

Table 4. Quality of life assessment of GH deficiency in adults (AGHDA score)

1. I have to struggle to finish jobs.
 2. I feel a strong need to sleep during the day
 3. I often feel lonely even when I am with other people
 4. I have to read things several times before they sink in
 5. It is difficult for me to make friends
 6. It takes a lot of effort for me to do simple tasks
 7. I have difficulty controlling my emotions
 8. I often lose track of what I want to say
 9. I lack confidence
 10. I have to push myself to do things
 11. I often feel very tense
 12. I feel as if I let people down
 13. I find it hard to mix with people
 14. I feel worn out even when I've not done anything
 15. There are times when I feel very low
 16. I avoid responsibilities if possible
 17. I avoid mixing with people I don't know well
 18. I feel as if I am a burden to people
 19. I often forget what people have said to me
 20. I find it difficult to plan ahead
 21. I am easily irritated by other people
 22. I often feel too tired to do things I ought to do
 23. I have to force myself to do all the things that need doing
 24. I often have to force myself to stay awake
 25. My memory lets me down.
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