

Adult MHC-SF (ages 18 or older)

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

During the <u>PAST TWO WEEKS</u> 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						

FIGURE 1: OPERATIONAL DEFINITIONS OF SYMPTOMS OF MENTAL HEALTH

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

(Keyes, 2002, p. 299)