

### The BBC Well-being scale

This questionnaire attempts to measure how happy you feel generally in most parts of your life. Select the response that best describes your experience.

	<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Very much</i>	<i>Extremely</i>
1. Are you happy with your physical health					
2. Are you happy with the quality of your sleep					
3. Are you happy with your ability to perform daily living activities					
4. Do you feel depressed or anxious*					
5. Do you feel able to enjoy life					
6. Do you feel you have a purpose in life					
7. Do you feel optimistic about the future					
8. Do you feel in control of your life					
9. Do you feel happy with yourself as a person					
10. Are you happy with your looks and appearance					
11. Do you feel able to live your life the way you want					
12. Are you confident in your own opinions and beliefs					
13. Do you feel able to do the things you choose to do					
14. Do you feel able to grow and develop as a person					
15. Are you happy with yourself and your achievements					
16. Are you happy with your personal and family life					
17. Are you happy with your friendships and personal relationships					
18. Are you comfortable about way you relate connect with others					
19. Are you happy with your sex life					
20. Are you able to ask someone for help with a problem					
21. Are you happy that you have enough money to meet your needs					
22. Are you happy with your opportunity for exercise/leisure					
23. Are you happy with access to health services					
24. Are you happy with your ability to work					

Scoring:

	<i>Not at all</i>	<i>A little</i>	<i>Moderately</i>	<i>Very much</i>	<i>Extremely</i>
<i>Item 4</i>	<i>5</i>	<i>4</i>	<i>3</i>	<i>2</i>	<i>1</i>
<i>All other items</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

Psychological Well-being scale – items 4 (reversed score), 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15

Physical Health and Well-being scale – items 1, 2, 3, 21, 22, 23, 24

Relationships scale – items 16, 17, 18, 19, 20

Total well-being score is each sub-scale added up. The higher the score indicates better levels of well-being in each domain and for the total subjective well-being.