

Well-Being Questionnaire (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

For information only

This copy is for information only - for use, please contact Professor Bradley

W-BQ12 © Prof Clare Bradley 6/96. Standard UK English (instructions rev. 31.1.02A)

Health Psychology Research, Dept of Psychology, Royal Holloway, University of London, Egham, Surrey, TW20 0EX, UK.