



## Personal Wellbeing Index – Adult - 5 (PWI-A)

### Instructions:

The following questions ask how satisfied you feel, on a scale from zero to 10. Zero means you feel no satisfaction at all and 10 means you feel completely satisfied.

	0 - No satisfaction at all	1	2	3	4	5	6	7	8	9	10 - Completely Satisfied
1 [OPTIONAL] Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?	0	1	2	3	4	5	6	7	8	9	10
2 How satisfied are you with your standard of living?	0	1	2	3	4	5	6	7	8	9	10
3 How satisfied are you with your health?	0	1	2	3	4	5	6	7	8	9	10
4 How satisfied are you with what you are achieving in life?	0	1	2	3	4	5	6	7	8	9	10
5 How satisfied are you with your personal relationships?	0	1	2	3	4	5	6	7	8	9	10
6 How satisfied are you with how safe you feel?	0	1	2	3	4	5	6	7	8	9	10
7 How satisfied are you with feeling part of your community?	0	1	2	3	4	5	6	7	8	9	10
8 How satisfied are you with your future security?	0	1	2	3	4	5	6	7	8	9	10
9 [OPTIONAL] Do you have spiritual or religious beliefs? If YES, then answer this: How satisfied are you with your spirituality or religion?	0	1	2	3	4	5	6	7	8	9	10

### Developer Reference:

International Wellbeing Group (2013). Personal Wellbeing Index: 5th Edition. Melbourne: Australian Centre on Quality of Life, Deakin University <http://www.acqol.com.au/instruments#measures>

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