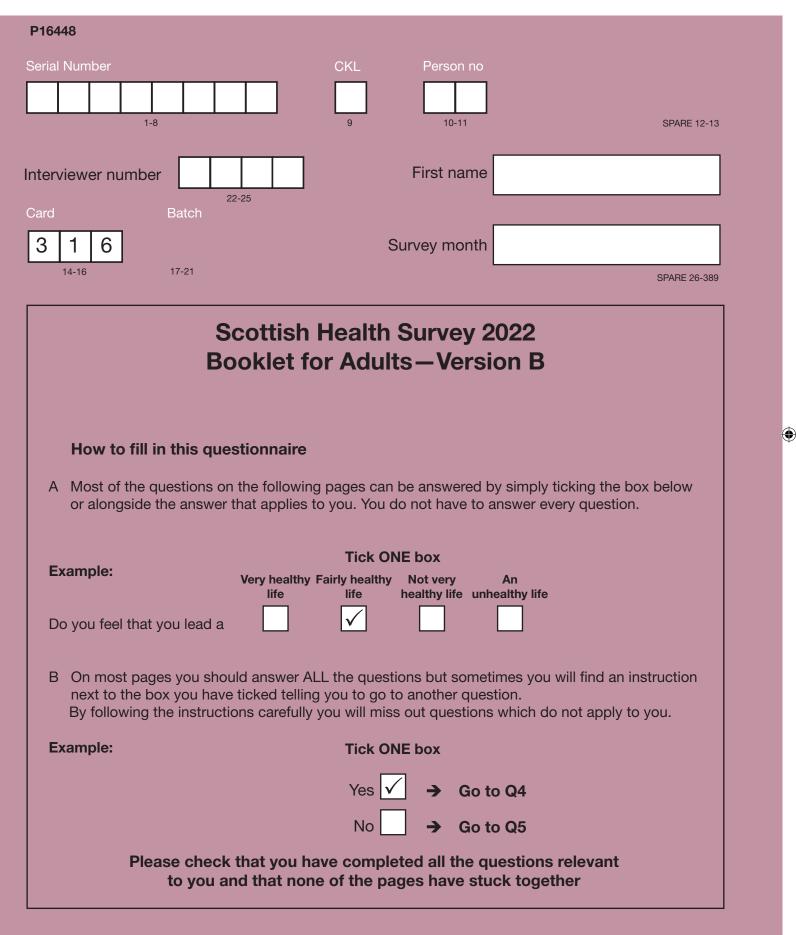




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GENERAL HEALTH OVER THE LAST FEW WEEKS

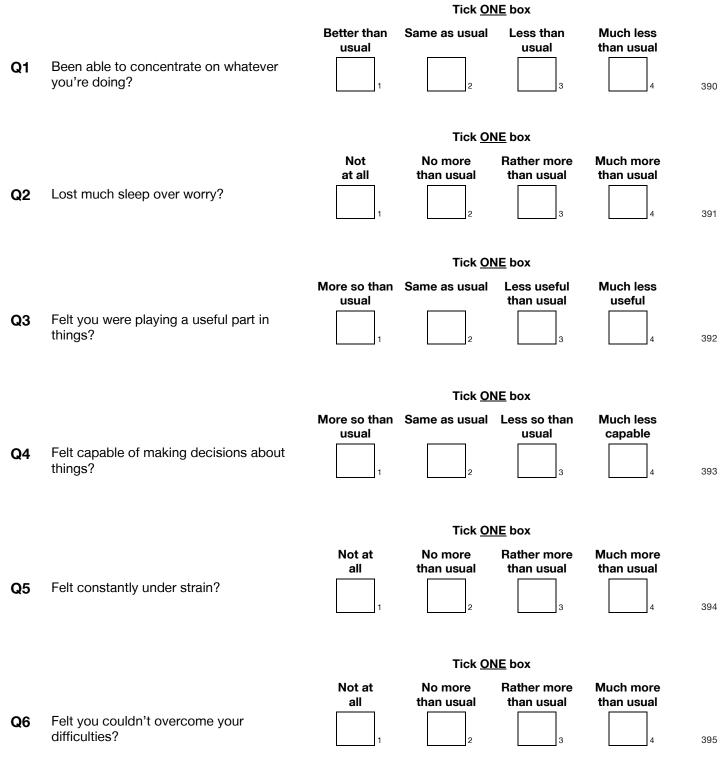
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Please read this carefully:

We would like to know how your health has been in general over **the past few weeks**. Please answer **ALL** the questions by ticking the box below the answer which you think most applies to you.

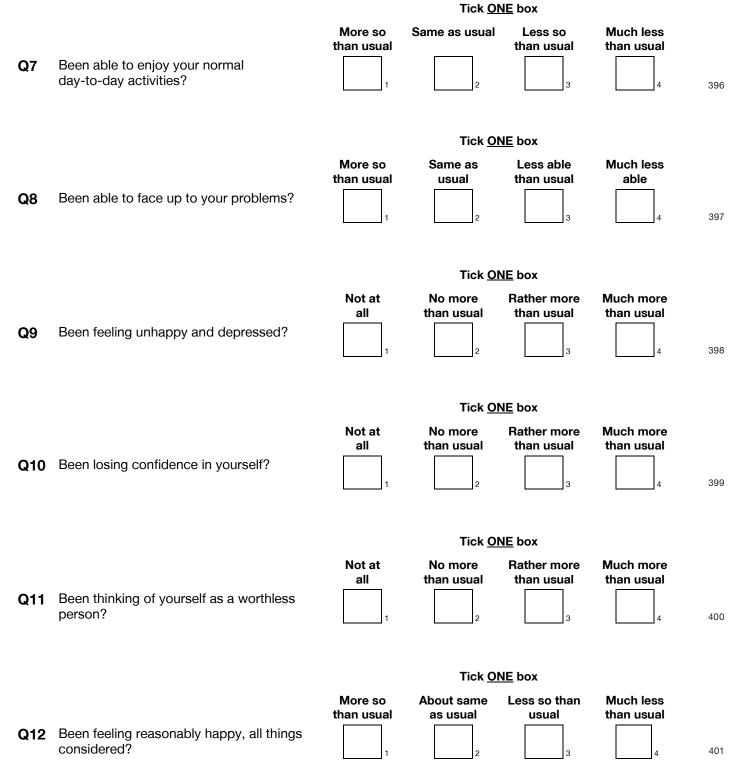
HAVE YOU RECENTLY:

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HAVE YOU RECENTLY:



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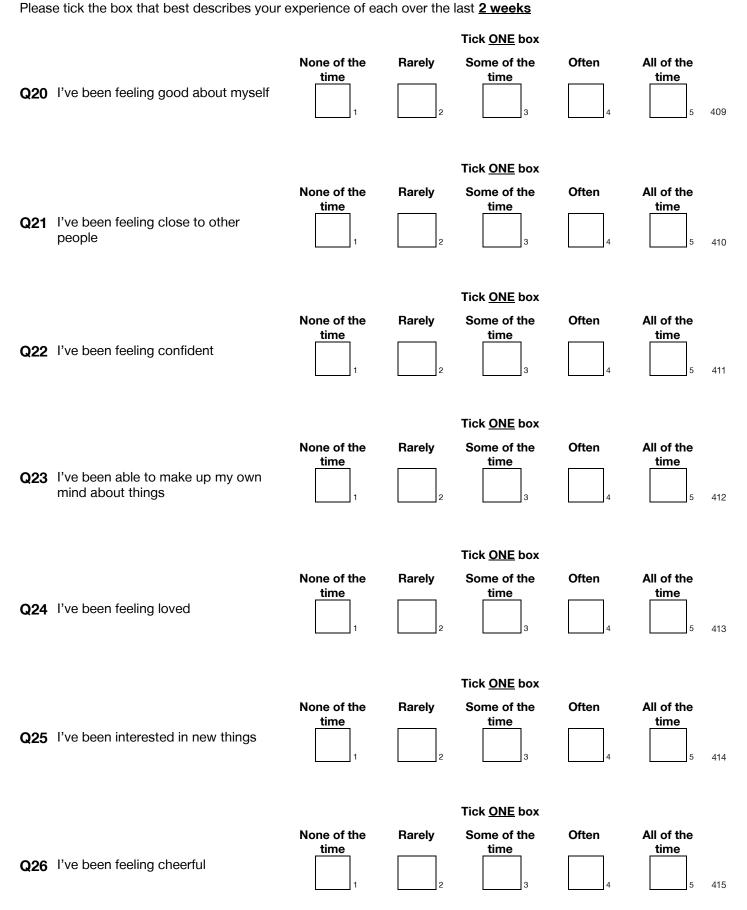
Please read this carefully: Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last <u>2 weeks</u>

			Tick <u>ONE</u> box		
Q13 I've been feeling optimistic about the future	None of the time	Rarely	Some of the time	Often	All of the time 5 402
Q14 I've been feeling useful	None of the time	Rarely	Tick <u>ONE</u> box Some of the time	Often	All of the time 5 403
Q15 I've been feeling relaxed	None of the time	Rarely	Tick <u>ONE</u> box Some of the time	Often	All of the time 5 404
Q16 I've been feeling interested in other people	None of the time	Rarely	Tick <u>ONE</u> box Some of the time	Often	All of the time 5 405
Q17 I've had energy to spare	None of the time	Rarely	Tick <u>ONE</u> box Some of the time	Often	All of the time 5 406
Q18 I've been dealing with problems well	None of the time	Rarely	Tick <u>ONE</u> box Some of the time	Often	All of the time 5 407
Q19 I've been thinking clearly	None of the time	Rarely	Tick <u>ONE</u> box Some of the time	Often	All of the time 5 408

Please read this carefully:

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Below are some statements about feelings and thoughts.



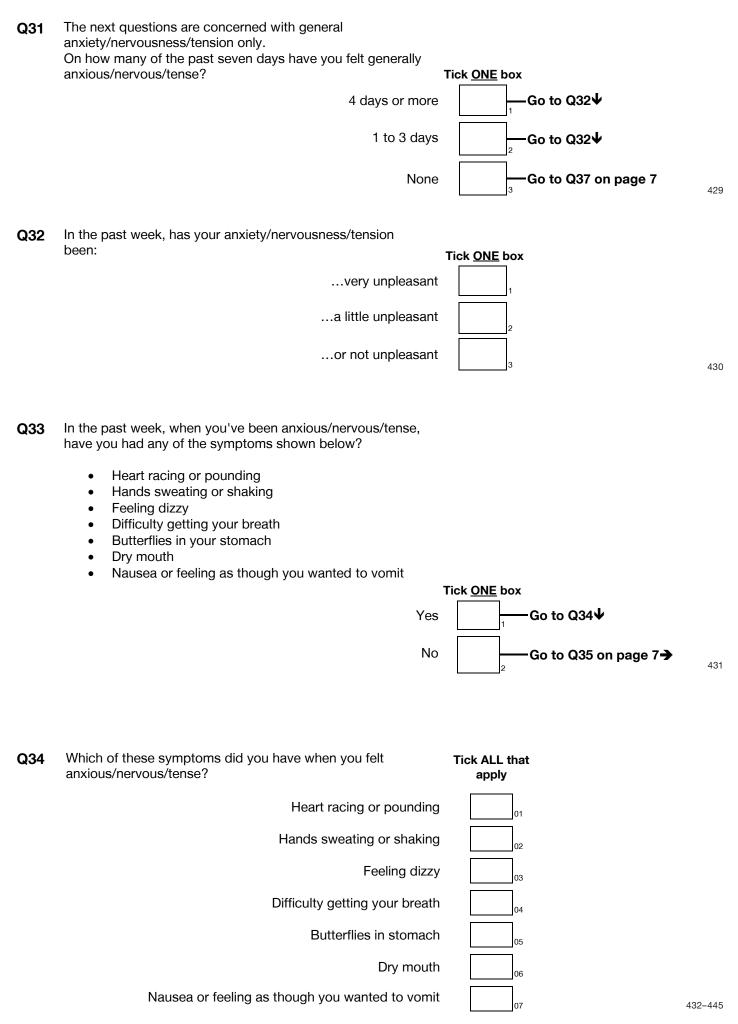
Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

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The next set of questions cover topics to do with depression, anxiety and self-harm.

The next few questions ask about how you've been feeling lately and if you've been feeling depressed, worried or anxious

Q27	Have you been feeling anxious or nervous in the past month? Tick ONE box	
	Yes	
	No 2	425
Q28	In the past month, did you ever find your muscles felt tense or that you couldn't relax? Tick <u>ONE</u> box	
	Yes	426
Q29	Some people have phobias; they get nervous or uncomfortable about specific things or situations when there is no real danger. For instance, they may get extremely anxious when in confined spaces, or they may have a fear of heights. Others become nervous at the sight of things like blood or spiders. In the past month have you felt anxious, nervous or tense about any specific things when there was no real danger? Yes1 No2	427
IF YOU	U ANSWERED 'YES' TO ANY OF THE THREE QUESTIONS ABOVE TO GO TO Q30	
OR		
IF YOU	U ANSWERED 'NO' TO ALL OF THE ABOVE THREE QUESTIONS, PLEASE GO TO Q37 ON PAGE 7	
Q30	In the past month, when you felt anxious/nervous/tense, was this always brought on by a phobia about some specific situation or thing or did you sometimes feel generally anxious/nervous/tense? Tick <u>ONE</u> box	
	Always brought on by phobia Go to Q37 on page 7	
	Sometimes generally anxious \int_{2}^{2} Go to Q31 $\rightarrow \Psi$	428



Q35	Have you felt anxious/nervous/tense for more than 3 hours in total on any one of the past seven days?	Tick ONE box
	Yes	1
	No	2 446
Q36	How long have you had these feelings of general anxiety/nervousness/tension as you described?	Tick ONE box
	Less than 2 weeks	01
	2 weeks but less than 6 months	02
	6 months but less than 1 year	03
	1 year but less than 2 years	04
	2 years or more	05 447-448
Q37	Almost everyone becomes sad, miserable or depressed at times.	
	Have you had a spell of feeling sad, miserable or depressed in the past month?	Tick ONE box
	Yes	5
	No	2 449
Q38	During the past month, have you been able to enjoy or take an interest in things as much as you usually do?	Tick ONE box
	Yes	5
	No/no enjoyment or interes	t 450
		2 450
Q39	In the past week have you had a spell of feeling sad, miserable or depressed?	
	Yes	51
	Να	2 451

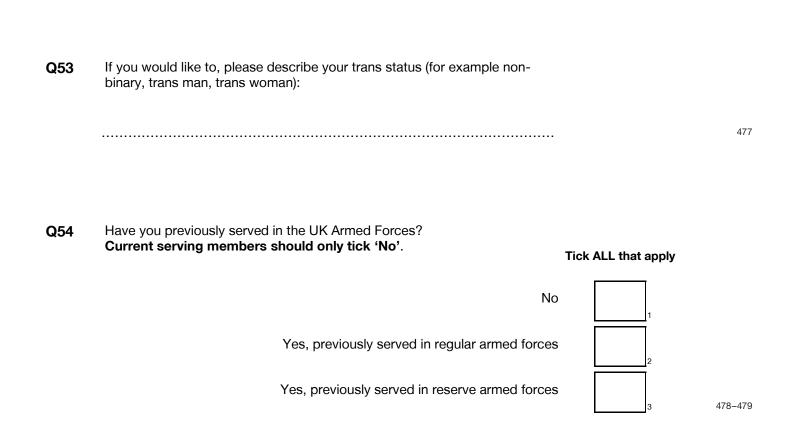
Q40	In the past week have you been able to enjoy or take an interest in things as much as usual? Yes		
Q41	Since this day last week on how many days have you felt depressed or unable to take an interest in things / sad, miserable or depressed / unable to enjoy or take an interest in things? 4 days or more 1 to 3 days None	$\mathbf{Go to Q42 \Psi}$	
Q42	Have you felt depressed or unable to take an interest in things/ sad, miserable or depressed/ unable to enjoy or take an interest in things for more than 3 hours in total on any day in the past week? Yes	Tick ONE box	
Q43	In the past week when you felt sad, miserable or depressed/unable to enjoy or take an interest in things, did you ever become happier when something nice happened, or when you were in company? Yes, at least once No	Tick <u>ONE</u> box	

Q44	How long have you been feeling sad, miserable or depressed/ unable to enjoy or take an interest in things as you have described?	Tick <u>ONE</u> box
	Less than 2 weeks	01
	2 weeks but less than 6 months	02
	6 months but less than a year	03
	1 year but less than 2 years	04
	2 years but less than 5 years	05
	5 years but less than 10 years	06
	10 years or more	07 456-457
Q45	Have you ever made an attempt to take your life, by taking an overdose of tablets or in some other way? Yes No	Tick ONE boxGo to Q46Go to Q47
Q46		Tick <u>ONE</u> box
	In the last week?	1
	In the last year?	2
	Some other time?	3 459
Q47	Have you ever deliberately harmed yourself in any way but not with the intention of killing yourself?	Tick <u>ONE</u> box
	Yes	Go to Q48 \checkmark
	No	Go to Q49 on page 10
Q48	When was this? Please tell us about the most recent time	Tick <u>ONE</u> box
	In the last week?	
	In the last year?	
	Some other time?	2

SPARE 462-468

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Q49	How much of the time during the past week have you felt lonely?	Tick ONE box
	None or almost none of the time	e1
	Some of the time	e2
	Most of the tim	e
	All or almost all of the time	e4 469
		SPARE 470-472
Q50	Which of the following options best describes your sexual orientation? Tick	
	one box only.	Tick ONE box
	Straight/Heterosexua	al1
	Gay or Lesbia	n2
	Bisexua	al
	Other sexual orientation, please write i	n4 473
If ye	ou would like to, please write in the other words you would use in the space belo	W:
		474
Q51	What is your sex?	
	Tick ONE box only Tick ON	E box only
	Female	1
	Male	
		2
	Prefer not to say	3 475
Q52	Do you consider yourself to be trans, or have a trans history? Tick ONE box only	
	Tick ON	E box only
	No	Go to Q54 on page 11→
	Yes	Go to Q53 on page 11→
	Prefer not to say	Go to Q54 on page 11→ ₃



THANK YOU FOR TAKING PART

PLEASE REMEMBER TO RETURN THE BOOKLET USING THE ENVELOPE PROVIDED

A USEFUL CONTACTS LEAFLET HAS BEEN INCLUDED IN THE ENVELOPE IF YOU WOULD LIKE TO TALK TO SOMEONE ABOUT ANY OF THE TOPICS COVERED IN THE QUESTIONNAIRE ۲

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