

Appendix 2: Wellbeing measure

My Generation

Baseline survey – Session 1

Participant initials:..... Date of birth:.....

Local Mind:..... Start date of course:.....

Please complete the table below, answering as honestly as you can. The answers that you give will help us to make sure our project is helping people and meeting its aims. All of your answers will be kept **anonymous** and **confidential**.

Below are some statements about feelings and thoughts. Please tick the box that best describes your experiences of each over the last 2 weeks.

Statements	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Thinking about your life in general, please rate each statement below on a scale of 1-3	Hardly ever or never	Some of the time	Often
How often do you feel you lack companionship?	1	2	3
How often do you feel left out?	1	2	3
How often do you feel isolated from others?	1	2	3

My Generation

Exit survey – Session 8

Participant initials:..... Date of birth:.....

Local Mind:..... End date of course:.....

Please complete the table below, answering as honestly as you can. The answers that you give will help us to make sure our project is helping people and meeting its aims. All of your answers will be kept **anonymous** and **confidential**.

Below are some statements about feelings and thoughts. Please tick the box that best describes your experiences of each over the last 2 weeks.

Statements	None of the time	Rarely	Some of the time	Often	All of the time
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I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
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I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Thinking about your life in general, please rate each statement below on a scale of 1-3	Hardly ever or never	Some of the time	Often
How often do you feel you lack companionship?	1	2	3
How often do you feel left out?	1	2	3
How often do you feel isolated from others?	1	2	3