

FLOURISHING QOL ASSESSMENT

Today's date (mm/dd/yy):

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NAME: _____
DOB: _____
ID#: _____

Please answer the following questions are about how you have been feeling in the past 2 weeks. Circle the number that best represents how often you have experienced or felt the following:

In the past 2 weeks, how often did you feel ...	NEVER	ONCE OR TWICE	ABOUT ONCE A WEEK	2 OR 3 TIMES A WEEK	ALMOST EVERY DAY	EVERY DAY
	0	1	2	3	4	5
1. happy	0	1	2	3	4	5
2. interested in life	0	1	2	3	4	5
3. satisfied	0	1	2	3	4	5
4. that you had something important to contribute to society	0	1	2	3	4	5
5. that you belonged to a community (like a social group, your neighborhood, your city)	0	1	2	3	4	5
6. that our society is becoming a better place for people	0	1	2	3	4	5
7. that people are basically good	0	1	2	3	4	5
8. that the way our society works makes sense to you	0	1	2	3	4	5
9. that you liked most parts of your personality	0	1	2	3	4	5
10. good at managing the responsibilities of your daily life	0	1	2	3	4	5
11. that you had warm and trusting relationships with others	0	1	2	3	4	5
12. that you have experiences that challenge you to grow and become a better person	0	1	2	3	4	5
13. confident to think or express your own ideas and opinions	0	1	2	3	4	5
14. that your life has a sense of direction or meaning to it	0	1	2	3	4	5
SCORES (add columns)						
TOTAL (of all 5 columns): _____						

The Mental Health Continuum-Short Form (MHC-SF) for adults
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Categorical Diagnosis: a diagnosis of flourishing is made if someone feels 1 of the 3 hedonic well-being symptoms (items 1-3) "every day" or "almost every day" and feels 6 of the 11 positive functioning symptoms (items 4-14) "every day" or "almost every day" in the two weeks. Languishing is when someone feels 1 of the 3 hedonic well-being symptoms (items 1-3) "never" or "once or twice" and feels 6 of the 11 positive functioning symptoms (items 4-8 are indicators of Social well-being and 9-14 are indicators of Psychological well-being) "never" or "once or twice" in the past two weeks. Individuals who are neither "languishing" nor "flourishing" are then coded as "moderately mentally healthy."

Continuous Assessment: Sum, 0-70 range (use 10 point categories if desired).

Continuous Scoring Ranges

Languishing	0-26
Moderate	27-46
Flourishing	47-70

Symptom Clusters and Dimensions:

Cluster 1; Items 1-3 = Hedonic (Emotional) Well-Being

Cluster 2; Items 4-8 = Eudaimonic (Social) Well-Being

- Item 4 = Social Contribution
- Item 5 = Social Integration
- Item 6 = Social Actualization (Social Growth)
- Item 7 = Social Acceptance
- Item 8 = Social Coherence (Social Interest)

Cluster 3; Items 9-14 = Eudaimonic (Psychological) Well-Being

- Item 9 = Self Acceptance
- Item 10 = Environmental Mastery
- Item 11 = Positive Relations with Others
- Item 12 = Personal Growth
- Item 13 = Autonomy
- Item 14 = Purpose in Life