**Mental wellbeing questions**

**When should you use these questions?**

These questions may be useful if your project aims to improve participants’ emotional wellbeing. The questions are well established, and used in a variety of settings.

**How to use these questions**

These questions can be copied and pasted directly into a questionnaire. It is important to include all seven questions, in order to cover all aspects of mental health and wellbeing.

For each question, considering the statement to be true for more of the time indicates a greater level of mental health and wellbeing.

To analyse the results, assign a 1 to each answer of ‘none of the time’, a 2 to each ‘rarely’, a 3 to each ‘some of the time’, a 4 to each ‘often’ and a 5 to each ‘all of the time’. Add up the total to generate an overall score for each participant.

**Please select how much you agree or disagree with each statement.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | None of the time | Rarely | Some of the time | Often | All of the time |
| I’ve been feeling optimistic about the future | □ | □ | □ | □ | □ |
| I’ve been feeling useful | □ | □ | □ | □ | □ |
| I’ve been feeling relaxed | □ | □ | □ | □ | □ |
| I’ve been dealing with problems well | □ | □ | □ | □ | □ |
| I’ve been thinking clearly | □ | □ | □ | □ | □ |
| I’ve been feeling close to other people | □ | □ | □ | □ | □ |
| I’ve been able to make up my own mind about things | □ | □ | □ | □ | □ |