

The literature also revealed a study conducted in Baton Rouge, Louisiana which used a social adaptation and social adjustment questionnaire. This study dealt only with Vietnamese. Sample size consisted of 114 individuals. The purpose of the study was to determine how well the Vietnamese were adjusting to life in the United States. The authors concluded that the Vietnamese were adjusting quite well to American life. (43:442-444)

The Louisiana report did note, however, that the changing role of women had created some marital discord in Vietnamese families. Women viewed the opportunity to work outside the home to supplement their incomes as a positive development. By contrast, the men viewed the women's new freedom as a threat to the traditional family structure. A number of stresses among this Vietnamese population were identified:

- (1) Loss of role identity
  - (2) Loss of self esteem
  - (3) Social isolation secondary to language barriers
  - (4) Local prejudice directed toward the Vietnamese
  - (5) Vietnamese prejudices directed toward the local community
  - (6) Suspicion of helping agencies
  - (7) Suspicion of the U.S. Government's motivation and intent
- (43:44)

In spite of these stresses, the Louisiana study reported the refugees to be coping without any major problems.

A study done in Connecticut to analyze health problems of Indochinese refugees gave a somewhat different picture. It reported 10 percent of the adults who participated in the study had significant psychiatric problems. (14:1003-1005)

Furthermore, some authors have suggested the Indochinese are more at risk for adjustment problems than other refugee groups. These writers believe this adjustment is more difficult due to the very different cultures as well as the absence of any significant Indochinese minority already settled here in America. For example, there is already a sizable Cuban minority in America to give support to the new Cuban refugee arrivals. The first wave of Indochinese lacked that type of support system. (22:1429-1432) By contrast, more recent Indochinese arrivals find adjustment stress reduced by a communication "grapevine" in the refugee communities. (1)

At Camp Pendleton in California, an appraisal was also made of the mental health of the Indochinese refugees. The Cornell Medical Index was one of the evaluation tools used. Approximately 65 refugee families were randomly selected for a total of 203 individuals. The questionnaire was only given to those refugees 13 years of age or older. Results were similar to the Seattle study. Responses indicated a high level of physical and mental dysfunction. (30:185-190)

#### Cross-Cultural Use of the Cornell Medical Index

Since its introduction in 1949, the Cornell Medical Index (CMI) has been widely used as an indicator of physical and psychological health. (25:956) Some researchers have also found the CMI of use in cross-cultural studies.

In one instance a study of the Zulu culture in Africa made use of the CMI while simultaneously conducting medical examinations

for hypertension. A few questions were modified slightly in translation to be more culturally understandable, but generally the original questionnaire format was followed. It was pointed out that useful analysis of CMI responses requires a knowledge of the culture. (35:304-311).

Another application of the CMI was made in a cross-cultural study of a group of Alaskan Eskimos undergoing westernization. (7:410-417) The research suggested the CMI "could be used profitably in a nonwestern cultural setting" (7:414) but cautioned against interpreting responses without taking into account cultural factors. The need for conceptually equivalent terminology was also listed as being necessary to maintain validity in any cross-cultural study.

One dissertation study did, however, question validity of the CMI in acculturation studies. CMI scores were compared with systolic blood pressure elevations among 83 male Navaho migrants. Results showed there was no significant level of correlation between the two at the .05 level of confidence. It was suggested either CMI scores are not a valid measure of stress generated by acculturation or elevated blood pressure levels among Navaho migrants are not due to acculturation stress. (2:82-83)

As previously mentioned, the CMI has been utilized to help measure psychological strain among Vietnamese refugees in the United States. (25) (30) It was felt the elevated scores which were much higher than Western norms were a result of refugee status and associated stresses. The possibility of the Vietnamese having a culturally high CMI norm was hypothesized. Such a high norm in

other cultures had not been observed, however. It was also noted among the Chinese in Taiwan CMI norms were not significantly higher than those found in Western cultures. The Vietnamese and Chinese share many cultural similarities. Refugees coming from mainland China to Taiwan were observed to have much higher CMI scores than the native Taiwan people. This would seem to indicate that stress of adaptation associated with refugee status played a major role in high CMI scores. (25) (9)

#### Somatic Complaints as a Cultural Expression of Anxiety

Vietnamese physicians have reported that "somatic complaints are a common cultural expression of anxiety and depression among Vietnamese." (30:187) It appears this may also be true of some other Asian groups as well. In Chinese society, the cultural pattern for expression of psychological strain seems to be characterized mostly by "body-oriented expression." (40:237-245) In fact, the Chinese vocabulary has no comparable word to describe depression. (41:10-11) A person in Chinese society may tend to express feelings of anxiety, depression, or loneliness more through bodily complaints of not feeling well than through verbalization of emotion.

As a result of this cultural characteristic, Rahe et al. (30:189) agreed with the Vietnamese physicians' assessment that "the refugees' total body symptomatology scores on the CMI were a sensitive index of psychological strain."

## Chapter 3

### PROCEDURES

The purpose of this study was to measure the mental health status of Vietnamese refugees in Utah County, Utah as reflected in responses given on the Cornell Medical Index. A subproblem was to determine if refugee complaints as revealed by responses on the CMI were predominantly physiological or psychological. A second subproblem was to see if there was a relationship between CMI scores and a selected list of demographic variables.

The population for this study consisted of all Vietnamese refugees residing in Utah County, Utah. The study was delimited to Vietnamese refugees and Chinese ethnic refugees from Vietnam.

A sample consisting of 47 individuals was recruited from a refugee list of 141 heads of families furnished by the Provo Office of the Utah State Division of Family Services. Because many refugees on the list had since moved, coupled with the voluntary nature of participation, selection of the sample was not completely random.

At first, a random list was selected utilizing a table of random numbers. Of the 35 individuals randomly chosen, approximately 15 had moved or were not locatable. Another 10 failed to be at home when visited or chose not to participate.

Consequently, the remaining portion of the sample was chosen more on who could be reached or visited. Visits would last

an average of 30 minutes. Though about 90 questionnaires were distributed, only 47 questionnaires were returned.

The test instrument chosen for use in this study was the Cornell Medical Index (CMI). Being self-administering and consisting of 195 questions with yes and no responses, the CMI "is grouped according to types of systematic complaints for the medical items and by moods, attitudes, and behavior for the psychiatric items." (3:263) There are slightly different questionnaires for male and female respondents. Total yes responses greater than or equal to 30 are usually considered a possible indication of psychological strain. Questions tend to be simply worded. Completion time is usually from ten to thirty minutes. Reliability of the CMI has been reported as corresponding to a coefficient of 0.83. (5:13)

The CMI questionnaires utilized in this study were written in Vietnamese. The Vietnamese translation was obtained from the Department of Psychiatry and Behavioral Sciences at the University of Washington in Seattle.

In addition, a supplementary demographic data sheet written in Vietnamese was included with each questionnaire. Most questions on the data sheet along with the Vietnamese translation were also obtained from the University of Washington in Seattle. The data sheet asked questions regarding time in the United States, family, friends, feelings about life in America, spouse, housing, means of transportation, relationship with sponsor, English ability, and public assistance.



Questionnaires and data sheets were distributed through home visits by the author and a male Vietnamese refugee who was well-known in the local refugee community. Both CMI and data sheet were left at the respondents home and picked up from one to three days later.

The following design was used:

X	Y <sub>1</sub>	O <sub>1</sub>	X :	Refugee Experience
	Y <sub>2</sub>		O <sub>1</sub> :	CMI Responses
	Y <sub>3</sub>		Y <sub>1</sub> :	Sex
	Y <sub>4</sub>		Y <sub>2</sub> :	Age
	Y <sub>5</sub>		Y <sub>3</sub> :	Marital Status
	Y <sub>6</sub>		Y <sub>4</sub> :	Education
	Y <sub>7</sub>		Y <sub>5</sub> :	Length of time in U.S.
	Y <sub>8</sub>		Y <sub>6</sub> :	Feelings about life in America
	Y <sub>9</sub>		Y <sub>7</sub> :	Number of Friends
	Y <sub>10</sub>		Y <sub>8</sub> :	Number of Relatives in U.S.
	Y <sub>11</sub>		Y <sub>9</sub> :	Location of Spouse
	Y <sub>12</sub>		Y <sub>10</sub> :	Type of Housing
	Y <sub>13</sub>		Y <sub>11</sub> :	Means of Transportation
	Y <sub>14</sub>		Y <sub>12</sub> :	Driver's License Status
	Y <sub>15</sub>		Y <sub>13</sub> :	Relationship with Sponsor
			Y <sub>14</sub> :	English Ability
			Y <sub>15</sub> :	Public Assistance

Data obtained was rostered and punched onto computer cards. The statistical tests used included analysis of variance and regression as found in the SAS computer programs (SAS User's Guide, 1979 Edition). The level of confidence was set at .05.

Finding, conclusions, and recommendations were determined from the data collected.

## Chapter 4

### ANALYSIS OF DATA

As previously stated, the main purpose of this study was to determine the mental health status of the Vietnamese refugees in Utah County as reflected in responses on the Cornell Medical Index (CMI). A data sheet was utilized to gather demographic data regarding the sample. Responses on the data sheet and CMI revealed several characteristics regarding individuals in the sample. (See Table 1)

Table 1  
Sample Characteristics

Characteristic	(N=47) N	%
<u>Sex</u>		
Male	32	68
Female	15	32
<u>Age</u>		
16 - 21	1	2
21 - 30	5	11
31 - 45	7	15
46 and Above	1	2
Not Specified	33	70
<u>Marital Status</u>		
Married	33	70
Never Married	10	21
Not Specified	4	9
<u>Education Level</u>		
Grade School	8	17
High School	21	45
College	8	17
Not Specified	10	21

Table 1 (Continued)  
Sample Characteristics

Characteristic	(N=47)	
	N	%
<u>Years in United States</u>		
Less than One	8	17
One to Two	15	32
More than Two	21	45
Not Specified	3	6
<u>Number of Vietnamese Friends</u>		
1 - 6	27	57
10 - 20	8	17
25 - 30	4	9
Not Specified	8	17
<u>Number of Asian Friends</u>		
0	11	23
1 - 3	13	28
5 - 8	3	6
Not Specified	20	43
<u>Number of Caucasian Friends</u>		
0	9	19
1 - 5	12	26
6 - 8	5	11
10 - 15	3	6
Not Specified	18	38
<u>Quality of Life Compared</u>		
Much Better	5	11
Better	12	26
Same	4	8
Worse	14	30
Much Worse	4	8
Not Specified	8	17
<u>Number of Relatives in U.S.</u>		
0	1	2
1 - 4	16	34
5 - 9	10	21
10 - 13	9	19
14 - 58	4	9
Not Specified	7	15
<u>Number of Relatives in Vietnam</u>		
0	3	7
1 - 3	11	23
4 - 8	11	23
9 - 15	8	17
20 - 27	6	13
Not Specified	8	17

Table 1 (Continued)  
Sample Characteristics

Characteristic	(N=47) N	%
<u>Number of Relatives in Other Places</u>		
0	9	19
1 - 4	11	23
9 - 10	2	4
23 - 28	2	4
Not Specified	23	49
<u>Spouse Where (N=33)</u>		
In U.S.	25	76
Other Country	5	15
Not Specified	3	9
<u>Type of Housing</u>		
With Sponsor	2	4
Own House	5	11
Own Apt. or Condominium	3	6
Rented House	24	51
Rented Apt.	9	19
Not Specified	4	9
<u>Time at Present Address</u>		
1 - 6 months	9	19
7 - 12 months	16	34
13 - 24 months	8	17
> 24 months	6	13
Not Specified	8	17
<u>Feelings About Areas Where Living</u>		
Excellent	13	28
Good	16	34
Fair	11	23
Poor	3	6
Not Specified	4	9
<u>Transportation</u>		
Own Car	33	70
By Bus	2	4
By Sponsor	1	2
By Friends	6	13
Walking	1	2
Not Specified	4	9
<u>Driver's License</u>		
Regular	36	76
Learning	4	9
None	3	6
Not Specified	4	9

Table 1 (Continued)  
Sample Characteristics

Characteristic	(N=47) N	%
<u>Relationship with Sponsor</u>		
Yes	30	64
No	12	26
Not Specified	5	10
<u>Type Relationship with Sponsor</u>		
Excellent	16	34
Good	11	23
Fair	6	13
Poor	1	2
Not Specified	13	28
<u>English</u>		
Excellent	1	2
Good	3	6
Fair	18	38
Poor	23	50
Not Specified	2	4
<u>Public Assistance</u>		
Yes	21	45
No	16	34
Not Specified	10	21

The majority of the refugees were male and married. Over half had at least some high school education. Approximately 50% had been in the United States two years or less. This short time in the United States may account for the limited number of friends reported. Interestingly, the refugees were about equally divided in their feelings about life here as compared to their homeland. Most felt it was either better or worse.

Almost all the refugees had relatives scattered in the United States, Vietnam, or other countries. Of those listing themselves as married, three-fourths had their spouse in the United States while 15% listed their spouse as being in Vietnam or another

country. Half of the participants lived in rented houses. Most had their own car and driver's license. Most maintained a good relationship with their sponsor. About half reported their English as being poor. At least 45% were receiving some type of public assistance.

As shown in Table 2, the mean CMI total (A to R) for the 47 participants was 34.56 with 54% of the individuals scoring  $\geq 30$ . On the psychological portion (M to R), the mean score was 13.1 with 66% scoring  $\geq 10$ . As mentioned previously, Brown (6) suggested total CMI scores (A to R)  $\geq 30$  and M to R scores  $\geq 10$  to be an indication of impaired functioning. The mean CMI score for this sample (34.56) was very comparable to the elevated score (34.00) reported by Lin et al (25) among Vietnamese refugees in Seattle. (See Table 3)

Each of the sample characteristics of Table 1 were analyzed to determine influence on total CMI scores as well as psychological scores (M to R). Only four of the variables indicated a possible relationship ( $P \leq .05$ ).

Table 2  
Mean CMI Scores and Percentages Beyond  
Suggested Cutoff Points

N	Psychological - M to R		Total A to R	
	Mean	% $\geq 10$	Mean	% $\geq 30$
47	13.1	66%	34.56	54%

Table 3  
Mean CMI Scores

	Sections M-R	Total A-R
Vietnamese (this study)	13.1	34.6
Vietnamese (Lin study)(25)	12.0	34.0
Americans (Wolff and Brodman)(44)	3.5	21.5
British (Brown)(6)	4.5	16.0

Regarding age, younger refugees tended to score higher. However, any inferences regarding age influence on CMI score in this sample should be tempered by an awareness that 70% of respondents failed to indicate their age.

Refugees' feelings about the quality of life in the United States as compared to Vietnam also showed a relationship to CMI scores ( $F = 3.08$ ;  $P = .03$ ;  $R^2 = .27$ ). Generally speaking, those with high scores tended to view life in America as being worse than the life they left behind in Vietnam. (See Figure 1)

Location of the spouse also tended to be related to CMI score ( $F = 4.48$ ;  $P = .04$ ;  $R^2 = .14$ ). Figure 2 shows that those refugees whose spouses are still in other countries had a higher mean CMI score than those refugees whose spouses are with them in the United States.



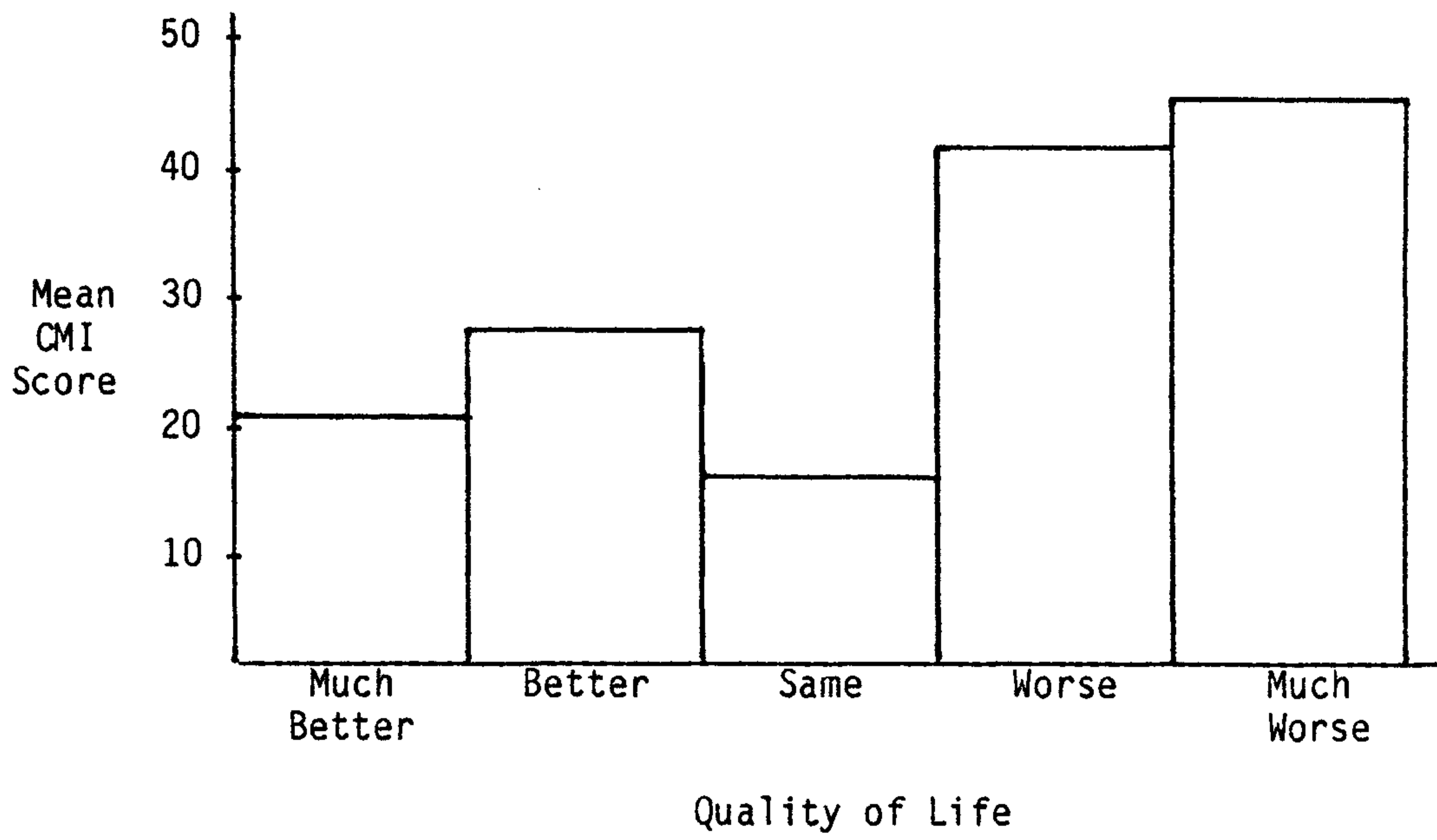


Figure 1

Mean CMI Score Vs. Quality of Life

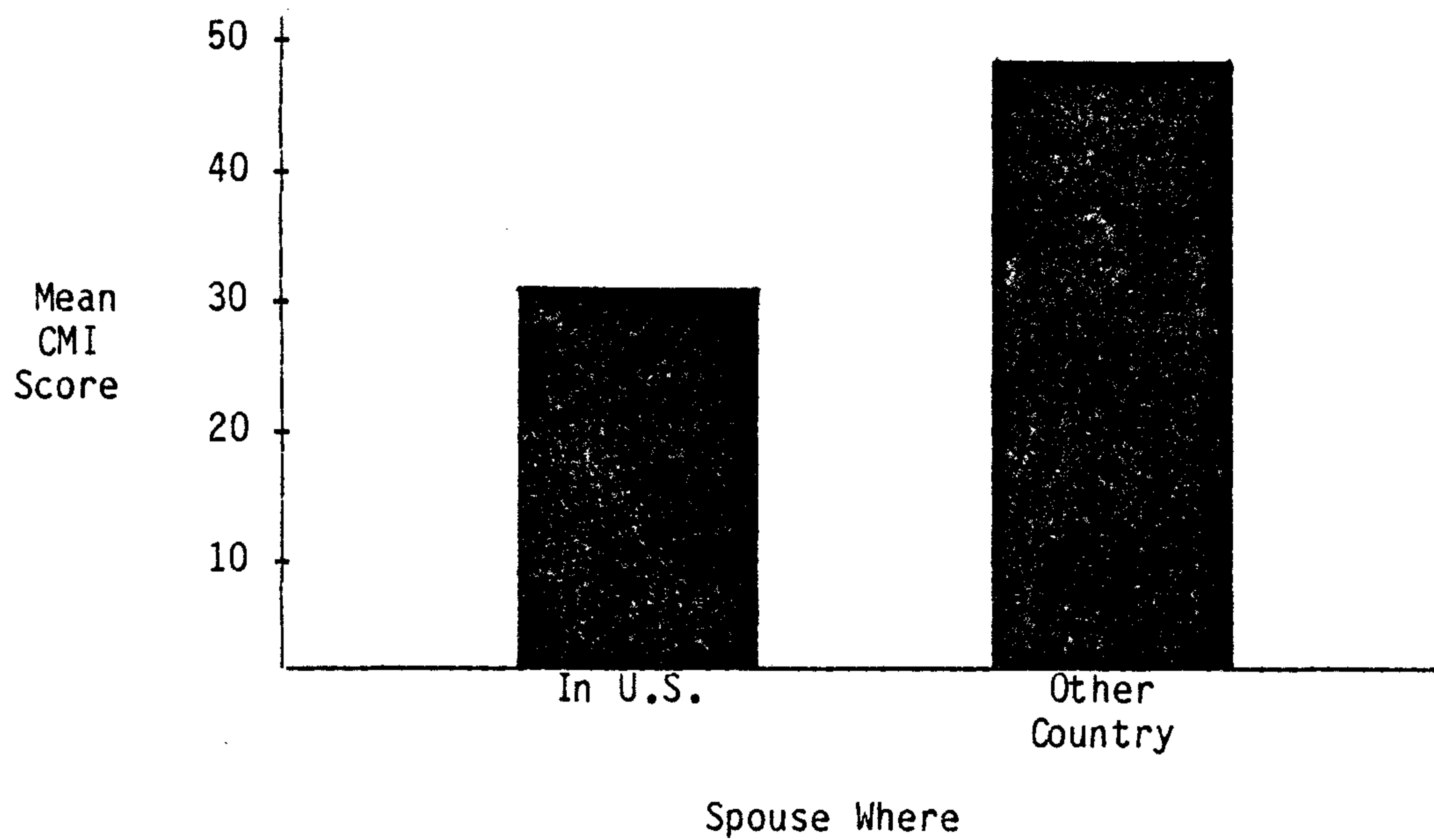


Figure 2

Mean CMI Score Vs. Location of Spouse

The last variable to show any relationship to CMI score was the type relationship with sponsor. The worse the relationship, the higher the mean CMI score ( $F = 2.84$ ;  $P = .04$ ,  $R^2 = .28$ ). (See Figure 3)

A mean score profile was done on each section of the CMI. (See Figure 4 and Table 4) Different sections having different numbers of items, a correction was made by dividing the mean number of yes responses in each section by the total number of section items. (25) A corrected mean score profile is given in Figure 5.

Main physical symptoms expressed were musculoskeletal, skin, and frequent illness. Symptoms least expressed were cardiovascular and miscellaneous illness.

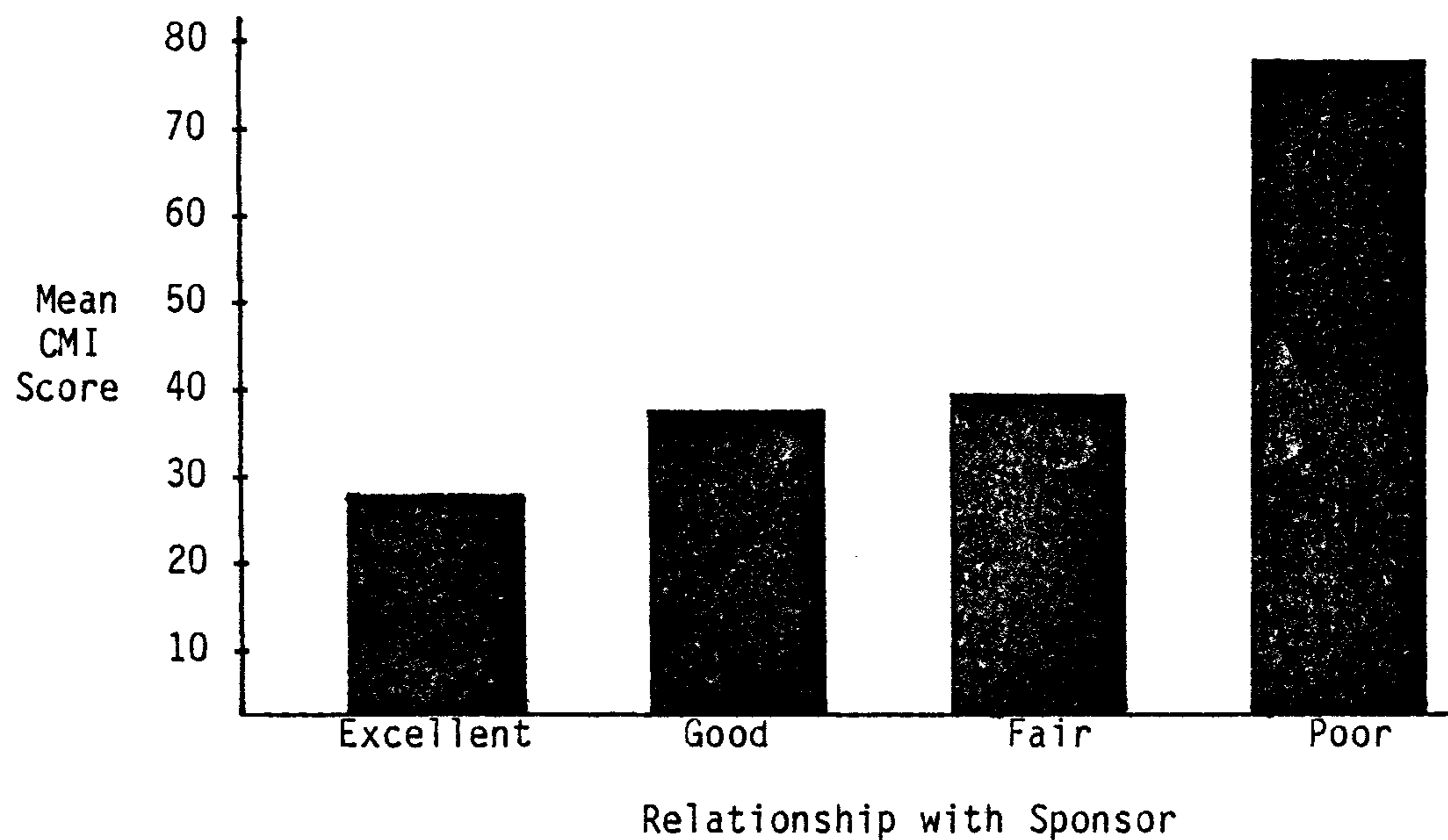


Figure 3

Mean CMI Score Vs. Relationship with Sponsor

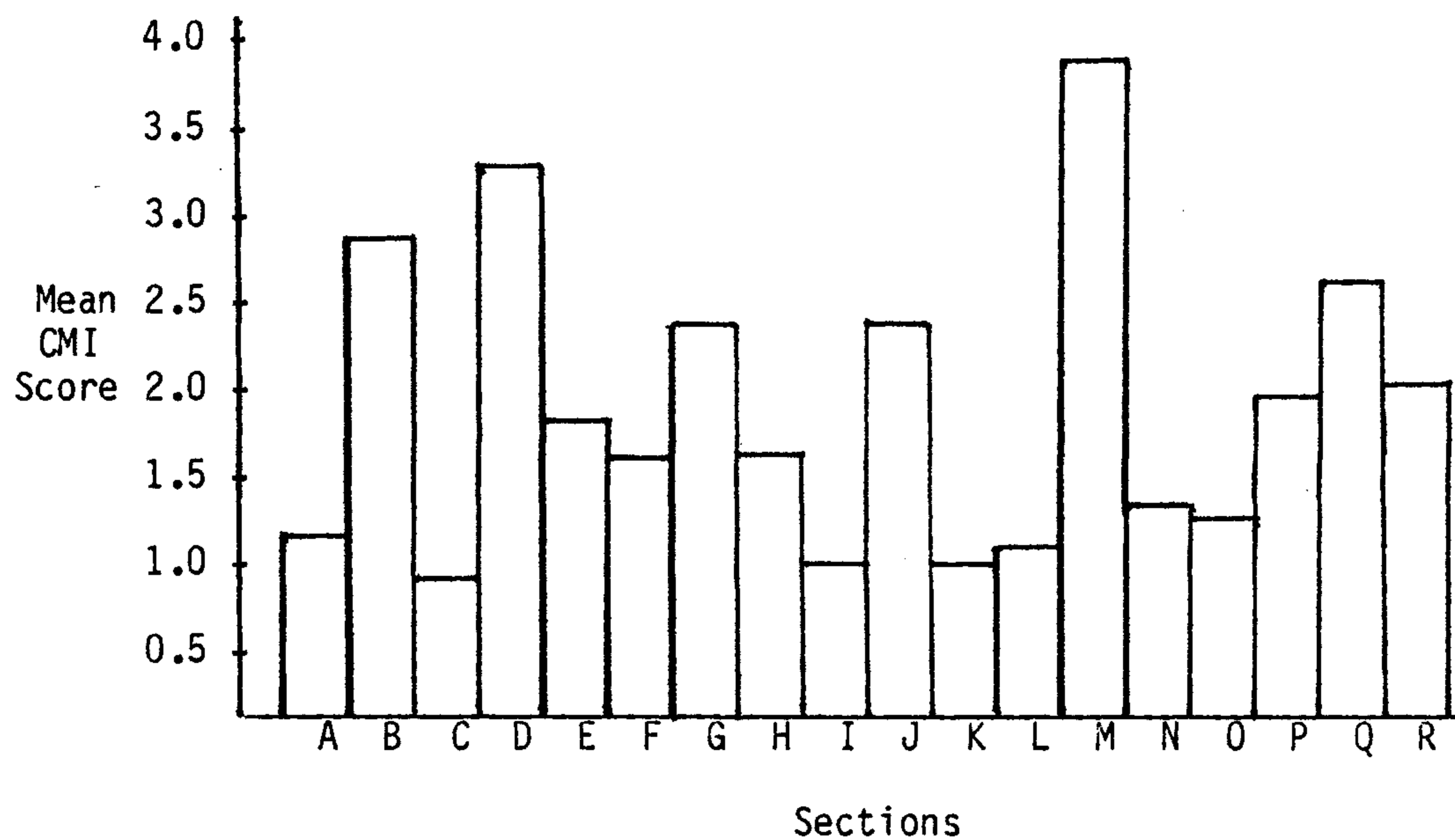


Figure 4

Mean CMI Score by Section

Table 4

CMI Symptom Type By Each Section with Means and Corrected Scores

Section	Type	N=47 Mean CMI Score	Total # Items	Corrected* Mean
A	Eyes, Ears	1.2	9	1.3
B	Respiratory	2.8	18	1.5
C	Cardiovascular	.9	13	.7
D	Digestive Tract	3.3	23	1.4
E	Musculoskeletal	1.8	8	2.3
F	Skin	1.6	7	2.3
G	Nervous System	2.3	18	1.3
H	Genitourinary	1.6	11	1.5
I	Fatigue	1.0	7	1.4
J	Frequent Illness	2.3	9	2.6
K	Miscellaneous Illness	1.0	15	.7
L	Habits	1.1	6	1.8
M	Inadequacy	4.0	12	3.3
N	Depression	1.3	6	2.2
O	Anxiety	1.2	9	1.3
P	Sensitivity	1.9	6	3.2
Q	Anger	2.6	9	2.9
R	Tension	2.0	9	2.2

\*Mean CMI Score/# Items x 10

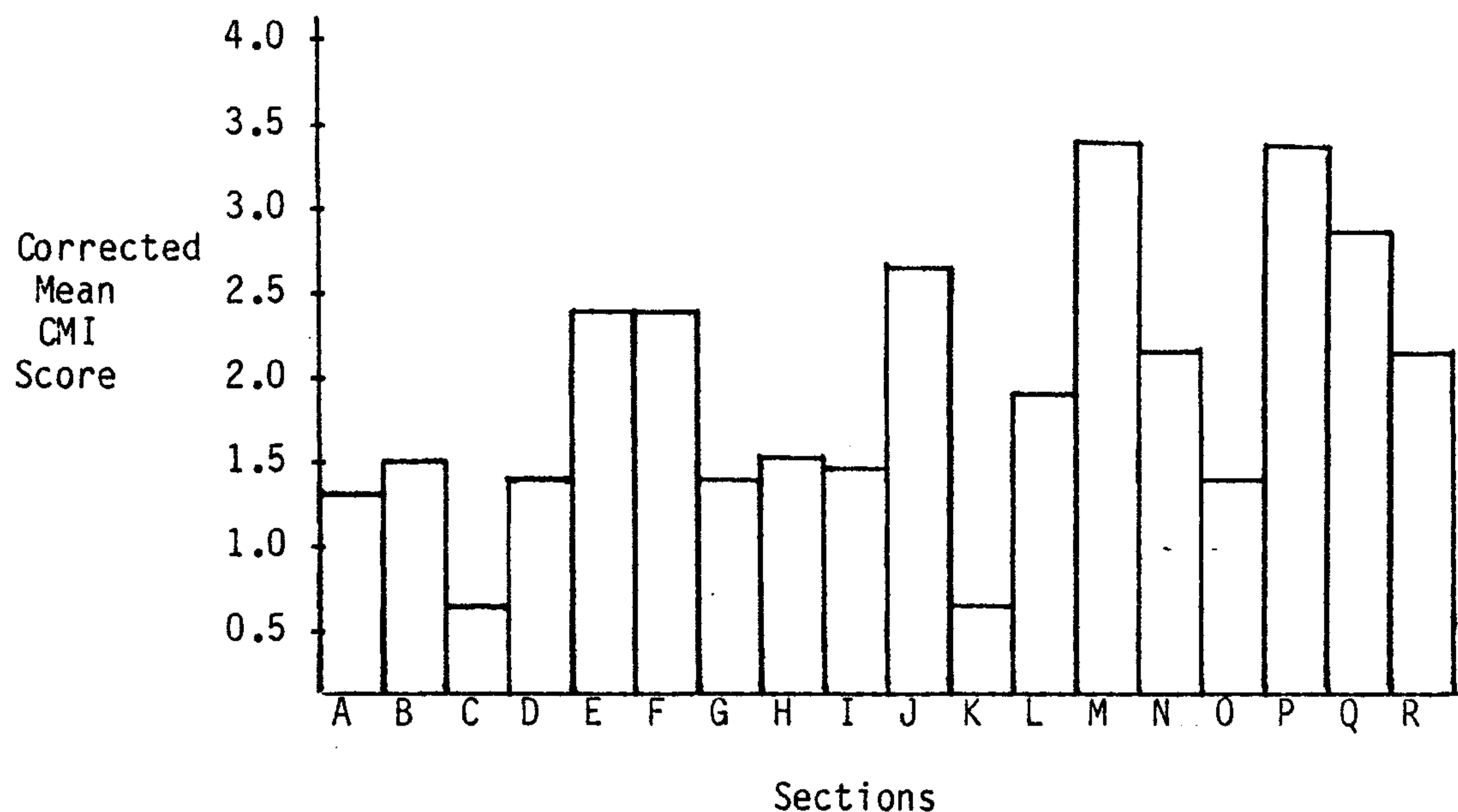


Figure 5

Corrected Mean CMI Score by Sections  
(Mean CMI Score/# Items x 10)

Predominant psychological complaints were inadequacy, sensitivity, and anger. Areas of least complaint were depression, tension, and anxiety. This corresponds closely with similar findings by Lin et al (25).

A physical to psychological ratio was also taken to determine which type complaint was predominant. Assuming each item has equal chance of being marked "yes," an equal balance between physical and psychological complaints would have a ratio of 144/51 (144 items in section A-L; 51 items in section M-R). This ratio of 2.82 was assigned as number one. Analysis of the sample data revealed that 80% of the refugees had CMI ratios of less than one (or less than 2.82). This means that psychological complaints

outweighed physical complaints for 80% of refugees in the sample. This preponderance of psychological over physical symptoms is also in agreement with Lin et al (25:958).

## Chapter 5

### SUMMARY, FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS

#### Summary

The purpose of this study was to determine the mental health status of Vietnamese refugees in Utah County, Utah as determined from responses on the Cornell Medical Index questionnaire. One of the subproblems for consideration was to determine if complaints, as revealed by CMI responses, would be predominantly physiological or psychological. A second subproblem was to see if selected demographic variables showed any significant relationship to CMI scores.

A review of the literature revealed that adjustment of refugees in a new cultural environment can adversely effect physical and emotional health. Several studies indicated many of the Vietnamese refugees were encountering emotional problems.

The instrument chosen to measure mental health status was the Cornell Medical Index. A review of literature revealed that the CMI had been used previously in a number of cross-cultural studies, and on at least two occasions it was used among Vietnamese refugees in the United States. The two studies which used the CMI among the Vietnamese showed conflicting results when physiological to psychological symptom ratios were analyzed.

A sample of 47 individuals was made from a list of refugee families provided by the Provo Office of the Utah State Division of Family Services. The sample was not entirely random.

The CMI questionnaire, along with a supplementary data sheet, was distributed through a home visit made by the author and a male Vietnamese refugee well-known in the refugee community. A return visit to pick up the questionnaire and data sheet was made from one to three days later.

Data obtained was then rostered and punched onto computer cards. Using the SAS programs, analysis of variance and regression analysis were computed on the computer. Comparison was made between CMI scores and the selected demographic variables to see if any significant relationship existed. A physiological to psychological symptom ratio was also taken.

### Findings

Based on the data collected in this study, the following findings were reported:

- 1) Mean CMI scores of refugees in the sample were well above the suggested cutoff points ( $\geq 30$  total yes responses;  $\geq 10$  yes responses on the psychological portion) indicative of possible psychological dysfunction.
- 2) More than half of the refugees in the sample scored above the suggested cutoff points.
- 3) Expression of psychological complaints was predominant over physiological complaints by 80% of participants in the sample.

4) Refugees in the sample who felt life in the United States was worse compared to life in Vietnam had a significantly higher mean CMI score.

5) Refugees whose spouses were not in the United States had a significantly higher mean CMI score.

6) As relationship with sponsor became less favorable, the mean CMI score became higher.

7) Younger refugees in the sample tended to have a higher mean CMI score. It should be noted, however, that 70% of the respondents failed to indicate their age.

8) For the sample under study, the following demographic variables showed no significant relationship to mean CMI score: sex, marital status, education, length of time in the U.S., number of friends, number of relatives in the U.S., type of housing, means of transportation, driver's license, English ability, and public assistance.

9) The main physiological complaints were musculoskeletal, skin, and frequent illness.

10) Least expressed physiological complaints were cardiovascular and miscellaneous illness.

11) Predominant psychological complaints were inadequacy, sensitivity, and anger.

12) Psychological complaints least expressed were depression, anxiety, and tension.

### Conclusions

The following conclusions can be made from the results of this study:



1) The mental health status of the Vietnamese refugees in this study as reflected by a mean CMI score appeared to be less healthy than a "normal" population. Caution should be used in making any inferences from the sample in this study regarding the general Indochinese refugee population in Utah County. First, the sample was delimited to Vietnamese and Vietnamese speaking Chinese from Vietnam. Secondly, the sample participants were not entirely selected at random.

2) The mean CMI score for the refugee sample in this study was very comparable to that reported among Vietnamese refugees elsewhere.

3) Complaints as revealed by CMI responses were predominantly psychological in the sample of refugees under study. This is in agreement with Lin et al (25) but in disagreement with Rahe et al (30). It may be that Indochinese are more prone to express psychological complaints in a nonmedical setting as compared to a physician-patient medical type setting. Consequently, CMI scores may not be in total agreement with a clinical evaluation. (25:960)

4) A comparison of CMI scores with selected demographic variables indicated only four variables to have a relationship. These were feelings about life in the United States, location of spouse, relationship with sponsor, and age. The age relationship may be questionable because many participants failed to indicate their age.

### Recommendations

As a result of this study, the following recommendations are suggested:

1) Use of the Cornell Medical Index among other Indochinese refugees groups such as Lao and Cambodian. These groups may also have elevated CMI scores.

2) Further research to compare clinical evaluation with CMI score among Indochinese refugee groups. This would help determine to what extent the CMI could be used as an accurate indicator of mental health status among the Indochinese.

3) Administration of the CMI to nonrefugee Vietnamese. It may be the Vietnamese have a culturally high CMI norm. Because administration of the CMI in the Indochina countries may not be possible, use of the CMI among the Thai in Thailand may be a next best alternative for the sake of proximity. It should be noted, however, the Vietnamese and Thai do have significant differences. For example, the languages differ greatly, and the Buddhism found in Thailand differs from that practiced in Vietnam. In addition, Vietnam has a long history of colonial influence, whereas Thailand has never been colonized by a western power.

4) Further research utilizing an increase in sample size and use of a completely random sample in order to make valid inferences about the general refugee population of Utah County.

APPENDICES

APPENDIX A

CORNELL MEDICAL INDEX HEALTH QUESTIONNAIRE  
(Male and Female with Vietnamese Translations)

History Number \_\_\_\_\_

(MEN)

## CORNELL MEDICAL INDEX

## HEALTH QUESTIONNAIRE

Date \_\_\_\_\_

Print  
Your  
NameYour  
Home  
Address

How Old Are You? \_\_\_\_\_ Circle If You Are . . . Single, Married, Widowed, Separated, Divorced.

Circle the Highest  
Year You Reached  
In School1 2 3 4 5 6 7 8  
Elementary School1 2 3 4  
High1 2 3 4  
CollegeWhat Is Your  
Occupation? \_\_\_\_\_**Directions:** This questionnaire is for *MEN ONLY*.If you can answer YES to the question asked, put a circle around the **Yes**If you have to answer NO to the question asked, put a circle around the **No**

Answer all questions. If you are not sure, guess.

<b>A</b>								
Do you need glasses to read? _____	Yes	No	001	Do you get hay fever? _____	Yes	No	020	
Do you need glasses to see things at a distance? _____	Yes	No	002	Do you suffer from asthma? _____	Yes	No	021	
Has your eyesight often blacked out completely? _____	Yes	No	003	Are you troubled by constant coughing? _____	Yes	No	022	
Do your eyes continually blink or water? _____	Yes	No	004	Have you ever coughed up blood? _____	Yes	No	023	
Do you often have bad pains in your eyes? _____	Yes	No	005	Do you sometimes have severe soaking sweats at night? _____	Yes	No	024	
Are your eyes often red or inflamed? _____	Yes	No	006	Have you ever had a chronic chest condition? _____	Yes	No	025	
Are you hard of hearing? _____	Yes	No	007	Have you ever had T.B. (Tuberculosis)? _____	Yes	No	026	
Have you ever had a bad running ear? _____	Yes	No	008	Did you ever live with anyone who had T.B.? _____	Yes	No	027	
Do you have constant noises in your ears? _____	Yes	No	009	<b>C</b>				
<b>B</b>				Has a doctor ever said your blood pressure was too high? _____	Yes	No	028	
Do you have to clear your throat frequently? _____	Yes	No	010	Has a doctor ever said your blood pressure was too low? _____	Yes	No	029	
Do you often feel a choking lump in your throat? _____	Yes	No	011	Do you have pains in the heart or chest? _____	Yes	No	030	
Are you often troubled with bad spells of sneezing? _____	Yes	No	012	Are you often bothered by thumping of the heart? _____	Yes	No	031	
Is your nose continually stuffed up? _____	Yes	No	013	Does your heart often race like mad? _____	Yes	No	032	
Do you suffer from a constantly running nose? _____	Yes	No	014	Do you often have difficulty in breathing? _____	Yes	No	033	
Have you at times had bad nose bleeds? _____	Yes	No	015	Do you get out of breath long before anyone else? _____	Yes	No	034	
Do you often catch severe colds? _____	Yes	No	016	Do you sometimes get out of breath just sitting still? _____	Yes	No	035	
Do you frequently suffer from heavy chest colds? _____	Yes	No	017	Are your ankles often badly swollen? _____	Yes	No	036	
When you catch a cold, do you always have to go to bed? _____	Yes	No	018	Do cold hands or feet trouble you even in hot weather? _____	Yes	No	037	
Do frequent colds keep you miserable all winter? _____	Yes	No	019	Do you suffer from frequent cramps in your legs? _____	Yes	No	038	
				Has a doctor ever said you had heart trouble? _____	Yes	No	039	
				Does heart trouble run in your family? _____	Yes	No	040	

OPEN TO NEXT PAGE

<b>D</b>			
Have you lost more than half your teeth? ...	Yes	No	041
Are you troubled by bleeding gums? .....	Yes	No	042
Have you often had severe toothaches? .....	Yes	No	043
Is your tongue usually badly coated? .....	Yes	No	044
Is your appetite always poor? .....	Yes	No	045
Do you usually eat sweets or other food between meals? .....	Yes	No	046
Do you always gulp your food in a hurry? ..	Yes	No	047
Do you often suffer from an upset stomach? ..	Yes	No	048
Do you usually feel bloated after eating? ...	Yes	No	049
Do you usually belch a lot after eating? ...	Yes	No	050
Are you often sick to your stomach? .....	Yes	No	051
Do you suffer from indigestion? .....	Yes	No	052
Do severe pains in the stomach often double you up? .....	Yes	No	053
Do you suffer from constant stomach trouble? ..	Yes	No	054
Does stomach trouble run in your family? ..	Yes	No	055
Has a doctor ever said you had stomach ulcers? .....	Yes	No	056
Do you suffer from frequent loose bowel movements? .....	Yes	No	057
Have you ever had severe bloody diarrhea? ...	Yes	No	058
Were you ever troubled with intestinal worms? .....	Yes	No	059
Do you constantly suffer from bad constipation? .....	Yes	No	060
Have you ever had piles (rectal hemorrhoids)? .....	Yes	No	061
Have you ever had jaundice (yellow eyes and skin)? .....	Yes	No	062
Have you ever had serious liver or gall bladder trouble? .....	Yes	No	063
<b>E</b>			
Are your joints often painfully swollen? .....	Yes	No	064
Do your muscles and joints constantly feel stiff? .....	Yes	No	065
Do you usually have severe pains in the arms or legs? .....	Yes	No	066
Are you crippled with severe rheumatism (arthritis)? .....	Yes	No	067
Does rheumatism (arthritis) run in your family? .....	Yes	No	068
Do weak or painful feet make your life miserable? .....	Yes	No	069
<b>F</b>			
Do pains in the back make it hard for you to keep up with your work? .....	Yes	No	070
Are you troubled with a serious bodily disability or deformity? .....	Yes	No	071
<b>G</b>			
Do you suffer badly from frequent severe headaches? .....	Yes	No	079
Does pressure or pain in the head often make life miserable? .....	Yes	No	080
Are headaches common in your family? .....	Yes	No	081
Do you have hot or cold spells? .....	Yes	No	082
Do you often have spells of severe dizziness? ..	Yes	No	083
Do you frequently feel faint? .....	Yes	No	084
Have you fainted more than twice in your life? .....	Yes	No	085
Do you have constant numbness or tingling in any part of your body? .....	Yes	No	086
Was any part of your body ever paralyzed? ..	Yes	No	087
Were you ever knocked unconscious? .....	Yes	No	088
Have you at times had a twitching of the face, head or shoulders? .....	Yes	No	089
Did you ever have a fit or convulsion (epilepsy)? .....	Yes	No	090
Has anyone in your family ever had fits or convulsions (epilepsy)? .....	Yes	No	091
Do you bite your nails badly? .....	Yes	No	092
Are you troubled by stuttering or stammering? .....	Yes	No	093
Are you a sleep walker? .....	Yes	No	094
Are you a bed wetter? .....	Yes	No	095
Were you a bed wetter between the ages of 8 and 14? .....	Yes	No	096

GO TO NEXT PAGE

<b>H</b>							
Have you ever had anything seriously wrong with your genitals (privates)?	Yes	No	097	Do severe pains and aches make it impossible for you to do your work?	Yes	No	120
Are your genitals often painful or sore?	Yes	No	098	Do you wear yourself out worrying about your health?	Yes	No	121
Have you ever had treatment for your genitals?	Yes	No	099	Are you always ill and unhappy?	Yes	No	122
Has a doctor ever said you had a hernia (rupture)?	Yes	No	100	Are you constantly made miserable by poor health?	Yes	No	123
Have you ever passed blood while urinating (passing water)?	Yes	No	101	<b>K</b>			
Do you have trouble starting your stream when urinating?	Yes	No	102	Did you ever have scarlet fever?	Yes	No	124
Do you have to get up every night and urinate?	Yes	No	103	As a child, did you have rheumatic fever, growing pains or twitching of the limbs?	Yes	No	125
During the day, do you usually have to urinate frequently?	Yes	No	104	Did you ever have malaria?	Yes	No	126
Do you often have severe burning pain when you urinate?	Yes	No	105	Were you ever treated for severe anemia (thin blood)?	Yes	No	127
Do you sometimes lose control of your bladder?	Yes	No	106	Were you ever treated for "bad blood" (venereal disease)?	Yes	No	128
Has a doctor ever said you had kidney or bladder disease?	Yes	No	107	Do you have diabetes (sugar disease)?	Yes	No	129
<b>I</b>				Did a doctor ever say you had a goiter (in your neck)?	Yes	No	130
Do you often get spells of complete exhaustion or fatigue?	Yes	No	108	Did a doctor ever treat you for tumor or cancer?	Yes	No	131
Does working tire you out completely?	Yes	No	109	Do you suffer from any chronic disease?	Yes	No	132
Do you usually get up tired and exhausted in the morning?	Yes	No	110	Are you definitely <i>under</i> weight?	Yes	No	133
Does every little effort wear you out?	Yes	No	111	Are you definitely <i>over</i> weight?	Yes	No	134
Are you constantly too tired and exhausted even to eat?	Yes	No	112	Did a doctor ever say you had varicose veins (swollen veins) in your legs?	Yes	No	135
Do you suffer from severe nervous exhaustion?	Yes	No	113	Did you ever have a serious operation?	Yes	No	136
Does nervous exhaustion run in your family?	Yes	No	114	Did you ever have a serious injury?	Yes	No	137
<b>J</b>				Do you often have small accidents or injuries?	Yes	No	138
Are you frequently ill?	Yes	No	115	<b>L</b>			
Are you frequently confined to bed by illness?	Yes	No	116	Do you usually have great difficulty in falling asleep or staying asleep?	Yes	No	139
Are you always in poor health?	Yes	No	117	Do you find it impossible to take a regular rest period each day?	Yes	No	140
Are you considered a sickly person?	Yes	No	118	Do you find it impossible to take regular daily exercise?	Yes	No	141
Do you come from a sickly family?	Yes	No	119	Do you smoke more than 20 cigarettes a day?	Yes	No	142
				Do you drink more than six cups of coffee or tea a day?	Yes	No	143
				Do you usually take two or more alcoholic drinks a day?	Yes	No	144

TURN TO NEXT PAGE

## M

Do you sweat or tremble a lot during examinations or questioning? .....	Yes	No	145
Do you get nervous and shaky when approached by a superior? .....	Yes	No	146
Does your work fall to pieces when the boss or a superior is watching you? .....	Yes	No	147
Does your thinking get completely mixed up when you have to do things quickly? .....	Yes	No	148
Must you do things very slowly in order to do them without mistakes? .....	Yes	No	149
Do you always get directions and orders wrong? .....	Yes	No	150
Do strange people or places make you afraid? .....	Yes	No	151
Are you scared to be alone when there are no friends near you? .....	Yes	No	152
Is it always hard for you to make up your mind? .....	Yes	No	153
Do you wish you always had someone at your side to advise you? .....	Yes	No	154
Are you considered a clumsy person? .....	Yes	No	155
Does it bother you to eat anywhere except in your own home? .....	Yes	No	156

## N

Do you feel alone and sad at a party? .....	Yes	No	157
Do you usually feel unhappy and depressed? .....	Yes	No	158
Do you often cry? .....	Yes	No	159
Are you always miserable and blue? .....	Yes	No	160
Does life look entirely hopeless? .....	Yes	No	161
Do you often wish you were dead and away from it all? .....	Yes	No	162

## O

Does worrying continually get you down? .....	Yes	No	163
Does worrying run in your family? .....	Yes	No	164
Does every little thing get on your nerves and wear you out? .....	Yes	No	165
Are you considered a nervous person? .....	Yes	No	166
Does nervousness run in your family? .....	Yes	No	167
Did you ever have a nervous breakdown? .....	Yes	No	168
Did anyone in your family ever have a nervous breakdown? .....	Yes	No	169

Were you ever a patient in a mental hospital (for your nerves)? .....

Was anyone in your family ever a patient in a mental hospital (for their nerves)? .....

## P

Are you extremely shy or sensitive? .....	Yes	No	172
Do you come from a shy or sensitive family? .....	Yes	No	173
Are your feelings easily hurt? .....	Yes	No	174
Does criticism always upset you? .....	Yes	No	175
Are you considered a touchy person? .....	Yes	No	176
Do people usually misunderstand you? .....	Yes	No	177

## Q

Do you have to be on your guard even with friends? .....	Yes	No	178
Do you always do things on sudden impulse? .....	Yes	No	179
Are you easily upset or irritated? .....	Yes	No	180
Do you go to pieces if you don't constantly control yourself? .....	Yes	No	181
Do little annoyances get on your nerves and make you angry? .....	Yes	No	182
Does it make you angry to have anyone tell you what to do? .....	Yes	No	183
Do people often annoy and irritate you? .....	Yes	No	184
Do you flare up in anger if you can't have what you want right away? .....	Yes	No	185
Do you often get into a violent rage? .....	Yes	No	186

## R

Do you often shake or tremble? .....	Yes	No	187
Are you constantly keyed up and jittery? .....	Yes	No	188
Do sudden noises make you jump or shake badly? .....	Yes	No	189
Do you tremble or feel weak whenever someone shouts at you? .....	Yes	No	190
Do you become scared at sudden movements or noises at night? .....	Yes	No	191
Are you often awakened out of your sleep by frightening dreams? .....	Yes	No	192
Do frightening thoughts keep coming back in your mind? .....	Yes	No	193
Do you often become suddenly scared for no good reason? .....	Yes	No	194
Do you often break out in a cold sweat? .....	Yes	No	195



ĐÀN ÔNG  
men

TRẮC NGHIỆM SỨC KHỎE

Ngày: \_\_\_\_\_ Địa chỉ: \_\_\_\_\_  
 Tên: \_\_\_\_\_  
 Tuổi: \_\_\_\_\_ Khuôn tròn nếu bạn; Độc thân, có gia đình, góa, ly thân, ly dị  
 Khuôn tròn lớp cao nhất mà bạn đã hoàn tất: \_\_\_\_\_ Nghề nghiệp: \_\_\_\_\_  
 1 2 3 4 5 6 7 8 1 2 3 4 1 2 3 4  
 Tiểu học Trung Đại học

Lời chỉ dẫn: Trắc nghiệm này chỉ dành cho ĐÀN ÔNG  
 Nếu bạn có thể trả lời CÓ, khuôn tròn chữ (CÓ)  
 Nếu bạn phải trả lời KHÔNG, khuôn tròn chữ (KHÔNG)  
 Trả lời tất cả câu hỏi. Đoán nếu bạn không biết chắc.

- |   |    |       |
|---|----|-------|
| A.  |    |       |
| 1. Bạn có cần kính để đọc không ?                   | Có | Không |
| 2. Bạn có cần kính để nhìn vật ở xa không ?         | Có | Không |
| 3. Mắt bạn có thường bị kéo nặng không ?            | Có | Không |
| 4. Bạn có thường chớp mắt hay chảy nước mắt không ? | Có | Không |
| 5. Bạn có thường bị đau mắt không ?                 | Có | Không |
| 6. Mắt bạn có thường bị đỏ hay sưng không ?         | Có | Không |
| 7. Bạn có bị lãng tai không ?                       | Có | Không |
| 8. Tai bạn có bao giờ bị chảy nước không ?          | Có | Không |
| 9. Bạn có bị ù tai không ?                          | Có | Không |
| B.  |    |       |
| 10. Bạn có thường phải đang hăng không ?            | Có | Không |
| 11. Bạn có thường thấy đốm trong cổ họng không ?    | Có | Không |
| 12. Bạn có thường hắt hơi không ?                   | Có | Không |
| 13. Bạn có thường bị nghẹt mũi không ?              | Có | Không |
| 14. Bạn có thường bị chảy nước mũi không ?          | Có | Không |
| 15. Bạn có bao giờ bị chảy máu cam không ?          | Có | Không |
| 16. Bạn có thường bị cảm nặng không ?               | Có | Không |
| 17. Bạn có thường bị đau ngực không ?               | Có | Không |
| 18. Khi bị cảm nặng bạn có phải đi nằm không ?      | Có | Không |

page 2

19. Khi hàn lạnh mùa đông có làm bạn khó chịu không? Có Không
20. Bạn có bao giờ bị sốt do cỏ gây ra không? Có Không
21. Bạn có bao giờ bị bệnh suyễn không? Có Không
22. Bạn có thường ho không? Có Không
23. Bạn có bao giờ ho ra máu không? Có Không
24. Bạn có bao giờ toát mồ hôi nhiều về đêm không? Có Không
25. Bạn có bị đau ngực kinh niên không? Có Không
26. Bạn có bị bệnh lao không? Có Không
27. Bạn có bao giờ ở chung với người mắc bệnh lao không? Có Không
- C.
28. Có vị bác sĩ nào nói bạn bị áp huyết cao không? Có Không
29. Có vị bác sĩ nào nói bạn bị áp huyết thấp không? Có Không
30. Bạn có bị đau tim không? Có Không
31. Bạn có khó chịu vì nhịp tim đập không? Có Không
32. Tim bạn có thường đập loạn xạ không? Có Không
33. Bạn có thường thấy khó thở không? Có Không
34. Bạn có thường hết hơi mau hơn người khác không? Có Không
35. Đôi khi bạn có cảm thấy khó thở khi vẫn ngồi yên không? Có Không
36. Bạn có thường bị sưng mắt cá chân không? Có Không
37. Chân tay bạn có bị lạnh mặc dù trời nóng không? Có Không
38. Chân bạn có thường bị chuột rút không? Có Không
39. Có vị bác sĩ nào nói bạn bị đau tim không? Có Không
40. Đau tim có phải là bệnh di truyền trong gia đình bạn không? Có Không
- D.
41. Bạn có bị mất hơn nửa số răng không? Có Không
42. Lợi răng của bạn có bị chảy máu không? Có Không
43. Bạn có thường bị đau răng nặng không? Có Không
44. Lợi của bạn có thường bị đóng mảng không? Có Không
45. Bạn có luôn luôn cảm thấy ăn không ngon miệng không? Có Không
46. Bạn có thường ăn đồ ngọt hay ăn vặt giữa những bữa ăn chính không? Có Không

page 3

47. Bạn có luôn luôn nhai đồ ăn với văng không ? Có Không
48. Bạn có thường bị đau bụng không ? Có Không
49. Bạn có thường bị đầy bụng sau khi ăn không ? Có Không
50. Bạn có thường ợ nhiều sau khi ăn không ? Có Không
51. Có thể bạn có suy nhược vì bao tử bạn không ? Có Không
52. Bạn có thường bị đầy bụng không ? Có Không
53. Khi bị đau bụng nặng, bạn có thường gặp người xung không ? Có Không
54. Bạn có thường đau bụng liên tục không ? Có Không
55. Đau bụng có phải là bệnh di truyền trong gia đình bạn không ? Có Không
56. Có vị bác sĩ nào nói bạn bị lở bao tử không ? Có Không
57. Bạn có thường đi tiêu chảy không ? Có Không
58. Bạn có bao giờ đi cầu ra máu không ? Có Không
59. Bạn có bao giờ bị sản lá không ? Có Không
60. Bạn có bao giờ bị táo bón không ? Có Không
61. Bạn có bao giờ bị bệnh trĩ không ? Có Không
62. Bạn có bao giờ bị bệnh vẩy da hay văng mắt không ? Có Không
63. Bạn có bao giờ bị đau gan hay đau túi mật không ? Có Không
- E.
64. Những khớp xương của bạn có thường sưng lên không ? Có Không
65. Bắp thịt và khớp xương của bạn có thường bị té cứng không ? Có Không
66. Bạn có thường bị đau tay hay chân không ? Có Không
67. Bạn có bị bệnh phong thấp nặng không ? Có Không
68. Phong thấp có phải là bệnh di truyền trong gia đình bạn không ? Có Không
69. Chân yếu và đau có làm bạn khó chịu không ? Có Không
70. Đau lưng có gây trở ngại cho công việc làm của bạn không ? Có Không
71. Bạn có bị tàn tật không ? Có Không

page 4

F.			
72.	Da bạn có dễ nhạy cảm không ?	Có	Không
73.	Vết đứt tay của bạn có thường lâu lành không ?	Có	Không
74.	Bạn có thường bị đỏ mắt không ?	Có	Không
75.	Bạn có thường hay đổ mồ hôi khi trời lạnh không ?	Có	Không
76.	Bạn có hay bị ngứa nắng không ?	Có	Không
77.	Da bạn có thường bị nổi đỏ không ?	Có	Không
78.	Bạn có hay bị mụn trứng cá không ?	Có	Không
G.			
79.	Bạn có thường bị nhức đầu nắng không ?	Có	Không
80.	Bạn có thường thấy khô sơ vì bệnh đau đầu không ?	Có	Không
81.	Những người trong gia đình bạn có thường bị nhức đầu không ?	Có	Không
82.	Bạn có bao giờ bị cảm lạnh hay sốt nắng không ?	Có	Không
83.	Bạn có bao giờ bị xây xẩm nắng không ?	Có	Không
84.	Bạn có xiu (ngát) thường không ?	Có	Không
85.	Bạn đã có xiu (ngát) hơn 2 lần trong đời bạn không ?	Có	Không
86.	Bạn có thường bị tê tay chân không ?	Có	Không
87.	Có phần nào trong cơ thể bạn bị tê liệt hay không ?	Có	Không
88.	Bạn có bao giờ bị đánh bất tỉnh hay không ?	Có	Không
89.	Bạn có tát nhãn mắt, lác đầu hay vai không ?	Có	Không
90.	Bạn có lần nào bị kính phong chứa ?	Có	Không
91.	Có người nào trong gia đình bạn bị kính phong chứa ?	Có	Không
92.	Bạn có tạt can móng tay không ?	Có	Không
93.	Bạn có nói cà lăm không ?	Có	Không
94.	Bạn có bệnh móng du không ?	Có	Không
95.	Bạn có đái dầm không ?	Có	Không
96.	Bạn có đái dầm lúc bạn ở lứa tuổi 8 đến 14 không ?	Có	Không

page 5  
men

- H.
97. Bạn có bao giờ có những bệnh trầm trọng ở bộ phận sinh dục không ? Có Không
98. Bộ phận sinh dục của bạn có thường bị đau không ? Có Không
99. Bạn có bao giờ phải chữa trị bộ phận sinh dục của bạn chưa ? Có Không
100. Có vị bác sĩ nào nói bạn bị chướng thông ruột không ? Có Không
101. Bạn có bao giờ đi tiêu ra máu không ? Có Không
102. Bạn có thấy khó khăn lúc bắt đầu tiêu không ? Có Không
103. Bạn có phải đi tiêu ban đêm không ? Có Không
104. Ban ngày bạn có phải đi tiêu thường không ? Có Không
105. Bạn có thấy rát khi đi tiêu không ? Có Không
106. Bạn có khi nào không nin đái được không ? Có Không
107. Có vị bác sĩ nào nói bạn bị bệnh ở bọng đái hay ở thận không ? Có Không
- I.
108. Bạn có bao giờ thấy cơ thể mình bị suy nhược hoặc mệt mỏi hoàn toàn không ? Có Không
109. Bạn có cảm thấy kiệt lực vì làm việc không ? Có Không
110. Bạn có thường cảm thấy mệt nhọc khi thức dậy mỗi sáng không ? Có Không
111. Những cố gắng nhỏ có làm bạn mệt nhọc không ? Có Không
112. Bạn có cảm thấy mệt ngay khi ăn không ? Có Không
113. Bạn có khung hoang tinh thần không ? Có Không
114. Khung hoang tinh thần có di truyền trong gia đình bạn không ? Có Không
- J.
115. Bạn có hay ốm vặt không ? Có Không
116. Bạn có thường phải đi nằm khi bị ốm không ? Có Không
117. Sức khỏe của bạn có kém lắm không ? Có Không
118. Bạn có phải là con người bệnh hoạn không ? Có Không
119. Gia đình bạn có phải là gia đình bệnh hoạn không ? Có Không
120. Những sự đau đớn trầm trọng có gây trở ngại trong công việc của bạn không ? Có Không
121. Bạn có khổ tâm vì sức khỏe của mình không ? Có Không
122. Bạn có luôn luôn bệnh hoạn và thấy buồn rầu không ? Có Không
123. Bạn có thấy khổ sở vì tình trạng sức khỏe tồi tệ không ? Có Không

- K.
124. Bạn có bao giờ bị bệnh hồng ban không ? Có Không
125. Khi còn nhỏ bạn có bao giờ bị phong thấp, tử chi bị đau hay bị co quắp không ? Có Không
126. Bạn có bao giờ bị gót rết không ? Có Không
127. Bạn có bao giờ phải chữa trị bệnh thiếu máu chưa ? Có Không
128. Bạn có bao giờ phải chữa trị bệnh phong tình chưa ? Có Không
129. Bạn có bị bệnh đái đường không ? Có Không
130. Có vị bác sĩ nào nói bạn bị bướu cổ không ? Có Không
131. Bạn có bao giờ phải chữa trị bệnh ung thư chưa ? Có Không
132. Bạn có chứng bệnh kinh niên nào không ? Có Không
133. Bạn có gãy quai không ? Có Không
134. Bạn có mấp quai không ? Có Không
135. Có vị bác sĩ nào nói bạn bị sưng tĩnh mạch chân không ? Có Không
136. Bạn có bao giờ trải qua một cuộc giải phẫu trầm trọng không ? Có Không
137. Bạn có bao giờ bị thương nặng không ? Có Không
138. Bạn có thường bị thương nhẹ không ? Có Không
- L.
139. Bạn có thường thấy khó ngủ không ? Có Không
140. Bạn có thấy không thể nghỉ ngơi điều độ mỗi ngày không ? Có Không
141. Bạn có thấy không thể tập thể thao mỗi ngày không ? Có Không
142. Bạn có hút quá 20 điếu thuốc mỗi ngày không ? Có Không
143. Bạn có uống quá 6 tách cà phê hay trà mỗi ngày không ? Có Không
144. Bạn có uống hơn 2 ly rượu mạnh mỗi ngày không ? Có Không
- M.
145. Bạn có đổ mồ hôi hay run sợ trong kỳ thi hay khi bị sát hạch không ? Có Không
146. Bạn có cảm thấy mất bình tĩnh khi đứng trước cấp trên không ? Có Không
147. Bạn có cảm thấy không thể làm việc được khi chủ hay trưởng cấp dom ngó bạn không ? Có Không
148. Bạn có bị rối trí khi phải hành động cấp thời không ? Có Không
149. Bạn có phải làm việc chậm trễ để tránh lỗi lầm không ? Có Không

page 7

150. Bạn có luôn luôn hành động lảm không? Có Không
151. Người lạ và chỗ lạ có làm bạn sợ không? Có Không
152. Bạn có sợ cô đơn khi không có bạn bè ở gần không? Có Không
153. Bạn có luôn luôn thấy khó khăn khi phải quyết định 1 việc gì không? Có Không
154. Bạn có luôn luôn mong muốn có người ở cạnh để khuyên bảo bạn không? Có Không
155. Bạn có cho mình là 1 người vụng về không? Có Không
156. Bạn có cảm thấy khó chịu khi đi ăn ở chỗ khác không phải là nhà của mình không? Có Không
- N.
157. Bạn có cảm thấy buồn và cô đơn giữa 1 đám tiệc không? Có Không
158. Bạn có thường cảm thấy buồn và xuống tinh thần không? Có Không
159. Bạn có thường khóc không? Có Không
160. Bạn có luôn luôn cảm thấy khô sè và buồn bã không? Có Không
161. Bạn có cảm thấy cuộc đời hoàn toàn tuyệt vọng không? Có Không
162. Bạn có thường mong mình chết hay trốn thoát nỗi đời không? Có Không
- O.
163. Sự lo âu liên tục có làm bạn xuống tinh thần không? Có Không
164. Sự lo âu có di truyền trong gia đình bạn không? Có Không
165. Bạn có thường cảm thấy lo sợ và mệt mỏi về những việc nhỏ nhất không? Có Không
166. Bạn có cho mình là 1 người lo âu không? Có Không
167. Bệnh lo âu có di truyền trong gia đình bạn không? Có Không
168. Bạn có bao giờ bị khủng hoảng tinh thần không? Có Không
169. Có người nào trong gia đình bạn bị khủng hoảng tinh thần chưa? Có Không
170. Bạn có bao giờ phải vào dưỡng trí viện chưa? Có Không
171. Có người nào trong gia đình bạn phải vào dưỡng trí viện không? Có Không
- P.
172. Bạn có dễ mắc cở hay nhạy cảm không? Có Không
173. Bạn có ở trong 1 gia đình dễ mắc cở và nhạy cảm không? Có Không

page 8

174. Bạn có dễ bị làm phật lòng không ? Có Không
175. Những lời phê bình của người khác có làm bạn phật lòng không ? Có Không
176. Bạn có cho mình là người dễ cảm động không ? Có Không
177. Những người khác có thương hiểu làm bạn không ? Có Không
- Q.
178. Bạn có phải để ý đề phòng đối với bạn bè không ? Có Không
179. Bạn có hay hành động tùy hứng không ? Có Không
180. Bạn có dễ phật lòng hay tức giận không ? Có Không
181. Bạn có thấy khó hành động nếu không tự chủ được không ? Có Không
182. Những điều phiền toái nhỏ có làm cho bạn giận dữ không ? Có Không
183. Bạn có thấy giận dữ khi có người khác sai bảo bạn không ? Có Không
184. Những người khác có thường làm phiền bạn không ? Có Không
185. Bạn có cảm thấy tức tối khi không có ngay những gì bạn muốn ? Có Không
186. Bạn có thường nói cộc tỉnh nộ không ? Có Không
- R.
187. Bạn có hay run hay rung mình không ? Có Không
188. Bạn có thường cảm thấy bất an không ? Có Không
189. Những tiếng động bất thường có làm cho bạn giật mình không ? Có Không
190. Bạn có giật mình và thấy yếu tim khi có người hù bạn không ? Có Không
191. Những tiếng động bất thường ban đêm có làm cho bạn sợ không ? Có Không
192. Bạn có thường giật mình thức dậy vì những giấc mơ hãi hùng không ? Có Không
193. Những ý nghĩ hãi hùng có thường trở lại trong trí bạn không ? Có Không
194. Bạn có hay cảm thấy lo sợ vu vơ không ? Có Không
195. Bạn có thường toát mồ hôi lạnh không ? Có Không



**(WOMEN)**

History Number \_\_\_\_\_

CORNELL MEDICAL INDEX  
**HEALTH QUESTIONNAIRE**

Date \_\_\_\_\_

Print  
Your  
Name \_\_\_\_\_Your  
Home  
Address \_\_\_\_\_

How Old Are You? \_\_\_\_\_ Circle If You Are . . . Single, Married, Widowed, Separated, Divorced.

Circle the Highest  
Year You Reached  
In School

1	2	3	4	5	6	7	8
Elementary School							

1	2	3	4
High			

1	2	3	4
College			

What Is Your  
Occupation? \_\_\_\_\_**Directions: This questionnaire is for *WOMEN ONLY*.**If you can answer **YES** to the question asked, put a circle around the **Yes**If you have to answer **NO** to the question asked, put a circle around the **No**

Answer all questions. If you are not sure, guess.

<b>A</b>			
Do you need glasses to read? .....	Yes	No	001
Do you need glasses to see things at a distance? .....	Yes	No	002
Has your eyesight often blacked out completely? .....	Yes	No	003
Do your eyes continually blink or water? .....	Yes	No	004
Do you often have bad pains in your eyes? .....	Yes	No	005
Are your eyes often red or inflamed? .....	Yes	No	006
Are you hard of hearing? .....	Yes	No	007
Have you ever had a bad running ear? .....	Yes	No	008
Do you have constant noises in your ears? .....	Yes	No	009
<b>B</b>			
Do you have to clear your throat frequently? .....	Yes	No	010
Do you often feel a choking lump in your throat? .....	Yes	No	011
Are you often troubled with bad spells of sneezing? .....	Yes	No	012
Is your nose continually stuffed up? .....	Yes	No	013
Do you suffer from a constantly running nose? .....	Yes	No	014
Have you at times had bad nose bleeds? .....	Yes	No	015
Do you often catch severe colds? .....	Yes	No	016
Do you frequently suffer from heavy chest colds? .....	Yes	No	017
When you catch a cold, do you always have to go to bed? .....	Yes	No	018
Do frequent colds keep you miserable all winter? .....	Yes	No	019
<b>C</b>			
Do you get hay fever? .....	Yes	No	020
Do you suffer from asthma? .....	Yes	No	021
Are you troubled by constant coughing? .....	Yes	No	022
Have you ever coughed up blood? .....	Yes	No	023
Do you sometimes have severe soaking sweats at night? .....	Yes	No	024
Have you ever had a chronic chest condition? .....	Yes	No	025
Have you ever had T.B. (Tuberculosis)? .....	Yes	No	026
Did you ever live with anyone who had T.B.? .....	Yes	No	027
Has a doctor ever said your blood pressure was too high? .....	Yes	No	028
Has a doctor ever said your blood pressure was too low? .....	Yes	No	029
Do you have pains in the heart or chest? .....	Yes	No	030
Are you often bothered by thumping of the heart? .....	Yes	No	031
Does your heart often race like mad? .....	Yes	No	032
Do you often have difficulty in breathing? .....	Yes	No	033
Do you get out of breath long before anyone else? .....	Yes	No	034
Do you sometimes get out of breath just sitting still? .....	Yes	No	035
Are your ankles often badly swollen? .....	Yes	No	036
Do cold hands or feet trouble you even in hot weather? .....	Yes	No	037
Do you suffer from frequent cramps in your legs? .....	Yes	No	038
Has a doctor ever said you had heart trouble? .....	Yes	No	039
Does heart trouble run in your family? .....	Yes	No	040

OPEN TO NEXT PAGE

<b>D</b>			
Have you lost more than half your teeth? ...	Yes	No	041
Are you troubled by bleeding gums? .....	Yes	No	042
Have you often had severe toothaches? .....	Yes	No	043
Is your tongue usually badly coated? .....	Yes	No	044
Is your appetite always poor? .....	Yes	No	045
Do you usually eat sweets or other food between meals? .....	Yes	No	046
Do you always gulp your food in a hurry? ..	Yes	No	047
Do you often suffer from an upset stomach? ..	Yes	No	048
Do you usually feel bloated after eating? .....	Yes	No	049
Do you usually belch a lot after eating? .....	Yes	No	050
Are you often sick to your stomach? .....	Yes	No	051
Do you suffer from indigestion? .....	Yes	No	052
Do severe pains in the stomach often double you up? .....	Yes	No	053
Do you suffer from constant stomach trouble? ..	Yes	No	054
Does stomach trouble run in your family? ..	Yes	No	055
Has a doctor ever said you had stomach ulcers? .....	Yes	No	056
Do you suffer from frequent loose bowel movements? .....	Yes	No	057
Have you ever had severe bloody diarrhea? ..	Yes	No	058
Were you ever troubled with intestinal worms? .....	Yes	No	059
Do you constantly suffer from bad constipation? ..	Yes	No	060
Have you ever had piles (rectal hemorrhoids)? ..	Yes	No	061
Have you ever had jaundice (yellow eyes and skin)? ..	Yes	No	062
Have you ever had serious liver or gall bladder trouble? .....	Yes	No	063
<b>E</b>			
Are your joints often painfully swollen? ...	Yes	No	064
Do your muscles and joints constantly feel stiff? .....	Yes	No	065
Do you usually have severe pains in the arms or legs? .....	Yes	No	066
Are you crippled with severe rheumatism (arthritis)? .....	Yes	No	067
Does rheumatism (arthritis) run in your family? .....	Yes	No	068
Do weak or painful feet make your life miserable? .....	Yes	No	069
Do pains in the back make it hard for you to keep up with your work? .....	Yes	No	070
Are you troubled with a serious bodily disability or deformity? .....	Yes	No	071
<b>F</b>			
Is your skin very sensitive or tender? .....	Yes	No	072
Do cuts in your skin usually stay open a long time? .....	Yes	No	073
Does your face often get badly flushed? .....	Yes	No	074
Do you sweat a great deal even in cold weather? .....	Yes	No	075
Are you often bothered by severe itching? ..	Yes	No	076
Does your skin often break out in a rash? ..	Yes	No	077
Are you often troubled with boils? .....	Yes	No	078
<b>G</b>			
Do you suffer badly from frequent severe headaches? .....	Yes	No	079
Does pressure or pain in the head often make life miserable? .....	Yes	No	080
Are headaches common in your family? .....	Yes	No	081
Do you have hot or cold spells? .....	Yes	No	082
Do you often have spells of severe dizziness? ..	Yes	No	083
Do you frequently feel faint? .....	Yes	No	084
Have you fainted more than twice in your life? .....	Yes	No	085
Do you have constant numbness or tingling in any part of your body? .....	Yes	No	086
Was any part of your body ever paralyzed? ..	Yes	No	087
Were you ever knocked unconscious? .....	Yes	No	088
Have you at times had a twitching of the face, head or shoulders? .....	Yes	No	089
Did you ever have a fit or convulsion (epilepsy)? .....	Yes	No	090
Has anyone in your family ever had fits or convulsions (epilepsy)? .....	Yes	No	091
Do you bite your nails badly? .....	Yes	No	092
Are you troubled by stuttering or stammering? .....	Yes	No	093
Are you a sleep walker? .....	Yes	No	094
Are you a bed wetter? .....	Yes	No	095
Were you a bed wetter between the ages of 8 and 14? .....	Yes	No	096

GO TO NEXT PAGE

<b>H</b>				Do severe pains and aches make it impossible for you to do your work? ..... Yes No 120			
Have your menstrual periods usually been painful? .....	Yes	No	097	Do you wear yourself out worrying about your health? .....	Yes	No	121
Have you often felt weak or sick with your periods? .....	Yes	No	098	Are you always ill and unhappy? .....	Yes	No	122
Have you often had to lie down when your periods came on? .....	Yes	No	099	Are you constantly made miserable by poor health? .....	Yes	No	123
Have you usually been tense or jumpy with your periods? .....	Yes	No	100	<b>K</b>			
Have you ever had constant severe hot flashes and sweats? .....	Yes	No	101	Did you ever have scarlet fever? .....	Yes	No	124
Have you often been troubled with a vaginal discharge? .....	Yes	No	102	As a child, did you have rheumatic fever, growing pains or twitching of the limbs? .....	Yes	No	125
Do you have to get up every night and urinate? .....	Yes	No	103	Did you ever have malaria? .....	Yes	No	126
During the day, do you usually have to urinate frequently? .....	Yes	No	104	Were you ever treated for severe anemia (thin blood)? .....	Yes	No	127
Do you often have severe burning pain when you urinate? .....	Yes	No	105	Were you ever treated for "bad blood" (venereal disease)? .....	Yes	No	128
Do you sometimes lose control of your bladder? .....	Yes	No	106	Do you have diabetes (sugar disease)? .....	Yes	No	129
Has a doctor ever said you had kidney or bladder disease? .....	Yes	No	107	Did a doctor ever say you had a goiter (in your neck)? .....	Yes	No	130
<b>I</b>				Did a doctor ever treat you for tumor or cancer? .....	Yes	No	131
Do you often get spells of complete exhaustion or fatigue? .....	Yes	No	108	Do you suffer from any chronic disease? .....	Yes	No	132
Does working tire you out completely? .....	Yes	No	109	Are you definitely <i>under</i> weight? .....	Yes	No	133
Do you usually get up tired and exhausted in the morning? .....	Yes	No	110	Are you definitely <i>over</i> weight? .....	Yes	No	134
Does every little effort wear you out? .....	Yes	No	111	Did a doctor ever say you had varicose veins (swollen veins) in your legs? .....	Yes	No	135
Are you constantly too tired and exhausted even to eat? .....	Yes	No	112	Did you ever have a serious operation? .....	Yes	No	136
Do you suffer from severe nervous exhaustion? .....	Yes	No	113	Did you ever have a serious injury? .....	Yes	No	137
Does nervous exhaustion run in your family? .....	Yes	No	114	Do you often have small accidents or injuries? .....	Yes	No	138
<b>J</b>				<b>L</b>			
Are you frequently ill? .....	Yes	No	115	Do you usually have great difficulty in falling asleep or staying asleep? .....	Yes	No	139
Are you frequently confined to bed by illness? .....	Yes	No	116	Do you find it impossible to take a regular rest period each day? .....	Yes	No	140
Are you always in poor health? .....	Yes	No	117	Do you find it impossible to take regular daily exercise? .....	Yes	No	141
Are you considered a sickly person? .....	Yes	No	118	Do you smoke more than 20 cigarettes a day? .....	Yes	No	142
Do you come from a sickly family? .....	Yes	No	119	Do you drink more than six cups of coffee or tea a day? .....	Yes	No	143
				Do you usually take two or more alcoholic drinks a day? .....	Yes	No	144

TURN TO NEXT PAGE

<b>M</b>			
Do you sweat or tremble a lot during examinations or questioning? .....	Yes	No	145
Do you get nervous and shaky when approached by a superior? .....	Yes	No	146
Does your work fall to pieces when the boss or a superior is watching you? .....	Yes	No	147
Does your thinking get completely mixed up when you have to do things quickly? .....	Yes	No	148
Must you do things very slowly in order to do them without mistakes? .....	Yes	No	149
Do you always get directions and orders wrong? .....	Yes	No	150
Do strange people or places make you afraid? .....	Yes	No	151
Are you scared to be alone when there are no friends near you? .....	Yes	No	152
Is it always hard for you to make up your mind? .....	Yes	No	153
Do you wish you always had someone at your side to advise you? .....	Yes	No	154
Are you considered a clumsy person? .....	Yes	No	155
Does it bother you to eat anywhere except in your own home? .....	Yes	No	156
<b>N</b>			
Do you feel alone and sad at a party? .....	Yes	No	157
Do you usually feel unhappy and depressed? .....	Yes	No	158
Do you often cry? .....	Yes	No	159
Are you always miserable and blue? .....	Yes	No	160
Does life look entirely hopeless? .....	Yes	No	161
Do you often wish you were dead and away from it all? .....	Yes	No	162
<b>O</b>			
Does worrying continually get you down? .....	Yes	No	163
Does worrying run in your family? .....	Yes	No	164
Does every little thing get on your nerves and wear you out? .....	Yes	No	165
Are you considered a nervous person? .....	Yes	No	166
Does nervousness run in your family? .....	Yes	No	167
Did you ever have a nervous breakdown? .....	Yes	No	168
Did anyone in your family ever have a nervous breakdown? .....	Yes	No	169
<b>P</b>			
Were you ever a patient in a <i>mental</i> hospital (for your nerves)? .....	Yes	No	170
Was anyone in your family ever a patient in a <i>mental</i> hospital (for their nerves)? .....	Yes	No	171
<b>Q</b>			
Do you have to be on your guard even with friends? .....	Yes	No	178
Do you always do things on sudden impulse? .....	Yes	No	179
Are you easily upset or irritated? .....	Yes	No	180
Do you go to pieces if you don't constantly control yourself? .....	Yes	No	181
Do little annoyances get on your nerves and make you angry? .....	Yes	No	182
Does it make you angry to have anyone tell you what to do? .....	Yes	No	183
Do people often annoy and irritate you? .....	Yes	No	184
Do you flare up in anger if you can't have what you want right away? .....	Yes	No	185
Do you often get into a violent rage? .....	Yes	No	186
<b>R</b>			
Do you often shake or tremble? .....	Yes	No	187
Are you constantly keyed up and jittery? .....	Yes	No	188
Do sudden noises make you jump or shake badly? .....	Yes	No	189
Do you tremble or feel weak whenever someone shouts at you? .....	Yes	No	190
Do you become scared at sudden movements or noises at night? .....	Yes	No	191
Are you often awakened out of your sleep by frightening dreams? .....	Yes	No	192
Do frightening thoughts keep coming back in your mind? .....	Yes	No	193
Do you often become suddenly scared for no good reason? .....	Yes	No	194
Do you often break out in a cold sweat? .....	Yes	No	195

ĐÀN BA  
women

UDWPA

TRẮC NGHIỆM SỨC KHỎE

Ngày: \_\_\_\_\_  
 Tên: \_\_\_\_\_ Địa chỉ: \_\_\_\_\_  
 Tuổi: \_\_\_\_\_ Khuôn tròn nếu bạn: Độc thân, có gia đình, góa, ly thân, ly dị.  
 Khuôn tròn lớp cao nhất bạn đã hoàn tất: \_\_\_\_\_ Nghề nghiệp: \_\_\_\_\_  
 1 2 3 4 5 6 7 8    1 2 3 4    1 2 3 4  
 Tiểu học            Trung            Đại học

Lời chỉ dẫn: Trắc nghiệm này chỉ dành cho ĐÀN BA

Nếu bạn có thể trả lời CÓ, khuôn tròn chữ **CÓ**

Nếu bạn phải trả lời KHÔNG, khuôn tròn chữ **KHÔNG**

Trả lời tất cả câu hỏi. Đoán nếu bạn không biết chắc.

- |     |  |    |       |
|-----|--|----|-------|
| A.  |  |    |       |
| 1.  | Bạn có cần kính để đọc không ?                   | Có | Không |
| 2.  | Bạn có cần kính để nhìn vật ở xa không ?         | Có | Không |
| 3.  | Mắt bạn có thường bị kéo măng không ?            | Có | Không |
| 4.  | Bạn có thường chớp mắt hay chảy nước mắt không ? | Có | Không |
| 5.  | Bạn có thường bị đau mắt không ?                 | Có | Không |
| 6.  | Mắt bạn có thường bị đỏ hay sưng không ?         | Có | Không |
| 7.  | Bạn có bị lãng tai không ?                       | Có | Không |
| 8.  | Tai bạn có bao giờ bị chảy nước không ?          | Có | Không |
| 9.  | Bạn có bị ù tai không ?                          | Có | Không |
| B.  |  |    |       |
| 10. | Bạn có thường phải dang hăng không ?             | Có | Không |
| 11. | Bạn có thường thấy có đốm trong cổ họng không ?  | Có | Không |
| 12. | Bạn có thường hắt hơi không ?                    | Có | Không |
| 13. | Bạn có thường bị nghẹt mũi không ?               | Có | Không |
| 14. | Bạn có thường bị chảy nước mũi không ?           | Có | Không |
| 15. | Bạn có bao giờ bị chảy máu cam không ?           | Có | Không |
| 16. | Bạn có thường bị cảm nắng không ?                | Có | Không |
| 17. | Bạn có thường bị đau ngực không ?                | Có | Không |
| 18. | Khi bị cảm nắng bạn có phải đi nằm không ?       | Có | Không |

page 2

- |   |    |       |
|---|----|-------|
| 19. Khi hậu lạnh mùa đông có làm bạn khó chịu không ?                   | Có | Không |
| 20. Bạn có bao giờ bị sốt do cảm gây ra không ?                         | Có | Không |
| 21. Bạn có bao giờ bị bệnh suyễn không ?                                | Có | Không |
| 22. Bạn có thường ho không ?  | Có | Không |
| 23. Bạn có bao giờ ho ra máu không ?                                    | Có | Không |
| 24. Bạn có bao giờ toát mồ hôi nhiều về đêm không ?                     | Có | Không |
| 25. Bạn có bị đau ngực kinh niên không ?                                | Có | Không |
| 26. Bạn có bị bệnh lao không ?  | Có | Không |
| 27. Bạn có bao giờ ở chung với người mắc bệnh lao không ?               | Có | Không |
| C.  |    |       |
| 28. Có vị bác sĩ nào nói bạn bị áp huyết cao không ?                    | Có | Không |
| 29. Có vị bác sĩ nào nói bạn bị áp huyết thấp không ?                   | Có | Không |
| 30. Bạn có bị đau tim không ?   | Có | Không |
| 31. Bạn có khó chịu vì nhịp tim đập không ?                             | Có | Không |
| 32. Tim bạn có thường đập loạn xạ không ?                               | Có | Không |
| 33. Bạn có thường thấy khó thở không ?                                  | Có | Không |
| 34. Bạn có thường hết hơi mau hơn người khác không ?                    | Có | Không |
| 35. Đôi khi bạn có cảm thấy khó thở khi vẫn ngồi yên không ?            | Có | Không |
| 36. Bạn có thường bị sưng mắt cá chân không ?                           | Có | Không |
| 37. Chân tay bạn có bị lạnh mặc dù trời nóng không ?                    | Có | Không |
| 38. Chân bạn có thường bị chuột rút không ?                             | Có | Không |
| 39. Có vị bác sĩ nào nói bạn bị đau tim không ?                         | Có | Không |
| 40. Đau tim có phải là bệnh di truyền trong gia đình bạn không ?        | Có | Không |
| D.  |    |       |
| 41. Bạn có bị mất hơn nửa số răng không ?                               | Có | Không |
| 42. Lợi răng của bạn có bị chảy máu không ?                             | Có | Không |
| 43. Bạn có thường bị đau răng nặng không ?                              | Có | Không |
| 44. Lưỡi của bạn có thường bị đóng màng không ?                         | Có | Không |
| 45. Bạn có luôn luôn cảm thấy ăn không ngon miệng không ?               | Có | Không |
| 46. Bạn có thường ăn đồ ngọt hay ăn vặt giữa những bữa ăn chính không ? | Có | Không |

page 3

- |   |    |       |
|---|----|-------|
| 47. Bạn có luôn luôn nhai đá ăn vôi văng không ?                    | Có | Không |
| 48. Bạn có thường bị đau bụng không ?                               | Có | Không |
| 49. Bạn có thường bị đầy bụng sau khi ăn không ?                    | Có | Không |
| 50. Bạn có thường ợ nhiều sau khi ăn không ?                        | Có | Không |
| 51. Cơ thể bạn có suy nhược vì bao tử bạn không ?                   | Có | Không |
| 52. Bạn có thường bị đầy bụng không ?                               | Có | Không |
| 53. Khi bị đau bụng nặng, bạn có thường gặp người xung không ?      | Có | Không |
| 54. Bạn có thường đau bụng liên tục không ?                         | Có | Không |
| 55. Đau bụng có phải là bệnh di truyền trong gia đình bạn không ?   | Có | Không |
| 56. Có vị bác sĩ nào nói bạn bị lở bao tử không ?                   | Có | Không |
| 57. Bạn có thường đi tiêu chảy không ?                              | Có | Không |
| 58. Bạn có bao giờ đi cầu ra máu không ?                            | Có | Không |
| 59. Bạn có bao giờ bị sỏi sỏi không ?                               | Có | Không |
| 60. Bạn có bao giờ bị táo bón không ?                               | Có | Không |
| 61. Bạn có bao giờ bị bệnh trĩ không ?                              | Có | Không |
| 62. Bạn có bao giờ bị bệnh vẩy da hay văng mắt không ?              | Có | Không |
| 63. Bạn có bao giờ bị đau gan hay đau túi mật không ?               | Có | Không |
| E.  |    |       |
| 64. Những khớp xương của bạn có thường sưng lên không ?             | Có | Không |
| 65. Bắp thịt và khớp xương của bạn có thường bị tê cứng không ?     | Có | Không |
| 66. Bạn có thường bị đau tay hay chân không ?                       | Có | Không |
| 67. Bạn có bị bệnh phong thấp nặng không ?                          | Có | Không |
| 68. Phong thấp có phải là bệnh di truyền trong gia đình bạn không ? | Có | Không |
| 69. Chân yếu và đau có làm bạn khó chịu không ?                     | Có | Không |
| 70. Đau lưng có gây trở ngại cho công việc làm của bạn không ?      | Có | Không |
| 71. Bạn có bị tàn tật không ?                                       | Có | Không |

page 4

- F.
- |  |    |       |
|--|----|-------|
| 72. Da bạn có dễ nhạy cảm không ?                  | Có | Không |
| 73. Vết đứt tay của bạn có thường lâu lành không ? | Có | Không |
| 74. Bạn có thường bị đỏ mắt không ?                | Có | Không |
| 75. Bạn có thường hay đỏ mũi khi trời lạnh không ? | Có | Không |
| 76. Bạn có hay bị ngứa nắng không ?                | Có | Không |
| 77. Da bạn có thường bị nổi đỏ không ?             | Có | Không |
| 78. Bạn có hay bị mụn trứng cá không ?             | Có | Không |
- G.
- |  |    |       |
|--|----|-------|
| 79. Bạn có thường bị nhức đầu nắng không ?                       | Có | Không |
| 80. Bạn có thường thấy khó thở vì bệnh đau đầu không ?           | Có | Không |
| 81. Những người trong gia đình bạn có thường bị nhức đầu không ? | Có | Không |
| 82. Bạn có bao giờ bị cảm lạnh hay sốt nắng không ?              | Có | Không |
| 83. Bạn có bao giờ bị xây xẩm nắng không ?                       | Có | Không |
| 84. Bạn có xiu (ngát) thường không ?                             | Có | Không |
| 85. Bạn đã có xiu (ngát) hơn 2 lần trong đời bạn không ?         | Có | Không |
| 86. Bạn có thường bị tê tay chân không ?                         | Có | Không |
| 87. Có phần nào trong cơ thể bạn bị tê liệt hay không ?          | Có | Không |
| 88. Bạn có bao giờ bị đánh bất tỉnh hay không ?                  | Có | Không |
| 89. Bạn có tát nhãn mắt, lác đầu hay vai không ?                 | Có | Không |
| 90. Bạn có lần nào bị kính phong chứa ?                          | Có | Không |
| 91. Có người nào trong gia đình bạn bị kính phong chứa ?         | Có | Không |
| 92. Bạn có tát cần móng tay không ?                              | Có | Không |
| 93. Bạn có nói cà lăm không ?                                    | Có | Không |
| 94. Bạn có bệnh móng du không ?                                  | Có | Không |
| 95. Bạn có đái dầm không ?                                       | Có | Không |
| 96. Bạn có đái dầm lúc bạn ở lứa tuổi 8 đến 14 không ?           | Có | Không |



page 5

- H.
97. Bạn có thấy đau đớn mỗi lần có kinh hay không ? Có Không
98. Bạn có thấy cơ thể yếu và bệnh mỗi lần có kinh hay không ? Có Không
99. Bạn có phải nằm mỗi lần có kinh hay không ? Có Không
100. Bạn thấy bình thường hay nóng nảy lo âu mỗi lần có kinh ? Có Không
101. Bạn có thường thấy người nóng và đổ mồ hôi không ? Có Không
102. Bạn có bị khó chịu với chứng bạch đới (huyết trắng) không ? Có Không
103. Bạn có phải đi tiểu ban đêm không ? Có Không
104. Ban ngày, bạn có phải đi tiểu thường không ? Có Không
105. Bạn có thấy rát khi đi tiểu không ? Có Không
106. Bạn có khi nào không nhịn đại được không ? Có Không
107. Có vị bác sĩ nào nói bạn bị bệnh ở bong đại hay ở thận không ? Có Không
- I.
108. Bạn có bao giờ thấy cơ thể mình bị suy nhược hoặc mệt mỏi hoàn toàn không ? Có Không
109. Bạn có cảm thấy kiệt lực vì làm việc không ? Có Không
110. Bạn có thường cảm thấy mệt nhọc khi thức dậy mỗi sáng không ? Có Không
111. Những cố gắng nhỏ có làm bạn mệt nhọc không ? Có Không
112. Bạn có cảm thấy mệt ngay khi ăn không ? Có Không
113. Bạn có bị khủng hoảng tinh thần không ? Có Không
114. Khủng hoảng tinh thần có di truyền trong gia đình bạn không ? Có Không
- J.
115. Bạn có hay ốm vặt không ? Có Không
116. Bạn có thường phải đi nằm khi bị ốm không ? Có Không
117. Sức khỏe của bạn có kém lắm không ? Có Không
118. Bạn có phải là con người bệnh hoạn không ? Có Không
119. Gia đình bạn có phải là gia đình bệnh hoạn không ? Có Không
120. Những sự đau đớn trầm trọng có gây trở ngại trong công việc của bạn không ? Có Không
121. Bạn có khô tâm vì sức khỏe của mình không ? Có Không
122. Bạn có lúc nào bệnh hoạn và thấy buồn rầu không ? Có Không
123. Bạn có thấy khổ sở vì tình trạng sức khỏe tồi tệ không ? Có Không

page 6

- K.
124. Bạn có bao giờ bị bệnh hồng ban không ? Có / Không
125. Khi còn nhỏ bạn có bao giờ bị phong thấp, tú chỉ bị đau hay bị co quắp không ? Có / Không
126. Bạn có bao giờ bị gót rết không ? Có / Không
127. Bạn có bao giờ phải chữa trị bệnh thiếu máu chưa ? Có / Không
128. Bạn có bao giờ phải chữa trị bệnh phong tình chưa ? Có / Không
129. Bạn có bị bệnh đái đường không ? Có / Không
130. Có vị bác sĩ nào nói bạn bị bướu cổ không ? Có / Không
131. Bạn có bao giờ phải chữa trị bệnh ung thư chưa ? Có / Không
132. Bạn có chứng bệnh kinh niên nào không ? Có / Không
133. Bạn có gãy quai không ? Có / Không
134. Bạn có mấp quai không ? Có / Không
135. Có vị bác sĩ nào nói bạn bị sưng tĩnh mạch chân không ? Có / Không
136. Bạn có bao giờ trải qua một cuộc giải phẫu trầm trọng không ? Có / Không
137. Bạn có bao giờ bị thương nặng không ? Có / Không
138. Bạn có thường bị thương nhẹ không ? Có / Không
- L.
139. Bạn có thường thấy khó ngủ không ? Có / Không
140. Bạn có thấy không thể nghỉ ngơi điều độ mỗi ngày không ? Có / Không
141. Bạn có thấy không thể tập thể thao mỗi ngày không ? Có / Không
142. Bạn có hút quá 20 điếu thuốc mỗi ngày không ? Có / Không
143. Bạn có uống quá 6 tách cà phê hay trà mỗi ngày không ? Có / Không
144. Bạn có uống hơn 2 ly rượu mạnh mỗi ngày không ? Có / Không
- M.
145. Bạn có đổ mồ hôi hay run sợ trong kỳ thi hay khi bị sát hạch không ? Có / Không
146. Bạn có cảm thấy mất bình tĩnh khi đứng trước cấp trên không ? Có / Không
147. Bạn có cảm thấy không thể làm việc được khi chủ hay đồng cấp dom ngó bạn không ? Có / Không
148. Bạn có bị rối trí khi phải hành động cấp thời không ? Có / Không
149. Bạn có phải làm việc chậm trễ để tránh lỗi lầm không ? Có / Không

page 7

150. Bạn có luôn luôn hành động lảm không ? Có Không
151. Người lạ và chỗ lạ có làm bạn sợ không ? Có Không
152. Bạn có sợ cô đơn khi không có bạn bè ở gần không ? Có Không
153. Bạn có luôn luôn thấy khó khăn khi phải quyết định 1 việc gì không ? Có Không
154. Bạn có luôn luôn mong muốn có người ở cạnh để khuyên bảo bạn không ? Có Không
155. Bạn có cho mình là 1 người vụng về không ? Có Không
156. Bạn có cảm thấy khó chịu khi đi ăn ở chỗ khác không phải là nhà của mình không ? Có Không
- N.
157. Bạn có cảm thấy buồn và cô đơn giữa 1 đám tiệc không ? Có Không
158. Bạn có thường cảm thấy buồn và xuống tinh thần không ? Có Không
159. Bạn có thường khóc không ? Có Không
160. Bạn có luôn luôn cảm thấy khô sè và buồn bã không ? Có Không
161. Bạn có cảm thấy cuộc đời hoàn toàn tuyệt vọng không ? Có Không
162. Bạn có thường mong mình chết hay trốn thoát nó đời không ? Có Không
- O.
163. Sự lo âu liên tục có làm bạn xuống tinh thần không ? Có Không
164. Sự lo âu có di truyền trong gia đình bạn không ? Có Không
165. Bạn có thường cảm thấy lo sợ và mất mòi về những việc nhỏ nhặt không ? Có Không
166. Bạn có cho mình là 1 người lo âu không ? Có Không
167. Bệnh lo âu có di truyền trong gia đình bạn không ? Có Không
168. Bạn có bao giờ bị khủng hoảng tinh thần không ? Có Không
169. Có người nào trong gia đình bạn bị khủng hoảng tinh thần chưa ? Có Không
170. Bạn có bao giờ phải vào dưỡng trí viện chưa ? Có Không
171. Có người nào trong gia đình bạn phải vào dưỡng trí viện không ? Có Không
- P.
172. Bạn có dễ mắc cở hay nhạy cảm không ? Có Không
173. Bạn có ở trong 1 gia đình dễ mắc cở và nhạy cảm không ? Có Không

page 8

174. Bạn có dễ bị làm phật lòng không ? Có Không
175. Những lời phê bình của người khác có làm bạn phật lòng không ? Có Không
176. Bạn có cho mình là người dễ cảm động không ? Có Không
177. Những người khác có thường hiểu lầm bạn không ? Có Không
- Q.
178. Bạn có phải để ý đề phòng đối với bạn bè không ? Có Không
179. Bạn có hay hành động tùy hứng không ? Có Không
180. Bạn có dễ phật lòng hay tức giận không ? Có Không
181. Bạn có thấy khó hành động nếu không tự chủ được không ? Có Không
182. Những điều phiền toái nhỏ có làm cho bạn giận dữ không ? Có Không
183. Bạn có thấy giận dữ khi có người khác sai bảo bạn không ? Có Không
184. Những người khác có thường làm phiền bạn không ? Có Không
185. Bạn có cảm thấy tức tối khi không có ngay những gì bạn muốn ? Có Không
186. Bạn có thường nói cộc thinh nộ không ? Có Không
- R.
187. Bạn có hay run hay rùng mình không ? Có Không
188. Bạn có thường cảm thấy bất an không ? Có Không
189. Những tiếng động bất thường có làm cho bạn giật mình không ? Có Không
190. Bạn có giật mình và thấy yếu tim khi có người hù bạn không ? Có Không
191. Những tiếng động bất thường ban đêm có làm cho bạn sợ không ? Có Không
192. Bạn có thường giật mình thức dậy vì những giấc mơ hãi hùng không ? Có Không
193. Những ý nghĩ hãi hùng có thường trở lại trong trí bạn không ? Có Không
194. Bạn có hay cảm thấy lo sợ vô cớ không ? Có Không
195. Bạn có thường toát mồ hôi lạnh không ? Có Không

APPENDIX B

SUPPLEMENTARY DATA SHEET  
(English and Vietnamese)

SUPPLEMENTARY DATA SHEET

1. How long have you been in the United States?  
Less than 1 year \_\_\_\_; 1 to 2 years \_\_\_\_; More than 2 years \_\_\_\_.
2. I have good friends among: Vietnamese \_\_\_\_ (number)  
Asian Americans \_\_\_\_ (number)  
Caucasian \_\_\_\_ (number)
3. How do you feel about the quality of your life here as compared to the past back in Vietnam?  
Much better \_\_\_\_ Better \_\_\_\_ Same \_\_\_\_ Worse \_\_\_\_ Much Worse \_\_\_\_
4. Family: Please check whether the following persons are living in the U.S. (together or separately), living in Vietnam, or living in another country.  

	Number of persons			
	in U.S.	in Vietnam	other place	
Father	_____	_____	_____	_____
Mother	_____	_____	_____	_____
brothers, sisters	_____	_____	_____	_____
grandparents on both sides	_____	_____	_____	_____
children	_____	_____	_____	_____
other relatives	_____	_____	_____	_____
spouse	_____	_____	_____	_____
5. Housing: with sponsor \_\_\_\_ own house \_\_\_\_ own apartment/condominium \_\_\_\_  
rented house \_\_\_\_ rented apartment \_\_\_\_ rented room/studio \_\_\_\_
6. How long have you been at the present residence? \_\_\_\_ weeks \_\_\_\_ months  
How do you feel about the area you are living in now? Excellent \_\_\_\_  
Good \_\_\_\_ Fair \_\_\_\_ Poor \_\_\_\_
7. Transportation: own car \_\_\_\_ by bus \_\_\_\_ by sponsor \_\_\_\_ by friends \_\_\_\_  
walking \_\_\_\_
8. Driver's license: regular \_\_\_\_ learning \_\_\_\_ none \_\_\_\_
9. Is there still any relationship with your sponsor? Yes \_\_\_\_ No \_\_\_\_  
If yes, how do you get along with your sponsor? Excellent \_\_\_\_ Good \_\_\_\_  
Fair \_\_\_\_ Poor \_\_\_\_
10. English proficiency: excellent \_\_\_\_ good \_\_\_\_ fair \_\_\_\_ poor \_\_\_\_
11. Any public assistance? Social welfare \_\_\_\_ Food stamps \_\_\_\_  
Medical coupons \_\_\_\_ None \_\_\_\_

1. Bạn đã sống tại Mỹ được bao lâu?  
 Chưa được 1 năm \_\_\_\_\_; Từ 1 đến 2 năm \_\_\_\_\_; Trừn 2 năm \_\_\_\_\_.
2. Bạn có bao nhiêu người bạn tốt: bạn người Việt Nam \_\_\_\_\_ (bao nhiêu người)  
 bạn người Mỹ gốc Á châu \_\_\_\_\_ (bao nhiêu người)  
 bạn người Mỹ da trắng \_\_\_\_\_ (bao nhiêu người)
3. Bạn nghĩ thế nào về đời sống ở Mỹ so với cuộc sống của bạn tại Việt Nam trong quá khứ?  
 Tốt đẹp hơn nhiều \_\_\_\_\_ Tốt hơn \_\_\_\_\_ Giống nhau \_\_\_\_\_ Buồn chán \_\_\_\_\_ Qua buồn chán \_\_\_\_\_
4. Gia đình: Xin đánh dấu X nếu những thân nhân nào của bạn dưới đây đang sinh sống ở bên Mỹ (sống chung hay riêng), ở Việt Nam, hay ở 1 quốc gia nào khác.
- |                     | Tổng số người | Ở Mỹ  | Ở Việt Nam | Ở nơi khác |
|---------------------|---------------|-------|------------|------------|
| Cha                 | _____         | _____ | _____      | _____      |
| Mẹ                  | _____         | _____ | _____      | _____      |
| Anh chị em          | _____         | _____ | _____      | _____      |
| Ông bà (nội, ngoại) | _____         | _____ | _____      | _____      |
| Con                 | _____         | _____ | _____      | _____      |
| Họ hàng             | _____         | _____ | _____      | _____      |
| Vợ hay chồng        | _____         | _____ | _____      | _____      |
5. Nhà ở: với người bảo trợ \_\_\_\_\_ nhà của bạn mua \_\_\_\_\_ phòng của bạn mua/ở chung \_\_\_\_\_  
 nhà mượn \_\_\_\_\_ muốn phòng \_\_\_\_\_ muốn phòng nhỏ \_\_\_\_\_
6. Bạn đã ở địa chỉ hiện tại bao lâu rồi? \_\_\_\_\_ tuần lễ \_\_\_\_\_ tháng  
Bạn có cảm tưởng gì về khu vực bạn đang ở? Rất tốt \_\_\_\_\_ tốt \_\_\_\_\_ trung bình \_\_\_\_\_  
 không tốt lắm \_\_\_\_\_
7. Phương tiện di chuyển: xe riêng của bạn \_\_\_\_\_ xe buýt \_\_\_\_\_ xe của người bảo trợ \_\_\_\_\_  
 xe của bạn mình \_\_\_\_\_ đi bộ \_\_\_\_\_
8. Bằng lái xe: đã có bằng rồi \_\_\_\_\_ đang học lái \_\_\_\_\_ chưa có bằng \_\_\_\_\_
9. Bạn vẫn còn liên lạc với người bảo trợ của bạn phải không? Có \_\_\_\_\_ Không \_\_\_\_\_  
Nếu có, sự giao hảo giữa bạn và người bảo trợ như thế nào? Rất tốt đẹp \_\_\_\_\_  
 tốt đẹp \_\_\_\_\_ trung bình \_\_\_\_\_ không tốt đẹp lắm \_\_\_\_\_
10. Khả năng anh văn: rất giỏi \_\_\_\_\_ giỏi \_\_\_\_\_ trung bình \_\_\_\_\_ cõnyếu \_\_\_\_\_
11. Bạn có lãnh trợ cấp không? Tiền mặt \_\_\_\_\_ Phiếu thức phẩm \_\_\_\_\_  
 Phiếu y tế \_\_\_\_\_ Không có lãnh gì cả \_\_\_\_\_

## REFERENCES



## REFERENCES

1. American Public Welfare Association, Refugee Reports, 2:24:5, 1981.
2. Braxton M. Alfred, "Some Aspects of the Behavior of the Cornell Medical Index Among Navaho Migrants to Denver, Colorado," Transcultural Psychiatric Research, 6:82-83, April, 1969.
3. Franklin N. Arnhoff, LaVern C. Strough, and Richard B. Seymour, "The Cornell Medical Index in a Psychiatric Outpatient Clinic," Journal of Clinical Psychology, 12:263-267, 1956.
4. Bernard B. Berk and Lucie Cheng Hirata, "Mental Illness Among the Chinese: Myth or Reality?" Journal of Social Issues, 29:2:149-166, 1973.
5. Keeve Brodman, Albert J. Erdman Jr., and Harold G. Wolff, "Cornell Medical Index Health Questionnaire," (New York: Cornell University Medical College, 1949), pp. 2-6.
6. A. C. Brown, "The Cornell Medical Index-Health Questionnaire in the Identification of Neurotic Patients in General Practice," Journal of Psychosomatic Research, 6:185, 1962.
7. Norman A. Chance, "Conceptual and Methodological Problems In Cross-Cultural Health Research," American Journal of Public Health, 52:410-417, March, 1962.
8. H. M. Chu, "Migration and Mental Disorder in Taiwan," Transcultural Research in Mental Health, ed., W. P. Lebra (Honolulu: East-West Center Press, 1972), pp. 295-325.
9. H. M. Chu and H. Rin, "The Distribution of Psychiatric Symptoms in a Chinese Community: An Application of a Modified Cornell Medical Index Health Questionnaire in a Psychiatric Epidemiological Study," Journal of the Formosan Medical Association, 69:89, 1970.
10. Henry P. David, Behavior In New Environments: Involuntary International Migration; Adaptation of Refugees, ed., Eugene B. Brody (California: Sage Publications, 1970), p. 88.
11. Henry P. David, "Healthy Family Functioning: A Cross Cultural Appraisal," Bulletin of the World Health Organization, 56:3:327-342, 1978.

12. Michael J. de Sherbinin., ed., 1980 World Refugee Survey, New York, United States Committee for Refugees, Inc., 1980.
13. Han T. Doan, "Factors That Foster or Impede the Process of Acculturation of Vietnamese Refugees," (paper presented at 77th annual meeting of the American Sociological Association, Chicago, Illinois, September 5-9, 1977).
14. Roy V. Erickson, and Giao Ngoc Hoang, "Health Problems Among Indochinese Refugees," American Journal of Public Health, 70:9:1003-1005, September, 1980.
15. M. Fried, "Effects of Social Change on Mental Health," American Journal of Orthopsychiatry, 34:3-28, 1964.
16. V. T. H. Gunaratne, "Health for all by the Year 2000: the Race of Health Education," International Journal of Health, Supplement 23:9, January-March, 1980.
17. R. Harding and J. Looney, "Problems of Southeast Asian Children in a Refugee Camp," American Journal of Psychiatry, 134:407, April, 1977.
18. Norman G. Hawkins, Robert Davies, and Thomas H. Holmes, "Evidence of Psychological Factors in the Development of Pulmonary Tuberculosis," American Review of Tuberculosis and Pulmonary Diseases, 75:768-780, 1957.
19. L. E. Hinkle, "The Effect of Exposure to Cultural Change, Social Change, and Changes in Interpersonal Relationships on Health," Stressful Life Events: Their Nature and Effects, eds., B. P. Dohrenwend and B. S. Dohrenwend, (New York: J. Wiley and Sons, 1974), pp. 9-44.
20. Andrea O. Hollingsworth and others, "The Refugees and Child-bearing: What to Expect," ed., Dorothy J. del Bueno, RN, 43:11:45-48, November, 1980.
21. T. H. Holmes, and M. Masuda, "Life Changes and Illness Susceptibility," Separation and Depression; Clinical and Research Aspects, ed., J. P. Scott and E. C. Senoy (Washington D.C.: American Association of the Advancement of Science, 1973), pp. 161-186.
22. J. David Kinzie and others, "An Indochinese Refugee Psychiatric Clinic: Culturally Accepted Treatment Approaches," American Journal of Psychiatry, 137:11:1429-1432, November, 1980.
23. Denise Koval, and Ann Marie Walsh Brennan, "Exotic Diseases You're Sure to See More Of," ed., Dorothy J. del Bueno, RN, 43:9:73-80, September, 1980.

24. Pamela Blafer Lack, "The Ways of Americans, Through Vietnamese Eyes," New York Times, January 24, 1978, L31.
25. Keh-Ming Lin, Laurie Tazuma, and Minoru Masuda, "Adaptational Problems of Vietnamese Refugees," Archives of General Psychiatry, 36:955-961, August, 1979.
26. Margaret Mead, ed., Cultural Patterns and Technical Change, (prepared by the World Federation for Mental Health, UNESCO, Holland, 1953), p. 287.
27. A. F. Meszaros, "Types of Displacement Reactions Among the Post-Revolution Hungarian Immigrants," Canadian Psychiatric Association Journal, 6:9-19, 1961.
28. Minoru Masuda, Keh-Ming Lin, and Laurie Tazuma, "Adaptation Problems of Vietnamese Refugees; Life Changes and Perception of Life Events," Archives of General Psychiatry, 36:447-450, April, 1980.
29. Judith G. Rabkin and Elmer L. Struening, "Life Events, Stress, Illness," Science, 14:1013-1020, December, 1976.
30. Richard H. Rahe and others, "Psychiatric Consultation in a Vietnamese Refugee Camp," American Journal of Psychiatry, 85:2:185-190, February, 1978.
31. Hsien Rin, Carmi Schooler, and William A. Caudil, "Symptomatology and Hospitalization; Cultural, Social Structure and Psychopathology in Taiwan and Japan," Journal of Nervous and Mental Disease, 157:4:296-311, October, 1973.
32. Jurgen Ruesch, Anne Marie Jacobson, and Martin B. Loeb, "Acculturation and Illness," Psychological Monograph, ed., Herbert S. Conrad, 62:5:1-40, June, 1948.
33. R. D. Rumbaut and R. G. Rumbaut, "The Family in Exile: Cuba Expatriots in the United States," American Journal of Psychiatry, 83:395-399, 1976.
34. Julius Segal and Norman Lourie, "The Mental Health of the Vietnamese Refugees," (Memorandum to Rear Admiral S. G. Morrison, National Institute of Mental Health, Division of Health, Education and Welfare, Rockville, Maryland, June 10, 1975, 12 pages.)
35. Norman A. Scotch and H. Jack Geiger, "An Index of Symptom and Disease in Zulu Culture," Human Organization, 20:4:304-311, Winter, 1963-1964.
36. Mary Charles Smith Santopietro and Barbara A. Lynch, "What's Behind the Inscrutable Mask?" ed., Dorothy J. del Bueno, RN, 43:10:55-62, October, 1980.

37. Lester A. Sobel, ed., Refugees: A World Report, (New York: Facts on File, Inc., 1979).
38. Ralein Soberano, The Vietnamese of New Orleans: Problems of America's Newest Immigrants, U.S., Educational Resources Information Center, ERIC Document ED 173525, 1978.
39. Marion Yuen Tinloy, "Mental Health Issues of Asian Americans: The Visible Minority," (Dissertation Abstract, Psychology, Social, Order No. 7804563).
40. Wen-Shing Tseng, "The Nature of Somatic Complaints Among Psychiatric Patients: The Chinese Case," Comprehensive Psychiatry, 16:3:237-245, May-June, 1975.
41. Wen-Shing Tseng and Jing Hsu, "Chinese Culture, Personality Formation and Mental Illness," International Journal of Social Psychiatry, 16:1:5-14, Winter, 1969-1970.
42. United States, Congress, Senate, Committee on the Judiciary, U. S. Refugee Programs, Hearing, 95th Congress, 2nd Session, April 17, 1980 (Washington: Government printing office, 1980.)
43. A Joe Vignes and Richard C. W. Hall, "Adjustment of a Group of Vietnamese People to the United States," American Journal of Psychiatry, 86:442-444, April, 1979.
44. H. G. Wolff, A. J. Erdman, and K. Brodman, Manual of Cornell Medical Index - Health Questionnaire, New York Hospital and the Department of Medicine (Neurology) and Psychiatry, Cornell University Medical College, revised, 1956.

ABSTRACT

MENTAL HEALTH STATUS OF VIETNAMESE REFUGEES  
IN UTAH COUNTY, UTAH

David A. Acree

Department of Health Science

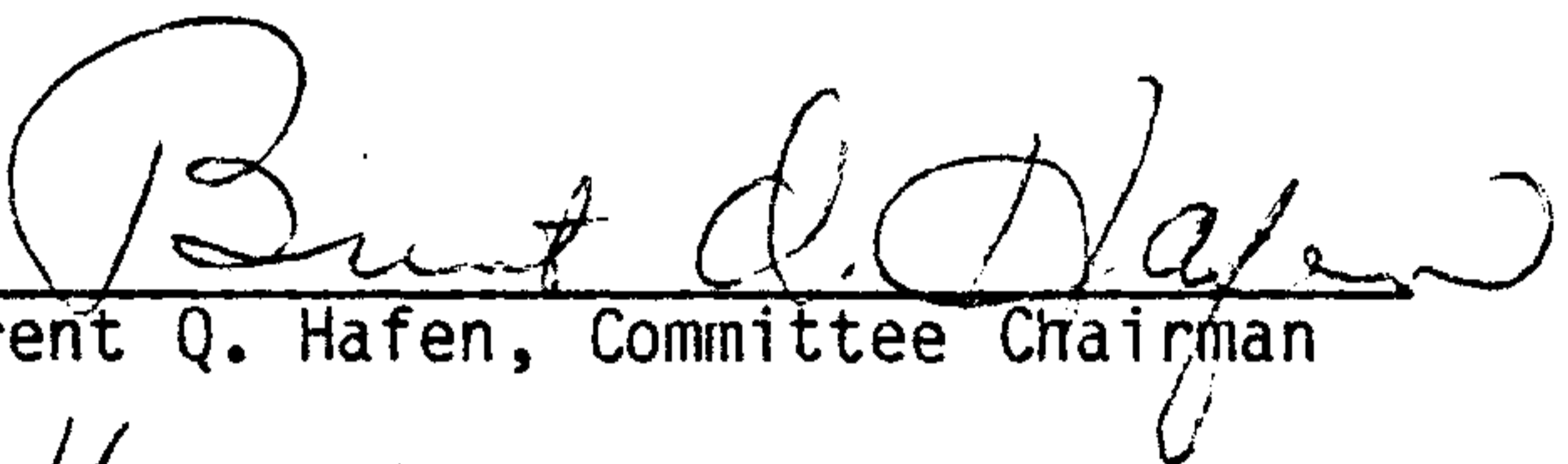
M.S. Degree, August 1981

ABSTRACT

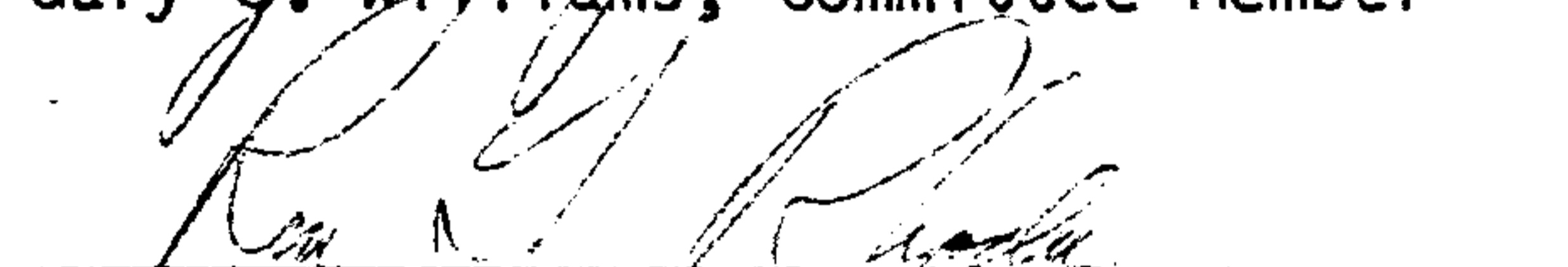
This study attempted to measure mental health status of Vietnamese refugees in Utah County, Utah. The test instrument used was the Cornell Medical Index (CMI). Two subproblems were considered: First, to see if refugee complaints on the CMI were predominantly physiological or psychological. Second, to see if there was a relationship between CMI scores and a related list of demographic variables.

Results showed the mean CMI score for the sample under study was well above the suggested score indicative of possible psychological dysfunction. For 80% of participants, psychological complaints were predominant over physical complaints. The only variables showing a relationship to CMI score were age, feelings about life in U.S., location of spouse, and relationship with sponsor.

COMMITTEE APPROVAL:

  
Brent Q. Hafen, Committee Chairman

  
Gary S. Williams, Committee Member

  
Ronald L. Rhodes, Department Chairman