

# Questionnaire on well-being

Think about how you have been feeling the past week (including today). Go through all the statements and circle the number (0-4) that corresponds best to how you have been feeling during the week.

To what extent during the past week have you...	Never	Rarely	Occasionally	Often	Very often
... felt calm and relaxed?	0	1	2	3	4
... slept well, and got the right amount of sleep?	0	1	2	3	4
... had a good appetite and enjoyed eating?	0	1	2	3	4
... have been able to be focused and concentrated on today's tasks?	0	1	2	3	4
... have been able to take initiatives and get started with what you wanted to do?	0	1	2	3	4
... felt interested in various activities and in people around you?	0	1	2	3	4
... felt optimistic and viewed things on the bright side?	0	1	2	3	4
... felt happy and harmonious?	0	1	2	3	4
... felt active and filled with energy?	0	1	2	3	4
... felt satisfied with yourself?	0	1	2	3	4
... felt a strong zest for life?	0	1	2	3	4
... been able to made decisions and carry them out?	0	1	2	3	4
... been able to object and to assert yourself when this is needed?	0	1	2	3	4
... been able to stay in the here and now, and to let go of thoughts about problems?	0	1	2	3	4
... felt satisfied with your life in its present situation?	0	1	2	3	4
... had the power to recover one's strength if something has been stressful or difficult?	0	1	2	3	4
... felt that your life is meaningful?	0	1	2	3	4
... felt that you are well and healthy?	0	1	2	3	4