

Worksheet 2.5 Mental Health Continuum – Long Form ©2008 Corey L. M. Keyes, Ph.D.

EWB1. During the past 30 days, how much of the time did you feel...

	ALL THE TIME	MOST OF THE TIME	SOME OF THE TIME	A LITTLE OF THE TIME	NONE OF THE TIME
a. ...cheerful?	1	2	3	4	5
b. ...in good spirits?	1	2	3	4	5
c. ...extremely happy?	1	2	3	4	5
d. ...calm and peaceful?	1	2	3	4	5
e. ...satisfied?	1	2	3	4	5
f. ...full of life?	1	2	3	4	5

EWB2. Using a scale from 0 to 10 where 0 means “the worst possible life overall” and 10 means “the best possible life overall,” how would you rate your life overall these days?

WORST										BEST
0	1	2	3	4	5	6	7	8	9	10

PWB. Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
1. I like most parts of my personality	1	2	3	4	5	6	7
2. When I look at the story of my life, I am pleased with how things have turned out so far	1	2	3	4	5	6	7
3. Some people wander aimlessly through life, but I am not one of them	1	2	3	4	5	6	7

	AGREE			DON'T KNOW	DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE		A LITTLE	SOME WHAT	STRONGLY
4. The demands of everyday life often get me down	1	2	3	4	5	6	7
5. In many ways I feel disappointed about my achievements in life	1	2	3	4	5	6	7
6. Maintaining close relationships has been difficult and frustrating for me	1	2	3	4	5	6	7
7. I live life one day at a time and don't really think about the future	1	2	3	4	5	6	7
8. In general, I feel I am in charge of the situation in which I live	1	2	3	4	5	6	7
9. I am good at managing the responsibilities of daily life	1	2	3	4	5	6	7
10. I sometimes feel as if I've done all there is to do in life	1	2	3	4	5	6	7
11. For me, life has been a continuous process of learning, changing, and growth	1	2	3	4	5	6	7
12. I think it is important to have new experiences that challenge how I think about myself and the world	1	2	3	4	5	6	7
13. People would describe me as a giving person, willing to share my time with others	1	2	3	4	5	6	7
14. I gave up trying to make big improvements or changes in my life a long time ago	1	2	3	4	5	6	7
15. I tend to be influenced by people with strong opinions	1	2	3	4	5	6	7

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
16. I have not experienced many warm and trusting relationships with others	1	2	3	4	5	6	7
17. I have confidence in my own opinions, even if they are different from the way most other people think	1	2	3	4	5	6	7
18. I judge myself by what I think is important, not by the values of what others think is important	1	2	3	4	5	6	7

SWB. Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
1. The world is too complex for me	1	2	3	4	5	6	7
2. I don't feel I belong to anything I'd call a community	1	2	3	4	5	6	7
3. People who do a favor expect nothing in return	1	2	3	4	5	6	7
4. I have something valuable to give the world	1	2	3	4	5	6	7
5. The world is becoming a better place for everyone	1	2	3	4	5	6	7

	AGREE				DISAGREE		
	STRONGLY	SOME WHAT	A LITTLE	DON'T KNOW	A LITTLE	SOME WHAT	STRONGLY
6. I feel close to other people in my community	1	2	3	4	5	6	7
7. My daily activities do not create anything worthwhile for my community	1	2	3	4	5	6	7
8. I cannot make sense of what's going on in the world	1	2	3	4	5	6	7
9. Society has stopped making progress	1	2	3	4	5	6	7
10. People do not care about other people's problems	1	2	3	4	5	6	7
11. My community is a source of comfort	1	2	3	4	5	6	7
12. I try to think about and understand what could happen next in our country	1	2	3	4	5	6	7
13. Society isn't improving for people like me	1	2	3	4	5	6	7
14. I believe that people are kind	1	2	3	4	5	6	7
15. I have nothing important to contribute to society	1	2	3	4	5	6	7

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