

EMOTIONAL WELL-BEING SURVEY

Mail Survey

Version: May 8, 2001

Please answer each question by filling in the blank or checking a box:

1. During the past 30 days, for about how many days have you felt sad, blue, or depressed? _____ days
2. During the past 30 days, for about how many days have you felt worried, tense, or anxious? _____ days
3. During the past 30 days, for about how many days have you felt you did not get enough rest or sleep? _____ days
4. During the past 30 days, for about how many days have you felt very healthy and full of energy? _____ days
5. In general, how would you describe your emotional well-being?
(*Check only one*)

- A Excellent
- B Very Good
- C Good
- D Fair
- E Poor

Thank You.

Office Use Only:

1 of 1

Client ID: _____ Date: _____