

RGHQoL

Please read this carefully

On the following pages you will find some statements which have been made by people who have herpes.

Each statement is followed by four alternative responses.

Please choose the response that applies best to you **at the moment** and put a tick in the box next to it.

For example,

I worry about having herpes

Yes, very much

Yes, quite a lot

Yes, a little

No, not at all

Please answer each of the 20 statements on the following pages.

It will only take you a few minutes

Remember to tick only one of the responses for each of the statements.

1. Herpes makes it difficult for me to plan ahead

- Yes, very difficult
- Yes, quite difficult
- Yes, a little difficult
- No, not at all difficult

2. I worry that sex will trigger an outbreak

- Yes, I worry a great deal
- Yes, I worry quite a lot
- Yes, I worry about it a little
- No, I don't worry about it at all

3. I feel insecure about personal relationships

- Yes, very insecure
- Yes, quite insecure
- Yes, a little insecure
- No, not at all insecure

4. It is difficult to forget that I have herpes

- Yes, it's very difficult
- Yes, it's quite difficult
- Yes, it's a little difficult
- No, it's not at all difficult