

Well-being Profile (WB-Pro)

WB-Pro Survey

This document includes the following:

- Survey instructions
- Survey items
- Researcher guidelines - scoring
- Definitions of WB-Pro dimensions
- List of items according to dimension
- Recommendations for translating the survey

PLEASE READ THESE INSTRUCTIONS FIRST

This is not a test – there are no right or wrong answers.

Please read each statement carefully and decide the extent to which you agree with each statement. There are nine possible answers for each question - from “Completely disagree”, to “Completely agree”, and seven answers in-between. The numbers 1 to 9 are next to each sentence. The words that correspond to each number are shown in the table below.

1	2	3	4	5	6	7	8	9
Completely disagree	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	Completely agree

Choose your answer to a sentence and circle the number of the answer you choose. Choose only one answer. Be sure to answer **ALL** questions – do not leave any blank.

For ease of reference, the above table is located at the top of each survey page.

If you incorrectly circle an answer, cross out the incorrect answer and circle the correct one.

1 Completely disagree	2 Strongly disagree	3 Disagree	4 Somewhat disagree	5 Neither agree nor disagree	6 Somewhat agree	7 Agree	8 Strongly agree	9 Completely agree
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48 Item WB-Pro (full version)

Please circle the answer that best reflects how much you agree or disagree with each statement.

1. There are people with whom I can discuss intimate and personal matters.	1	2	3	4	5	6	7	8	9
2. I lead a purposeful and meaningful life.	1	2	3	4	5	6	7	8	9
3. My future looks very bright to me.	1	2	3	4	5	6	7	8	9
4. Other people's misfortunes usually disturb me a great deal.	1	2	3	4	5	6	7	8	9
5. I am competent and capable in the activities that are important to me.	1	2	3	4	5	6	7	8	9
6. I tend to bounce back quickly after hard times.	1	2	3	4	5	6	7	8	9
7. I feel free to do whatever I decide to do.	1	2	3	4	5	6	7	8	9
8. I generally feel active and vigorous.	1	2	3	4	5	6	7	8	9
9. I quickly get over and recover from significant life difficulties.	1	2	3	4	5	6	7	8	9
10. I usually maintain my composure.	1	2	3	4	5	6	7	8	9
11. I am always optimistic about my future.	1	2	3	4	5	6	7	8	9
12. I feel free to make my own choices.	1	2	3	4	5	6	7	8	9
13. I am almost always engaged and interested in my daily activities.	1	2	3	4	5	6	7	8	9
14. I can see my own problems and shortcomings without getting distressed by them.	1	2	3	4	5	6	7	8	9
15. I feel that I'm a person of worth.	1	2	3	4	5	6	7	8	9
16. A lot of things about me are good.	1	2	3	4	5	6	7	8	9
17. I am able to perform well and be successful in most things that I do.	1	2	3	4	5	6	7	8	9
18. Most things I do, I do well.	1	2	3	4	5	6	7	8	9
19. I feel excited by many of the things I do.	1	2	3	4	5	6	7	8	9
20. I receive help and support from others when I need it.	1	2	3	4	5	6	7	8	9
21. I can admit my shortcomings without shame or embarrassment.	1	2	3	4	5	6	7	8	9
22. I am accepting of my own flaws and inadequacies.	1	2	3	4	5	6	7	8	9
23. I feel I can decide for myself how to live my life.	1	2	3	4	5	6	7	8	9
24. I easily get caught up in other people's feelings.	1	2	3	4	5	6	7	8	9
25. I generally have a lot of energy.	1	2	3	4	5	6	7	8	9
26. I have close and secure relationships.	1	2	3	4	5	6	7	8	9
27. I generally feel cheerful.	1	2	3	4	5	6	7	8	9
28. There are people in my life who really care about me.	1	2	3	4	5	6	7	8	9

1	2	3	4	5	6	7	8	9
Completely disagree	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	Completely agree

Please circle the answer that best reflects the extent you agree with each statement.

29. I am able to think clearly.	1	2	3	4	5	6	7	8	9
30. I feel full of energy most of the time.	1	2	3	4	5	6	7	8	9
31. If a person needs help, I would do almost anything I could to assist.	1	2	3	4	5	6	7	8	9
32. I am accepting of who I am.	1	2	3	4	5	6	7	8	9
33. I feel I have a sense of direction in my life.	1	2	3	4	5	6	7	8	9
34. It does not take me long to recover from a stressful event.	1	2	3	4	5	6	7	8	9
35. Most of the time I am really interested in what I am doing.	1	2	3	4	5	6	7	8	9
36. I am easily able to concentrate when necessary.	1	2	3	4	5	6	7	8	9
37. I frequently offer help to others.	1	2	3	4	5	6	7	8	9
38. My life has a clear sense of purpose.	1	2	3	4	5	6	7	8	9
39. I am emotionally balanced and even-tempered.	1	2	3	4	5	6	7	8	9
40. I willingly give of my time to others in need.	1	2	3	4	5	6	7	8	9
41. I feel others' emotions.	1	2	3	4	5	6	7	8	9
42. All things considered, I would describe myself as a happy person.	1	2	3	4	5	6	7	8	9
43. My heart goes out to people who are unhappy.	1	2	3	4	5	6	7	8	9
44. I do not get easily upset.	1	2	3	4	5	6	7	8	9
45. I feel very optimistic about my future.	1	2	3	4	5	6	7	8	9
46. I am able to stay focused when I need to.	1	2	3	4	5	6	7	8	9
47. I feel that I have a number of good qualities.	1	2	3	4	5	6	7	8	9
48. I am happy most of the time.	1	2	3	4	5	6	7	8	9

END OF SURVEY

1	2	3	4	5	6	7	8	9
Completely disagree	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	Completely agree

15 item WB-Pro (WB-Pro15, medium version)

Please circle the answer that best reflects the extent you agree with each statement.

1. I can admit my shortcomings without shame or embarrassment.	1	2	3	4	5	6	7	8	9
2. I generally have a lot of energy.	1	2	3	4	5	6	7	8	9
3. Most of the time I am really interested in what I am doing.	1	2	3	4	5	6	7	8	9
4. I easily get caught up in other people's feelings.	1	2	3	4	5	6	7	8	9
5. I feel very optimistic about my future.	1	2	3	4	5	6	7	8	9
6. I do not get easily upset.	1	2	3	4	5	6	7	8	9
7. I quickly get over and recover from significant life difficulties.	1	2	3	4	5	6	7	8	9
8. My life has a clear sense of purpose.	1	2	3	4	5	6	7	8	9
9. I feel free to make my own choices.	1	2	3	4	5	6	7	8	9
10. I feel that I'm a person of worth.	1	2	3	4	5	6	7	8	9
11. I willingly give of my time to others in need.	1	2	3	4	5	6	7	8	9
12. Most things I do, I do well.	1	2	3	4	5	6	7	8	9
13. I am easily able to concentrate when necessary.	1	2	3	4	5	6	7	8	9
14. All things considered, I would describe myself as a happy person.	1	2	3	4	5	6	7	8	9
15. There are people in my life who really care about me.	1	2	3	4	5	6	7	8	9

END OF SURVEY

1	2	3	4	5	6	7	8	9
Completely disagree	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	Completely agree

5 item WB-Pro (WB-Pro5, short version)

Please circle the answer that best reflects the extent you agree with each statement.

1. There are people with whom I can discuss intimate and personal matters.	1	2	3	4	5	6	7	8	9
2. I do not get easily upset.	1	2	3	4	5	6	7	8	9
3. I am always optimistic about my future.	1	2	3	4	5	6	7	8	9
4. If a person needs help, I would do almost anything I could to assist.	1	2	3	4	5	6	7	8	9
5. I feel that I have a number of good qualities.	1	2	3	4	5	6	7	8	9

END OF SURVEY

Researcher Guidelines

Scoring

- The items in each survey have been randomized. To ensure the correct items are included when scoring each dimension, please see below.
- To ascertain a single score for each dimension using the WB-Pro long version, take the average score of items for each dimension.

Definitions of WB-Pro dimensions

Dimension	Definition
Acceptance	The ability to recognize and tolerate a negative or uncomfortable situation or mental state without needing to change it.
Autonomy	Experiencing oneself as the causal agent of one's behavior, the ability to initiate and execute one's own freely chosen actions in the world.
Competence	Feeling that one is a capable person (e.g., thinking clearly, regulating attention, making decisions, and responding flexibly).
Emotional stability	Balanced emotional responses; feeling calm or relaxed; even-tempered.
Engagement	Being actively involved or taking an interest in most activities.
Empathy	The ability to share the feelings of another; experiencing the feelings of another.
Helping / Giving	Voluntary acts intended to benefit another.
Meaning	The sense that there is value in what one does in life.
Optimism	Having a positive attitude about the future; feeling hopeful.
Perspective taking:	The process of seeing a situation from the point of view of another person or group.
Positive emotion	Tendency to experience positive feelings (e.g., happy, cheerful, contented).
Positive relationships	Experiencing good connections with people; having meaningful relationships.
Resilience	Ability to manage or recover from setbacks or from anxiety and worry.
Self-esteem	Positive evaluation of oneself as a person (e.g., feelings of worth).
Vitality	Having sustained energy, particularly in relation to mental energy.

List of items according to dimension

48-Item WB-Pro (Full version)

Dimension	Items
Autonomy	1. I feel free to do whatever I decide to do. 2. I feel free to make my own choices. 3. I feel I can decide for myself how to live my life.
Clear Thinking	4. I am able to think clearly. 5. I am able to stay focused when I need to. 6. I am easily able to concentrate when necessary.
Competence	7. I am competent and capable in the activities that are important to me. 8. Most things I do, I do well. 9. I am able to perform well and be successful in most things that I do.
Emotional Stability	10. I do not get easily upset. 11. I usually maintain my composure. 12. I am emotionally balanced and even-tempered.
Empathy	13. My heart goes out to people who are unhappy. 14. I feel others' emotions. 15. Other people's misfortunes usually disturb me a great deal. 16. I easily get caught up in other people's feelings.
Engagement	17. Most of the time I am really interested in what I am doing. 18. I am almost always engaged and interested in my daily activities. 19. I feel excited by many of the things I do.
Meaning	20. I lead a purposeful and meaningful life. 21. I feel I have a sense of direction in my life. 22. My life has a clear sense of purpose.
Optimism	23. I feel very optimistic about my future. 24. My future looks very bright to me. 25. I am always optimistic about my future.
Positive Emotions	26. I generally feel cheerful. 27. I am happy most of the time.

Dimension	Items
	28. All things considered, I would describe myself as a happy person.
Positive Relationships	29. There are people in my life who really care about me 30. I have close and secure relationships. 31. There are people with whom I can discuss intimate and personal matters. 32. I receive help and support from others when I need it.
Prosocial Behavior	33. I frequently offer help to others. 34. I willingly give of my time to others in need. 35. If a person needs help, I would do almost anything I could to assist.
Resilience	36. I tend to bounce back quickly after hard times. 37. It does not take me long to recover from a stressful event. 38. I quickly get over and recover from significant life difficulties.
Self-Acceptance	39. I am accepting of my own flaws and inadequacies. 40. I can admit my shortcomings without shame or embarrassment. 41. I can see my own problems and shortcomings without getting distressed by them. 42. I am accepting of who I am.
Self-Esteem	43. I feel that I'm a person of worth. 44. A lot of things about me are good. 45. I feel that I have a number of good qualities
Vitality	46. I feel full of energy most of the time. 47. I generally have a lot of energy. 48. I generally feel active and vigorous.

15 item WB-Pro (WB-Pro15, medium version)

Dimension	Items
Autonomy	1. I feel free to make my own choices.
Clear Thinking	2. I am easily able to concentrate when necessary.
Competence	3. Most things I do, I do well.
Emotional Stability	4. I do not get easily upset.
Empathy	5. I easily get caught up in other people's feelings
Engagement	6. Most of the time I am really interested in what I am doing.
Meaning	7. My life has a clear sense of purpose.
Optimism	8. I feel very optimistic about my future.
Positive Emotions	9. All things considered, I would describe myself as a happy person.
Positive Relationships	10. There are people in my life who really care about me.
Prosocial Behavior	11. I willingly give of my time to others in need.
Resilience	12. I quickly get over and recover from significant life difficulties.
Self-Acceptance	13. I can admit my shortcomings without shame or embarrassment.
Self-Esteem	14. I feel that I'm a person of worth.
Vitality	15. I generally have a lot of energy.

5 item WB-Pro (WB-Pro5, short version)

Dimension	Items
Emotional Stability	1. I do not get easily upset.
Optimism	2. I am always optimistic about my future.
Positive Relationships	3. There are people with whom I can discuss intimate and personal matters.
Prosocial Behavior	4. If a person needs help, I would do almost anything I could to assist.
Self-Esteem	5. I feel that I have a number of good qualities.

Recommendations for translation

Many colleagues have expressed interest in translating the WB-Pro survey. Our recommendation is that anyone proposing to make a translation should follow the WHO guidelines. We would appreciate receiving information on proposed translations and how the researcher proposes to use the survey.

https://www.who.int/substance_abuse/research_tools/translation/en/