

Well-being Questionnaire (W-BQ16)

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 or exhausted	3	2	1	0

NOT FOR USE: This copy is a shortened sample only.

For use of the full questionnaire, please contact info@healthpsychologyresearch.com

W-BQ16 © Prof Clare Bradley: 6/96. English for USA 12.1.15 (from Standard UK English rev. 14.6.06A)
from the W-BQ12 (rev. 6/96 + instructions rev. 31.1.02) plus the Generic Stress subscale from the W-BQ28 (rev. 3.11.98)
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