

Mental fitness and well-being (MHC-SF)

The following questions concern your mental fitness and well-being. Please read each question carefully and circle the number that best represents how often you have experienced or felt the following during the past four weeks.

During the past four weeks, how often did you feel...	Never	Once or twice	About once a week	2 or 3 times a week	Almost every day	Every day
1. happy	0	1	2	3	4	5
2. interested in life	0	1	2	3	4	5
3. satisfied with life	0	1	2	3	4	5
4. that you had something important to contribute to society	0	1	2	3	4	5
5. that you belonged to a community (like a social group, your school or neighborhood).	0	1	2	3	4	5
6. that our society is a good place, or is becoming a better place, for all people.	0	1	2	3	4	5
7. that people are basically good	0	1	2	3	4	5
8. that the way our society works made sense to you	0	1	2	3	4	5
9. that you liked most parts of your personality	0	1	2	3	4	5
10. good at managing the responsibilities of your daily life	0	1	2	3	4	5
11. that you had warm and trusting relationships	0	1	2	3	4	5
12. that you had experiences that challenged you to grow and become a better person	0	1	2	3	4	5
13. confident to think or express your own ideas and opinions	0	1	2	3	4	5
14. that your life has a sense of direction or meaning to it	0	1	2	3	4	5

Your score

You can calculate your score by adding up the numbers you have encircled.

My total score is:

Please bring this questionnaire to the meeting with the physician!