

WHO Well-Being Index (WHO-5)

Category: Wellbeing | Items: 5 | Time: ~1 min

Description / When to Use

5-item measure of subjective psychological well-being.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 5 items in this scale. Estimated completion time: 1 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = At no time | 1 = Some of the time | 2 = Less than half of the time | 3 = More than half of the time | 4 = Most of the time | 5 = All of the time

Scoring Guide

Sum all 5 items scored 0-5, then multiply by 4 to get 0-100 percentage score. Higher = better well-being.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-28	Poor well-being	Consider intervention
29-50	Moderate well-being	Monitor
51-100	Good well-being	Maintain

Psychometric Properties

Cronbach's alpha: 0.92 | Test-retest reliability: 0.82

Validity: Sensitive to change; used in clinical trials.

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Citation (APA Format)

Bech, P., Olsen, L. R., Kjoller, M., & Rasmussen, N. K. (2003). Measuring well-being rather than the absence of distress symptoms. *Health and Quality of Life Outcomes, 1*(29), 1-6.

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