

### Attachment 3: WHO-5 – Well-being Index

WHO-5 – Well-being Index [25]

This form of the questionnaire clarifies the individual items and the possible distribution of points.  
The version of the questionnaire used for the survey has a slightly different format.

In the last two weeks...	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits.	5	4	3	2	1	0
I have felt calm and relaxed.	5	4	3	2	1	0
I have felt active and vigorous.	5	4	3	2	1	0
I woke up feeling fresh and rested.	5	4	3	2	1	0
My daily life has been filled with things that interested me.	5	4	3	2	1	0