

Mental Health Inventory-Five Item (MHI-5)

- 1=All of the time
- 2=Most of the time
- 3=A good bit of the time
- 4=Some of the time
- 5=A little of the time
- 6=None of the time

How much of the time, during the last month, have you.....

1. been a very nervous person? (anxiety)
2. felt calm and peaceful? (general positive affect)
3. felt downhearted and blue? (depression)
4. been a happy person? (general positive affect)
5. felt so down in the dumps that nothing could cheer you up? (behavioral/emotional control)