**Wellbeing and Life Satisfaction questions**

**When should you use these questions?**

These questions may be useful if your project aims to improve participants’ emotional wellbeing. The questions have been developed by the Office for National Statistics, and are used in national surveys to measure personal wellbeing and life satisfaction.

**How to use these questions**

These questions can be copied and pasted directly into a questionnaire. It is important to include all four questions, in order to cover all aspects of personal wellbeing. For each question, the higher the score chosen the higher the level of personal wellbeing. To analyse the results, simply record each participant’s score for each question.

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all  |  |  |  |  |  |  |  |  | Completely  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Overall, how satisfied are you with your life nowadays?  | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Overall, to what extent do you feel that the things you do in your life are worthwhile?  | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| Overall, how happy did you feel yesterday?  | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |
| On a scale where 0 is “not at all anxious” and 10 is “completely anxious”, overall, how anxious did you feel yesterday?  | □ | □ | □ | □ | □ | □ | □ | □ | □ | □ |