

# EMOTIONAL WELL-BEING SURVEY

POMP 4 - Version: February 26, 2003

Please answer each question by filling in the blank or checking a box:

1. During the past 30 days, for about how many days have you felt sad, blue, or depressed?   days
2. During the past 30 days, for about how many days have you felt worried, tense, or anxious?   days
3. During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?   days
4. During the past 30 days, for about how many days have you felt very healthy and full of energy?   days
5. In general, how would you describe your emotional well-being?

- Excellent .....  1
- Very Good .....  2
- Good .....  3
- Fair .....  4
- Poor .....  5

**Thank You.**

Office Use Only:

Page 1 of 1

Client ID: \_\_\_\_\_ Date: \_\_\_\_\_

Interview was:  Phone  In Person  Mail  Other \_\_\_\_\_