

# Well-being Assessment (Adult - 24 items)



100 Million  
Healthier Lives

CONVENED BY  Institute for  
Healthcare  
Improvement

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The *Well-Being Assessment (Adult - 24 items)* was a joint collaboration between members of the Institute for Healthcare Improvement’s 100 Million Healthier Lives metrics team and The Human Flourishing Program at Harvard’s Institute for Quantitative Social Science. This harmonized consolidation of well-being assessments incorporates both the *Well-Being Assessment (Adult - 12 items) – 100 Million Healthier Lives* (Stiefel et al., 2020) and the *Flourishing Index* (VanderWeele, 2017), along with additional items developed jointly. The entire 24-item assessment can be used without permission for noncommercial purposes, provided appropriate citation is given.

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Attribute to:

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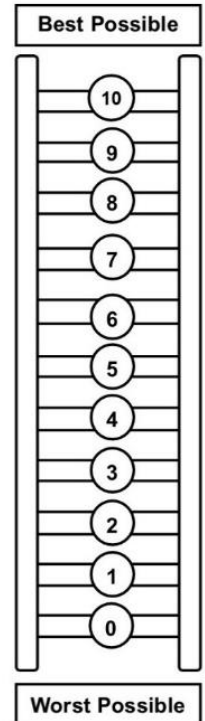
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## Well-Being Assessment (Adult - 24 items)

### I. Life Satisfaction and Life Evaluation

For the first two questions please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you.**



**1. On which step of the ladder would you say you personally feel you stand at this time?**

Worst possible											Best possible
	0	1	2	3	4	5	6	7	8	9	10

**2. On which step do you think you will stand about five years from now?**

Worst possible											Best possible
	0	1	2	3	4	5	6	7	8	9	10

**3. Overall, how satisfied are you with life as a whole these days?**

Not satisfied at all											Completely satisfied
	0	1	2	3	4	5	6	7	8	9	10

### II. Physical Health, Mental Health, and Physical Function

**4. In general, how would you rate your physical health?**

Poor											Excellent
	0	1	2	3	4	5	6	7	8	9	10

**5. How would you rate your overall mental health?**

Poor											Excellent
	0	1	2	3	4	5	6	7	8	9	10

**6. For at least the past 6 months, to what extent have you been limited because of a health problem in activities people usually do?**

Not limited at all											Severely limited
	0	1	2	3	4	5	6	7	8	9	10

### III. Meaning and Purpose

**7. Overall, to what extent do you feel the things you do in your life are worthwhile?**

Not at all worthwhile											Completely worthwhile
	0	1	2	3	4	5	6	7	8	9	10

**8. I understand my purpose in life.**

Strongly disagree											Strongly agree
0	1	2	3	4	5	6	7	8	9	10	

**9. I have a sense of direction and purpose in life.**

Strongly disagree											Strongly agree
0	1	2	3	4	5	6	7	8	9	10	

IV. Character and Caring

**10. I always act to promote good in all circumstances, even in difficult and challenging situations.**

Not true of me											Completely true of me
0	1	2	3	4	5	6	7	8	9	10	

**11. I am always able to give up some happiness now for greater happiness later.**

Not true of me											Completely true of me
0	1	2	3	4	5	6	7	8	9	10	

**12. How often do you show someone in your community that you love or care for them?**

Never											Very frequently
0	1	2	3	4	5	6	7	8	9	10	

V. Relationships

**13. I am content with my friendships and relationships.**

Strongly disagree											Strongly agree
0	1	2	3	4	5	6	7	8	9	10	

**14. My relationships are as satisfying as I would want them to be.**

Strongly disagree											Strongly agree
0	1	2	3	4	5	6	7	8	9	10	

**15. How often do you feel lonely?**

Never											Always
0	1	2	3	4	5	6	7	8	9	10	

VI. Community and Social Support

**16. How would you describe your sense of belonging to your local community?**

Very weak											Very strong
0	1	2	3	4	5	6	7	8	9	10	

**17. If you were in trouble, do you have relatives or friends you can count on to help you whenever you need them, or not?**

Never  
0    1    2    3    4    5    6    7    8    9    Always  
10

**18. Are you satisfied or dissatisfied with the city or area where you live?**

Completely  
dissatisfied  
0    1    2    3    4    5    6    7    8    9    Completely  
satisfied  
10

VII. Financial Evaluation and Stability

**19. How often do you worry about being able to meet normal monthly living expenses?**

Worry all  
the time  
0    1    2    3    4    5    6    7    8    9    Do not  
ever worry  
10

**20. How often do you worry about safety, food, or housing?**

Worry all  
the time  
0    1    2    3    4    5    6    7    8    9    Do not  
ever worry  
10

**21. Now imagine the top of the ladder (from questions 1 and 2) represents the best possible financial situation for you, and the bottom of the ladder represents the worst possible financial situation for you. Please indicate where on the ladder you stand right now.**

Worst  
possible  
0    1    2    3    4    5    6    7    8    9    Best  
possible  
10

VIII. Affect

**22. In general, how happy or unhappy do you usually feel?**

Extremely  
unhappy  
0    1    2    3    4    5    6    7    8    9    Extremely  
happy  
10

**23. During the past two weeks, how often have you experienced positive emotions such as joy, affection, or hope?**

Never  
0    1    2    3    4    5    6    7    8    9    Always  
10

**24. During the past two weeks, how often have you experienced negative emotions such as sadness, worry, or despair?**

Never  
0    1    2    3    4    5    6    7    8    9    Always  
10

## Optional Sociodemographic Items

### S1. What is your gender?

- Man
- Woman
- Transgender Man
- Transgender Woman
- Nonbinary
- Other \_\_\_\_\_
- Prefer Not to Identify

### S2. What is your age? \_\_\_\_\_ years

Please answer the question about Hispanic, Latino, and/or Spanish origin, the question about Middle Eastern and/or North African origin, **AND** the question about race. For this survey, Hispanic, Latino, and/or Spanish origins and Middle Eastern and/or North African origins are considered ethnicities and not races.

### S3. Are you of Hispanic, Latino, and/or Spanish origin?

- No, not of Hispanic, Latino, or Spanish origin
- Yes, of Hispanic, Latino, and/or Spanish origin

### S4. Are you of Middle Eastern and/or North African origin?

- No, not of Middle Eastern or North African origin
- Yes, of Middle Eastern and/or North African origin

### S5. Which one or more of the following would you say is your race (select all that apply)?

- American Indian or Alaska Native
- Asian
- Black or African American
- Pacific Islander
- White
- Other

### S6. What is the highest grade or level of education you completed?

- Never attended school or only attended kindergarten
- Grades 1-8
- Some high school
- High school degree or GED
- Some college or technical school
- College degree
- Some postgraduate
- Postgraduate degree

### S7. What is the ZIP Code where you live? \_\_\_\_\_

The two components of the *Well-being Assessment (Adult – 24 items)* are:



***Well-being Assessment (Adult – 12 items) – 100 Million Healthier Lives.***

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Stiefel MC, Riley CL, Roy B, Straszewski T. *Well-being Assessment (Adult – 12 items)-100 Million Healthier Lives*. Boston: 100 Million Healthier Lives, convened by the Institute for Healthcare Improvement; 2020. (Available at [www.ihl.org/100MLives](http://www.ihl.org/100MLives))



***Flourishing Index***

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VanderWeele, T. J. (2017). [On the promotion of human flourishing](#). *Proceedings of the National Academy of Sciences of the United States of America*, 114, 8148–8156. <https://doi.org/10.1073/pnas.1702996114>