

GENERAL WELL-BEING₂₀

These questions are about how you feel, and how things have been with you mostly during the past month. For each question, please circle the number for the one answer that comes closest to the way you have been feeling.

(1) How happy, satisfied, or pleased have you been with your personal life during the past month?

1. Extremely happy, could not have been more satisfied or pleased
2. Very happy most of the time
3. Generally satisfied, pleased
4. Sometimes fairly satisfied, sometimes fairly unhappy
5. Generally dissatisfied, unhappy
6. Very dissatisfied

(2) How much of the time, during the past month, has your daily life been full of things that were interesting to you?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time.

(3) How much of the time, during the past month, did you feel relaxed and free of tension?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(4) During the past month, how much of the time have you generally enjoyed things?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(5) Did you feel depressed during the past month?

1. Yes, to the point that I did not care about anything for days at a time
2. Yes, very depressed almost every day
3. Yes, moderately depressed on several occasions
4. Yes, quite depressed at least a couple of times
5. Yes, a little depressed now and then
6. No, never felt depressed at all

(6) When you got up in the morning, during the past month, about how often did you expect to have an interesting day?

1. Always
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never

(7) During the past month, how much of the time have you felt tense or 'high-strung'?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(8) How much of the time, during the past month, have you felt calm and peaceful?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(9) How much of the time, during the past month, have you felt downhearted and blue?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(10) How much of the time, during the past month, were you able to relax without difficulty?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(11) How often, during the past month, did you feel that nothing turned out for you the way you wanted it to?

1. Always
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never

(12) During the past month, how much of the time has living been a wonderful adventure for you?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(13) How often, during the past month, have you felt so down in the dumps that nothing could cheer you?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(14) During the past month, how much of the time have you been moody or brooded about things?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(15) How much of the time, during the past month, have you felt cheerful, light-hearted?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(16) During the past month, how often did you get rattled, upset, or flustered?

1. Always
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never

(17) During the past month, have you been anxious or worried?

1. Yes, extremely so, to the point of being sick or almost sick
2. Yes, very much so
3. Yes, quite a bit
4. Yes, some, enough to bother me
5. Yes, a little bit
6. No, not at all

(18) During the past month, how much of the time were you a happy person?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

(19) How often during the past month did you find yourself having difficulty trying to calm down?

1. Always difficult
2. Very often
3. Fairly often
4. Sometimes
5. Almost never
6. Never any difficulty

(20) During the past month, how much of the time have you been in low or very low spirits?

1. All of the time
2. Most of the time
3. A good bit of the time
4. Some of the time
5. A little of the time
6. None of the time

THANKYOU – THE END

SCORING KEY – GENERAL WELL-BEING₂₀
(Veit & Ware, 1983; Heubeck & Neill, 2000)

Psychological Distress (PD) = 5,7,9,11,13,14,16,17,19,20
Psychological Well-Being (PWB) = 1,2,3,4,6,8,10,12,15,18

Note: The scale of item 5 ‘felt depressed’ was originally measured on a 5 point scale. In this 20-item version, it has been changed to a 6 point scale to make it compatible with the other items.

For more information about this version of the Mental Health Inventory contact Bernd Heubeck (bernd.heubeck@anu.edu.au) or James Neill (james@wilderdom.com).

References

- Heubeck, B., & Neill, J.T. (2000). Confirmatory factor analysis and reliability of the Mental Health Inventory for Australian Adolescents. *Psychological Reports*, 87, 431-440.
- Veit, C., & Ware, J. (1983) The structure of psychological distress and well-being in general populations. *Journal of Consulting and Clinical Psychology*, 51, 730-742.