Visual Analogue Self-Esteem Scale (VASES)

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The VASES can be purchased from Speechmark at www.speechmark.net. The authors can be contacted at the University of Sheffield:

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Professor Paschal Sheeran  p.sheeran@sheffield.ac.uk.
**Warwick-Edinburgh Mental Well-being Scale**

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

<table>
<thead>
<tr>
<th>STATEMENTS</th>
<th>None of the time</th>
<th>Rarely</th>
<th>Some of the time</th>
<th>Often</th>
<th>All of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I've been feeling optimistic about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling useful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling relaxed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling interested in other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've had energy to spare</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been dealing with problems well</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been thinking clearly</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling good about myself</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling close to other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling confident</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been able to make up my own mind about things</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling loved</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been interested in new things</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I've been feeling cheerful</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
**Ways of Coping (WAYS)**

Please read each item below and indicate, by using the following rating scale, to what extent you used it in the situation you have just described.

<table>
<thead>
<tr>
<th>Not Used</th>
<th>Used Somewhat</th>
<th>Used Quite A Bit</th>
<th>Used A great deal</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

1. Just concentrated on what I had to do next – the next step.
2. I tried to analyze the problem in order to understand it better.
3. Turned to work or substitute activity to take my mind off things.
4. I felt that time would make a difference – the only thing to do was to wait.
5. Bargained or compromised to get something positive from the situation.
6. I did something which I didn’t think would work, but at least I was doing something.
7. Tried to get the person responsible to change his or her mind.
8. Talked to someone to find out more about the situation.
9. Criticized or lectured myself.
10. Tried not to burn my bridges, but leave things open somewhat.
11. Hoped a miracle would happen.
12. Went along with fate; sometimes I just have bad luck.
13. Went on as if nothing had happened.
14. I tried to keep my feelings to myself.
15. Looked for the silver lining, so to speak; tried to look on the bright side of things.
16. Slept more than usual.
17. I expressed anger to the person(s) who caused the problem.
18. Accepted sympathy and understanding from someone.
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<td>3</td>
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19. I told myself things that helped me to feel better.
20. I was inspired to do something creative.
21. Tried to forget the whole thing.
22. I got professional help.
23. Changed or grew as a person in a good way.
24. I waited to see what would happen before doing anything.
25. I apologized or did something to make up.
26. I made a plan of action and followed it.
27. I accepted the next best thing to what I wanted.
28. I let my feelings out somehow.
29. Realized I brought the problem on myself.
30. I came out of the experience better than when I went in.
31. Talked to someone who could do something concrete about the problem.
32. Got away from it for a while; tried to rest or take a vacation.
33. Tried to make myself feel better by eating, drinking, smoking, using drugs or medication, etc.
34. Took a big chance or did something very risky.
35. I tried not to act too hastily or follow my first hunch.
36. Found new faith.
37. Maintained my pride and kept a stiff upper lip.
38. Rediscovered what is important in life.

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39. Changed something so things would turn out all right.
40. Avoided being with people in general.
41. Didn’t let it get to me; refused to think too much about it.
42. I asked a relative or friend I respected for advice.
43. Kept others from knowing how bad things were.
44. Made light of the situation; refused to get too serious about it.
45. Talked to someone about how I was feeling.
46. Stood my ground and fought for what I wanted.
47. Took it out on other people.
48. Drew on my past experiences; I was in a similar situation before.
49. I knew what had to be done, so I doubted my efforts to make things work.
50. Refused to believe that it had happened.
51. I made a promise to myself that things would be different next time.
52. Came up with a couple of different solutions to the problem.
53. Accepted it, since nothing could be done.
54. I tried to keep my feelings from interfering with other things too much.
55. Wished that I could change what had happened or how I felt.
56. I changed something about myself.
57. I daydreamed or imagined a better time or place than the one I was in.
58. Wished that the situation would go away or somehow be over with.
59. Had fantasies or wishes about how things might turn out.

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____ 60. I prayed.

____ 61. I prepared myself for the worst.

____ 62. I went over in my mind what I would say or do.

____ 63. I thought about how a person I admire would handle this situation and used that as a model.

____ 64. I tried to see things from the other person’s point of view.

____ 65. I reminded myself how much worse things could be.

____ 66. I jogged or exercised.
Please circle one number on each scale, from 3 (all the time) to 0 (not at all), to indicate how often you feel each statement has applied to you in the past few weeks.

<table>
<thead>
<tr>
<th>Statement</th>
<th>all the time</th>
<th>not at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I have crying spells or feel like it</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>2. I feel downhearted and blue</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>3. I feel afraid for no reason at all</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>4. I get upset easily or feel panicky</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>5. I feel energetic, active or vigorous</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>6. I feel dull or sluggish</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>7. I feel tired, worn out, used up or exhausted</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>8. I have been waking up feeling fresh and rested</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>9. I have been happy, satisfied, or pleased with my personal life</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>10. I have lived the kind of life I wanted to</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>11. I have felt eager to tackle my daily tasks or make new decisions</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>12. I have felt I could easily handle or cope with any serious problem or major change in my life</td>
<td>3</td>
<td>2</td>
</tr>
</tbody>
</table>

Please make sure that you have considered each of the 12 statements and have circled one number in response to each statement.
Well-Being Questionnaire – 22 (W-BQ22)

The Well-Being Questionnaire – 22 (W-BQ22) was further developed in the 1990s, resulting in the shorter W-BQ12 (included in this review). Professor Bradley now encourages researchers to use the W-BQ12 in preference to the W-BQ22.

To obtain permission to use the W-BQ22 or W-BQ12, please contact:

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WHO-5 Well-being Index

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To obtain permission for use of the WHO-5 Well-being Index please contact:

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69003 Lyon
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Fax: +33 (0)4 72 13 66 82
Email: mpemery@mapi.fr

For further information about the WHO-5 Well-being Index, visit www.who-5.org and www.proqolid.org.
World Health OrganiZation Quality of Life – 100 (WHOQoL-100)

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To obtain permission for use of the WHOQoL-100, please contact:

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   UK

   Telephone: +44 (0)1225 826 826
   Fax: +44 (0)1225 826 381
   Email: S.M.Skevington@bath.ac.uk
World Health Organization Quality of Life – BREF (WHOQoL-BREF)

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