

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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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

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-being Scale (WEMWBS), 2006. Obtained from Prof. Sarah Stewart-Brown. Copyright © 2006 NHS Health Scotland, University of Warwick and University of Edinburgh, all rights reserved. WEMWBS is free but permission is required for use. For permission, please contact Dr Kulsum Janmohamed (Sumi) K.Janmohamed@Warwick.ac.uk indicating how you plan to use the scale. Further information on using the scale is available on <http://www.healthscotland.com/understanding/population/mental-health-indicators.aspx>. Reproduced with permission.

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.

- | Not
Used | Used
Somewhat | Used
Quite A Bit | Used
A great deal | |
|--------------------------|------------------|---------------------|----------------------|--|
| 0 | 1 | 2 | 3 | |
| <input type="checkbox"/> | | | | 1. Just concentrated on what I had to do next – the next step. |
| <input type="checkbox"/> | | | | 2. I tried to analyze the problem in order to understand it better. |
| <input type="checkbox"/> | | | | 3. Turned to work or substitute activity to take my mind off things. |
| <input type="checkbox"/> | | | | 4. I felt that time would make a difference – the only thing to do was to wait. |
| <input type="checkbox"/> | | | | 5. Bargained or compromised to get something positive from the situation. |
| <input type="checkbox"/> | | | | 6. I did something which I didn't think would work, but at least I was doing something. |
| <input type="checkbox"/> | | | | 7. Tried to get the person responsible to change his or her mind. |
| <input type="checkbox"/> | | | | 8. Talked to someone to find out more about the situation. |
| <input type="checkbox"/> | | | | 9. Criticized or lectured myself. |
| <input type="checkbox"/> | | | | 10. Tried not to burn my bridges, but leave things open somewhat. |
| <input type="checkbox"/> | | | | 11. Hoped a miracle would happen. |
| <input type="checkbox"/> | | | | 12. Went along with fate; sometimes I just have bad luck. |
| <input type="checkbox"/> | | | | 13. Went on as if nothing had happened. |
| <input type="checkbox"/> | | | | 14. I tried to keep my feelings to myself. |
| <input type="checkbox"/> | | | | 15. Looked for the silver lining, so to speak; tried to look on the bright side of things. |
| <input type="checkbox"/> | | | | 16. Slept more than usual. |
| <input type="checkbox"/> | | | | 17. I expressed anger to the person(s) who caused the problem. |
| <input type="checkbox"/> | | | | 18. Accepted sympathy and understanding from someone. |

Ways of Coping, 1985. Obtained from Prof. Susan Folkman and freely available for use. Consulting Psychologists Press modified the scale in 1988, and their version is copyrighted. If you wish to use the 1988 version, permission must be obtained from Mind Garden, Inc., 855 Oak Grove Road, Suite 215, Menlo Park, CA 94025, USA; or visit their website at www.mindgarden.com. The manual and/or scoring service for the Ways of Coping (1988) is also available from Mind Garden, Inc. Reproduced with permission.

Not Used	Used Somewhat	Used Quite A Bit	Used A great deal
0	1	2	3

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Not Used	Used Somewhat	Used Quite A Bit	Used A great deal
0	1	2	3

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 doubled 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.

Well-Being Questionnaire – 12 (W-BQ12)

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.

	all the time		not at all	
1. I have crying spells or feel like it	3	2	1	0
2. I feel downhearted and blue	3	2	1	0
3. I feel afraid for no reason at all	3	2	1	0
4. I get upset easily or feel panicky	3	2	1	0
5. I feel energetic, active or vigorous	3	2	1	0
6. I feel dull or sluggish	3	2	1	0
7. I feel tired, worn out, used up or exhausted	3	2	1	0
8. I have been waking up feeling fresh and rested.....	3	2	1	0
9. I have been happy, satisfied, or pleased with my personal life.....	3	2	1	0
10. I have lived the kind of life I wanted to.....	3	2	1	0
11. I have felt eager to tackle my daily tasks or make new decisions	3	2	1	0
12. I have felt I could easily handle or cope with any serious problem or major change in my life.....	3	2	1	0

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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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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For copyright information and the option to complete the questionnaire online (including a printout of the results), visit: www.bath.ac.uk/whogol/.

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

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World Health Organization Quality of Life – BREF (WHOQoL-BREF)

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