

**GENERAL WELL BEING INDEX***PLEASE READ THIS CAREFULLY*

On the following pages you will find some questions asking about how you have been feeling in yourself *during the past two weeks*. Please answer these questions as honestly as you can.

Do not ask anyone else about your answer – just say what you think best applies to you.

Just put a tick in the brackets [ ] which is closest to how you have been feeling.

1. During the past two weeks  
How have you been feeling in general?
 

In very good spirits	[ ]
In good spirits mostly	[ ]
I've been up and down a lot	[ ]
In low spirits mostly	[ ]
In very low spirits	[ ]
  
2. During the past two weeks  
Have you been bothered much by your nerves?
 

Very much so	[ ]
Quite a bit	[ ]
Sometimes	[ ]
A little	[ ]
Not at all	[ ]
  
3. During the past two weeks  
Have you felt in firm control of your actions thoughts or feeling?
 

Yes definitely	[ ]
Yes mostly	[ ]
Not too well	[ ]
No, hardly at all	[ ]
Not at all	[ ]
  
4. During the past two weeks  
Have you felt sad, discouraged or hopeless so much that you wondered if life was worthwhile?
 

Very much so	[ ]
Quite a bit	[ ]
Sometimes, enough to bother me	[ ]
A little bit	[ ]
Not at all	[ ]
  
5. During the past two weeks  
Have you been under any stress or pressure?
 

Yes almost more than I could bear	[ ]
Yes more than usual	[ ]
Yes, about the same as usual	[ ]
Yes a little	[ ]
No, not at all	[ ]
  
6. During the past two weeks  
How happy, pleased or satisfied have you been?
 

Very satisfied	[ ]
Fairly satisfied	[ ]
Satisfied on the whole	[ ]
Rather dissatisfied	[ ]
Very dissatisfied	[ ]
  
7. During the past two weeks  
Have you seriously thought you might be losing control over your thoughts and actions?
 

Not at all	[ ]
Only a little	[ ]
Not enough to worry about	[ ]
Yes quite often	[ ]
Yes very often	[ ]
  
8. During the past two weeks  
Have you been anxious, worried or upset?
 

Very much so	[ ]
Quite a lot	[ ]
Sometimes, enough to bother me	[ ]
A little bit	[ ]
Not at all	[ ]
  
9. During the past two weeks  
Have you been waking up feeling fresh and rested?
 

Every day	[ ]
Most days	[ ]
Less than half the time	[ ]
Not often	[ ]
Not at all	[ ]
  
10. During the past two weeks  
Have you been bothered by any illness, pains or fears about your health?
 

All the time	[ ]
A lot of the time	[ ]
Some of the time	[ ]
A little bit	[ ]
Not at all	[ ]

11. During the past two weeks  
Has your daily life been filled with things that interest you?

- All the time [ ]  
Most of the time [ ]  
Some of the time [ ]  
A little [ ]  
Not at all [ ]

12. During the past two weeks  
Have you felt disheartened and sad?

- All of the time [ ]  
Most of the time [ ]  
From time to time [ ]  
Very occasionally [ ]  
Not at all [ ]

13. During the past two weeks  
Have you felt stable and sure of yourself?

- All of the time [ ]  
Most of the time [ ]  
Some of the time [ ]  
Now and then [ ]  
Not at all [ ]

14. During the past two weeks  
Have you felt tired, worn out or exhausted?

- All of the time [ ]  
Most of the time [ ]  
Some of the time [ ]  
Now and then [ ]  
Not at all [ ]

15. During the past two weeks  
Did you feel depressed?

- Yes very much so [ ]  
Yes quite a bit [ ]  
Sometimes enough to bother me [ ]  
A little depressed now and then [ ]  
No, not at all [ ]

16. During the past two weeks  
How tense have you been?

- Extremely tense all the time [ ]  
Very tense most of the time [ ]  
A little tense sometimes [ ]  
Rarely tense [ ]  
Not tense at all [ ]

17. During the past two weeks  
Did you feel well enough to do the things you like to do or had to do?

- Yes definitely [ ]  
Yes, for the most part [ ]  
About half the time [ ]  
No not often [ ]  
No not at all [ ]

18. During the past two weeks  
How much energy or vitality did you have?

- Lots of energy [ ]  
Fairly energetic most of the time [ ]  
Energy varied quite a bit [ ]  
Low in energy mostly [ ]  
No energy at all [ ]

19. During the past two weeks  
Have you had any worries about your health?

- Yes all the time [ ]  
Most of the time [ ]  
From time to time [ ]  
Not a lot [ ]  
Not at all [ ]

20. During the past two weeks  
How active and vigorous have you felt?

- Very active every day [ ]  
Mostly active [ ]  
Fairly active [ ]  
Seldom active [ ]  
Not at all active [ ]

21. During the past two weeks  
How cheerful have you been?

- Not cheerful at all [ ]  
A little cheerful now and then [ ]  
Cheerful about half the time [ ]  
Mostly quite cheerful [ ]  
Very cheerful all the time [ ]

22. During the past two weeks  
How relaxed have you felt?

- Very relaxed all the time [ ]  
Mostly relaxed [ ]  
Relaxed about half the time [ ]  
Rarely felt relaxed [ ]  
Not at all relaxed [ ]

**Thank you for taking the trouble to fill in this questionnaire.  
Please go back to the beginning and make sure you have answered every question on both pages**