

DEPARTMENT OF COUNSELING

Well Being Index



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The World Health Organization-Five Well-Being Index (WHO-5)

Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks. Notice that higher numbers mean better well-being.

Example. If you have felt cheerful and in good spirits more than half of the time during the last two weeks, select number three.

		All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1	I have felt cheerful and in good spirits	5	4	3	2	1	0
2	I have felt calm and relaxed	5	4	3	2	1	0
3	I have felt active and vigorous	5	4	3	2	1	0
4	I woke up feeling fresh and rested	5	4	3	2	1	0
5	My daily life has been filled with things that interest me	5	4	3	2	1	0

Acknowledgements

Anne de Graaff and Mark van Ommeren (Mental Health Unit, Department of Mental Health, Brain Health and Substance Use, WHO, Geneva, Switzerland) prepared this re-publication of the World Health Organization-Five Well-Being Index (WHO5) as an open access product.

The WHO-5 was developed during the 1990s by the late Per Bech of the Psychiatric Centre North Zealand (Copenhagen, Denmark), which hosted a WHO Collaborating Centre for Mental Health. The WHO-5 was derived from other scales and studies by the WHO Regional Office in Europe [1][2]. It has been translated, tested and used in a wide range of languages and settings across the globe [3].

In 2024 the Psychiatric Centre North Zealand and WHO agreed to assign copyright in the WHO-5 to WHO, thereby creating the opportunity to publish and disseminate the tool as a WHO open access product.

SCORING

25

The raw score is calculated by totalling the scores on each of the five questions. The raw score ranges from zero to 25, zero representing worst possible mental well-being and 25 representing best possible mental well-being.

100

To get a percentage score ranging from zero to 100, the raw score is multiplied by four. A percentage score of zero represents worst possible mental well-being; a score of 100 represents best possible mental well-being.

Comment

A percentage score below 50 (or a raw score below 13) has been suggested as a cut-off for poor mental well-being and as an indication for further assessment for the possible presence of a mental health condition (e.g., depressive disorder) H]_.

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