



WHO-Five Well-being index for:

WHO-5 Well-being index

current therapy:	Talk therapy	eurythmy Therapy	rhythmic massage				
herbal, anthroposophic medicines:	Rebalance	Relaxane	Ginseng	Guarana	Aqua Maris		
Supplements / food supplements:	zinc	iron	Vitamin D	B complex	magnesium	Omega-3	Myo-Inositol
Psychotropic drugs:							

For each statement, choose an answer that you think best describes how you have felt in the past 2 weeks.

In the last two weeks

	the whole time	mostly	a little more than half the time	a little less than half the time	from time to time	at no time
	5	4	3	2	1	0
I have felt cheerful and in good spirits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have felt calm and relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have felt calm and vigorous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I woke up feeling fresh and rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My daily life has been filled with things that interest me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring

The raw score is calculated by totalling the figures of the five answers. The raw score ranges from 0 to 25, 0 representing worst possible and 25 representing best possible quality of life. The percentage value (= total value x 4): 0 denotes the worst condition, 100 the best.

Your total value:

Your percentage:

Total value over 13 points: This result speaks for a good well-being. Your quality of life is currently not affected.

Total value below 13 points: An overload requiring treatment, a burnout or a depression cannot be excluded with certainty. Low comfort levels do not justify a diagnosis. However, they are a sufficient reason to have targeted diagnostics carried out.