

The General Well-Being Scale

For each question, choose the answer that best describes how you have felt and how things have been going for you during the past month.

1. How have you been feeling in general?

- 5___ In excellent spirits
- 4___ In very good spirits
- 3___ In good spirits mostly
- 2___ I've been up and down in spirits a lot
- 1___ In low spirits mostly
- 0___ In very low spirits

2. Have you been bothered by nervousness or your "nerves"?

- 0___ Extremely so-to the point where I could not work or take care of things
- 1___ Very much so
- 2___ Quite a bit
- 3___ Some-enough to bother me
- 4___ A little
- 5___ Not at all

3. Have you been in firm control of your behavior, thoughts, emotions, or feelings?

- 5___ Yes, definitely so
- 4___ Yes, for the most part
- 3___ Generally so
- 2___ Not too well
- 1___ No, and I am somewhat disturbed
- 0___ No, and I am very disturbed

4. Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile?

- 0___ Extremely so-to the point I have just about given up
- 1___ Very much so
- 2___ Quite a bit
- 3___ Some-enough to bother me
- 4___ A little bit
- 5___ Not at all

5. Have you been under or felt you were under any strain, stress, or pressure?

- 0___ Yes-almost more than I could bear
- 1___ Yes-quite a bit of pressure
- 2___ Yes-some, more than usual
- 3___ Yes-some, but about usual
- 4___ Yes- a little
- 5___ Not at all

6. How happy, satisfied, or pleased have you been with your personal life?
- 5__ Extremely happy-couldn't have been more satisfied or pleased
 - 4__ Very happy
 - 3__ Fairly happy
 - 2__ Satisfied-pleased
 - 1__ Somewhat dissatisfied
 - 0__ Very dissatisfied
7. Have you had reason to wonder if you were losing your mind, or losing control over the way you act, talk, feel, or of your memory?
- 5__ Not at all
 - 4__ Only a little
 - 3__ Some, but not enough to be concerned
 - 2__ Some, and I've been a little concerned
 - 1__ Some, and I am quite concerned
 - 0__ Much, and I'm very concerned
8. Have you been anxious, worried, or upset?
- 0__ Extremely so-to the point of being sick, or almost sick
 - 1__ Very much so
 - 2__ Quite a bit
 - 3__ Some-enough to bother me
 - 4__ A little bit
 - 5__ Not at all
9. Have you been waking up fresh and rested?
- 5__ Every day
 - 4__ Most every day
 - 3__ Fairly often
 - 2__ Less than half the time
 - 1__ Rarely
 - 0__ None of the time
10. Have you been bothered by illness, bodily disorder, pain, or fears about your health?
- 0__ All the time
 - 1__ Most of the time
 - 2__ A good bit of the time
 - 3__ Some of the time
 - 4__ A little of the time
 - 5__ None of the time
11. Has your daily life been full of things that are interesting to you?
- 5__ All the time
 - 4__ Most of the time
 - 3__ A good bit of the time
 - 2__ Some of the time

- 1__ A little of the time
- 0__ None of the time

12. Have you felt downhearted and blue?

- 0__ All the time
- 1__ Most of the time
- 2__ A good bit of the time
- 3__ Some of the time
- 4__ A little of the time
- 5__ None of the time

13. Have you been feeling emotionally stable and sure of yourself?

- 5__ All the time
- 4__ Most of the time
- 3__ A good bit of the time
- 2__ Some of the time
- 1__ A little of the time
- 0__ None of the time

14. Have you felt tired, worn out, used up, or exhausted?

- 0__ All the time
- 1__ Most of the time
- 2__ A good bit of the time
- 3__ Some of the time
- 4__ A little of the time
- 5__ None of the time

15. How concerned or worried about your health have you been?

Not	10	8	6	4	2	0	Very
Concerned							concerned
At all							

16. How relaxed or tense have you been?

Very	10	8	6	4	2	0	Very
Relaxed							tense

17. How much energy, pep, and vitality have you felt?

No energy	0	2	4	6	8	10	Very
At all, listless							energetic, dynamic

18. How depressed or cheerful have you been?

Very	0	2	4	6	8	10	Very
depressed							cheerful

Scoring

Add up all the points for the answers you have chosen, and find your score in the table below.

81-110	Positive well-being
76-80	Low positive
71-75	Marginal
56-70	Stress problem
41-55	Distress
26-40	Serious
0-25	Severe