

Well-Being Scale (WeBS)

Instructions: Below are 29 statements about your current status. Please rate each of them from 1 (*strongly disagree*) to 6 (*strongly agree*) using the scale below.

Strongly Disagree	Moderately Disagree	Mildly Disagree	Mildly Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6

1. I am physically healthy.
2. I have enough financial resources to meet my needs.
3. I have enough financial resources to have fun.
4. I am satisfied with my housing.
5. I feel in control of my finances.
6. I feel in control over my physical health.
7. I am satisfied with my weight.
8. I have enough energy to do the things I need to do.
9. I take good care of my physical health.
10. I plan for the future.
11. I have someone who knows me well to talk to when I have problems.
12. I know I can count on my friends and/or family in a time of crisis.
13. There is at least one person I know who loves me and/or needs me.
14. I feel confident that I am able to solve most problems I face.
15. I like my life at home.
16. I am satisfied with my physical appearance.
17. I get along with people in general.
18. I enjoy spending time with friends and/or relatives.
19. I find time to do things that are fun and interesting.
20. I believe I have the potential to reach my goals.
21. I believe that I can make a difference in the lives of others.
22. Life has meaning for me.
23. I am satisfied with my spirituality.
24. I think I am as smart as, or smarter than, others.
25. I often do things that bring out my creative side.
26. I like engaging in stimulating conversations.
27. I try to do things that make me happy.
28. I feel happy often.
29. I enjoy life.

Note. To calculate an overall WeBS score, compute the average from all 29 items. To generate a Financial Well-being subscale score, average score on Items 2, 3, 4, and 5. To generate a Physical Well-Being subscale score, average scores on Items 1, 6, 7, 8, 9, and 16. To generate a Social Well-Being subscale score, average scores on Items 11, 12, 13, and 18. To generate a Eudaimonic Well-Being subscale score, average scores on Items 10, 14, 17, 20, 21, 22, 23, 24, 25, and 26. Finally, to generate a Hedonic Well-Being subscale score, average scores on Items 27, 28, and 29.