

(for Helpful Resources tab)

WHO-5 Well-Being Index

developed by the World Health Organization Collaborating Center for Mental Health, Frederiksborg General Hospital

	Over the last 2 weeks	All 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
1	I have felt cheerful and in good spirits.	5	4	3	2	1	0
2	I have felt calm and relaxed.	5	4	3	2	1	0
3	I have felt active and vigorous.	5	4	3	2	1	0
4	I woke up feeling fresh and rested.	5	4	3	2	1	0
5	My daily life has been filled with things that interest me.	5	4	3	2	1	0

Scoring

Add your total score and multiply by 4 to obtain a percentage score. A percentage score of 0 represents the worst possible Well-Being, while a score of 100 represents the best possible quality of life.

If you have answered scored a 1 or 0 on any of these items, it may be helpful for you to consult with a counseling professional. A score of 13 or lower suggests further investigation into possible symptoms of depression.

For monitoring change

Complete this index at the beginning of treatment and the end, as well as at regular intervals during the treatment process. A change of 10% or greater indicates a significant improvement.