

## Well-being Questionnaire (W-BQ28)

Please circle a number on each of the following scales to indicate how often you feel each phrase has applied to you in the past few weeks:

	All the time	Often	Sometimes	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