



Office Use Only: #.....



Below are some statements about feelings and thoughts. Please circle the box that describes your experience of each over the last 2 weeks.

		None of the time	Rarely	Some of the time	Often	All of the time
1.	I've been feeling optimistic about the future	1	2	3	4	5
2.	I've been feeling useful	1	2	3	4	5
3.	I've been feeling relaxed	1	2	3	4	5
4.	I've been dealing with problems well	1	2	3	4	5
5.	I've been thinking clearly	1	2	3	4	5
6.	I've been feeling close to other people	1	2	3	4	5
7.	I've been able to make up my own mind about things	1	2	3	4	5
WEMWBS* Total						

We need to process this data as part of the delivery of our service to enable us to monitor the activities that we are undertaking. All personal information will be kept confidential and stored in accordance with data protection regulations. Please sign below to indicate the consent for the Charity to store this information.

Signature Date

Full Name

Course

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