

Psychological Wellbeing Assessment – Part 1

I've been feeling optimistic about the future

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling useful

- None of the time
- Rarely
- Some of the time
- Often

- All of the time

I've been feeling relaxed

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling interested in other people

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've had energy to spare

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been dealing with problems well

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been thinking clearly

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling good about myself

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling close to other people

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling confident

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

Psychological Wellbeing Assessment – Part 2

I've been able to make up my own mind about things

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been interested in new things

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

I've been feeling cheerful

- None of the time
- Rarely
- Some of the time
- Often
- All of the time