Well-Being Assessment (WHO-5–Aligned, AI Version)

Purpose: Measure positive mental well-being & quality of life
Time frame: *Over the last 2 weeks*
Use case: Progress tracking, outcome measurement, low-risk screening
Nature: Well-being index (not diagnosis)

Instruction to user:

Below are statements about positive feelings and functioning.
Please choose the option that best describes **how you felt over the past two weeks**.

Response Options & Weights (Same for ALL Questions)

- **0** – At no time did I feel this way.
- **1** – I felt this way some of the time.
- **2** – I felt this way less than half of the time.
- **3** – I felt this way more than half of the time.
- **4** – I felt this way most of the time.
- **5** – I felt this way all of the time.

Q1. Feeling cheerful and in good spirits

- **0** – At no time did I feel cheerful or in good spirits.
- **1** – I felt cheerful some of the time.
- **2** – I felt cheerful less than half of the time.
- **3** – I felt cheerful more than half of the time.
- **4** – I felt cheerful most of the time.
- **5** – I felt cheerful all of the time.

Q2. Feeling calm and relaxed

- **0** – At no time did I feel calm and relaxed.
- **1** – I felt calm and relaxed some of the time.
- **2** – I felt calm and relaxed less than half of the time.
- **3** – I felt calm and relaxed more than half of the time.
- **4** – I felt calm and relaxed most of the time.
- **5** – I felt calm and relaxed all of the time.

Q3. Feeling active and energetic

- **0** – At no time did I feel active or energetic.
- **1** – I felt active some of the time.
- **2** – I felt active less than half of the time.
- **3** – I felt active more than half of the time.
- **4** – I felt active most of the time.
- **5** – I felt active and energetic all of the time.

Q4. Feeling rested and refreshed after sleep

- **0** – At no time did I wake up feeling rested.
- **1** – I felt rested some of the time.
- **2** – I felt rested less than half of the time.
- **3** – I felt rested more than half of the time.
- **4** – I felt rested most of the time.
- **5** – I felt rested and refreshed all of the time.

Q5. Feeling that daily life was meaningful

- **0** – At no time did I feel my life was meaningful.
- **1** – I felt my life was meaningful some of the time.
- **2** – I felt my life was meaningful less than half of the time.
- **3** – I felt my life was meaningful more than half of the time.
- **4** – I felt my life was meaningful most of the time.
- **5** – I felt my life was meaningful all of the time.

Scoring Logic (AI-Ready)

Raw Score = Sum of Q1–Q5

Range = 0 – 25

Standard WHO-5 Index Conversion

Well-Being Percentage Score = Raw Score × 4

Range = 0 – 100

Interpretation (Screening Guidance)

Raw Score	% Score	Interpretation
≤ 12	≤ 48%	Low well-being → screen for depression
13–17	52–68%	Moderate well-being
≥ 18	≥ 72%	Good well-being

Low score ≠ diagnosis
It signals **need for further assessment**, not illness.

AI Usage Rules (Best Practice)

- Use WHO-5 at:
  - Onboarding
  - Weekly / monthly check-ins
  - Post-intervention outcome tracking
- **Improvement ≥ 10 points (on % scale)** = clinically meaningful change
- Combine with:
  - PHQ-9 / GAD-7 (if low score)
  - Stress / sleep tools (for improvement)

Panel-Ready One-Liner

"We use the WHO-5 well-being index to track positive mental health and quality of life over time, making it ideal for outcome measurement without diagnostic labeling."

Why WHO-5 Is Gold for Mentamind

- Positive framing (no stigma)
- Extremely short (5 items)
- High sensitivity to improvement
- Loved by clinicians, funders, and ethics panels