

The WHO-5 questionnaire*

Instructions: Please indicate for each of the 5 statements which is closest to how you have been feeling over the past 2 weeks, for each statement chose one number that represents how you felt

Over the past 2 weeks...	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me	5	4	3	2	1	0
ADD UP ALL THE NUMBERS YOU CHOSE FROM TABLE ABOVE: TOTAL:						
Call us at 816 541 3031 with your results						

- Bach P, Gudex C, Starehr Johansen K: the WHO (Ten) Well-Being Index: validation in diabetes. Psychother Psychosom 1996;65:183-190