



UNIVERSITY OF BRISTOL

Measuring Well-being

(Bristol patients)

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This research is in collaboration with the Department of Social Medicine at the University of Bristol and general practices in Bristol and Birmingham. We are testing how well this questionnaire measures well-being in men and women aged between 16 and 39. This study is funded by the National Health Service.

Your name does not appear on the questionnaire and if you complete and return it all the information you provide will be kept strictly confidential.

When you have filled in the questionnaire please could you send it back in the envelope provided. You do not need to use a stamp as the postage is paid for.

If you have any questions about this study please do not hesitate to contact Dr Nicola Mills at the address on the title page or by telephoning 0117 9287210.

How to fill in the questionnaire

Please read each question carefully. For most questions you only have to tick the box next to the relevant answer in each section. The final question requires you to circle one of four options for each given statement.

Thank you for your time

These questions are designed to help us know how you feel. Read each item and place a tick in the box opposite the reply which comes closest to how you have been feeling ***in the past week***.

Don't take too long over your replies, your immediate reaction to each item will probably be more accurate than a long thought-out response.

Tick only one box for each question

1. I feel tense or 'wound up':

- Most of the time 3
A lot of the time 2
From time to time, occasionally 1
Not at all 0

2. I feel as if I am slowed down:

- Nearly all the time 3
Very often 2
Sometimes 1
Not at all 0

3. I still enjoy the things I used to enjoy:

- Definitely as much 0
Not quite so much 1
Only a little 2
Hardly at all 3

4. I get a sort of frightened feeling like 'butterflies' in the stomach:

- Not at all 0
Occasionally 1
Quite often 2
Very often 3

5. I get a sort of frightened feeling as if something awful is about to happen:

- Very definitely and quite badly 3
- Yes, but not too badly 2
- A little, but it doesn't worry me 1
- Not at all 0

6. I have lost interest in my appearance:

- Definitely 3
- I don't take as much care as I should 2
- I may not take quite as much care 1
- I take just as much care as ever 0

7. I can laugh and see the funny side of things:

- As much as I always could 0
- Not quite so much now 1
- Definitely not so much now 2
- Not at all 3

8. I feel restless as if I have to be on the move:

- Very much indeed 3
- Quite a lot 2
- Not very much 1
- Not at all 0

9. Worrying thoughts go through my mind:

- A great deal of the time 3
- A lot of the time 2
- Not too often 1
- Very little 0

10. I look forward with enjoyment to things:

- As much as I ever did 0
- Rather less than I used to 1
- Definitely less than I used to 2
- Hardly at all 3

11. I feel cheerful:

- Never 3
- Not often 2
- Sometimes 1
- Most of the time 0

12. I get sudden feelings of panic:

- Very often indeed 3
- Quite often 2
- Not very often 1
- Not at all 0

13. I can sit at ease and feel relaxed:

- Definitely 0
- Usually 1
- Not often 2
- Not at all 3

14. I can enjoy a good book, or radio or TV programme:

- Often 0
- Sometimes 1
- Not often 2
- Very seldom 3

PLEASE TURN OVER

15. Below is a list of statements dealing with your general feelings about yourself. If you **strongly agree** with a statement, circle **SA**. If you **agree**, circle **A**. If you **disagree**, circle **D**. If you **strongly disagree**, circle **SD**.

Please circle only 1 of the 4 possible answers to each question

	1 Strongly agree	2 Agree	3 Disagree	4 Strongly disagree
a. On the whole, I am satisfied with myself	SA	A	D	SD
b. At times I think I am no good at all	SA	A	D	SD
c. I feel that I have a number of good qualities	SA	A	D	SD
d. I am able to do things as well as most other people	SA	A	D	SD
e. I feel I do not have much to be proud of	SA	A	D	SD
f. I certainly feel useless at times	SA	A	D	SD
g. I feel that I'm a person of worth, at least on an equal plane with others	SA	A	D	SD
h. I wish I could have more respect for myself	SA	A	D	SD
i. All in all, I am inclined to feel that I am a failure	SA	A	D	SD
j. I take a positive attitude toward myself	SA	A	D	SD

Please tick in the box if you would like to receive details on the results of this questionnaire study

Thank you very much. Your participation is appreciated

Please post the questionnaire back using the pre-paid envelope provided.



Return address: Department of Social Medicine, University of Bristol, Canynge Hall, Whiteladies Road, Bristol, BS8 2PR