

# EMOTIONAL WELL-BEING SURVEY

Version: March 15, 2002

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*)

- Excellent
- Very Good
- Good
- Fair
- Poor

***Thank You.***

Office Use Only:

1 of 1

Client ID: \_\_\_\_\_ Date: \_\_\_\_\_