**Adult Mental Health Continuum - Short Form (ages 18 or older)**

Please answer the following questions are about how you have been feeling during the PAST MONTH. Place a check mark in the box that best represents how often you have experienced or felt the following:

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

***See reverse side for scoring.***

**Operational Definitions of Symptoms of Mental Health**

|  |  |  |
| --- | --- | --- |
| **Subjective Well-being** | **Objective Well-being** | |
| **Positive Feelings: Emotional Well-being**  (items 1 – 3) | **Positive Functioning:**  **Social Well-being**  (items 4 – 8) | **Positive Functioning:**  **Psychological Well-being**  (items 9 – 14) |
| *Happiness:* Feels happiness towards the past, or about present life overall, or in domains of life.  *Positive affect:* Regularly cheerful, in good spirits, happy, calm and peaceful, satisfied, and full of life.  *Life satisfaction:* Sense of contentment or satisfaction with past or present life overall, or in life domains. | *Social contribution:* Feels that one’s life is useful to society and that one’s contributions are valued by others.  *Social integration:* Feels part of, and a sense of belonging to, a community, derives comfort and support from community.  *Social actualization:* Cares and believe that, collectively, people have potential and society can evolve positively.  *Social acceptance:* Positive attitude toward others while acknowledging and accepting people’s complexity.  *Social coherence:* has interest in society, feels it’s intelligible, somewhat logical, predictable, and meaningful. | *Self-acceptance:* Positive attitude toward oneself and past life, and concedes and accepts varied aspects of self.  *Environmental mastery:* Has capability to manage complex environment and can choose or create suitable environs.  *Positive relations with others:* Has warm, satisfying, trusting relationships, and is capable of empathy and intimacy.  *Personal growth:* Insight into one’s potential, sense of development, and open to challenging new experiences.  *Autonomy:* Comfortable with self-direction, has internal standards, resists unsavory social pressures.  *Purpose in life:* Has goals, beliefs that affirm sense of direction in life, and feels life has purpose and meaning. |

(Keyes, 2002, p. 299)

**Scoring**

* ***Flourishing:*** Feels 1 of the 3 hedonic well-being symptoms (items 1-3) "every day" or "almost every day” in the past month **PLUS** feels 6 of the 11 positive functioning symptoms (items 4-14) "every day" or "almost every day" in the past month.
* ***Languishing:*** Feels 1 of the 3 hedonic well-being symptoms (items 1-3) "never" or "once or twice" in the past month **PLUS** feels 6 of the 11 positive functioning symptoms "never" or "once or twice" in the past month.
* ***Moderately Mentally Healthy:*** Neither flourishing nor languishing.
* ***Notes:***
  + Recent studies of a nationally representative sample of over 3,000 adults indicated that only 21.6% of adults fit the criteria for flourishing in life (Keyes, 2002).
  + Languishing is distinct from depression – there is room in this model for a person to have a clinic diagnosis of a mental health condition and still experience the state of flourishing.