INSTRUCTION— How do you feel these days (past one month)? Kindly tick (✓) in the cell against each item which is applicable on you.

☐ 1. In good spirits.
☐ 2. In firm control of behaviour and feelings.
☐ 3. Fairly happy in personal life.
☐ 4. Interested in life a good bit of the time.
☐ 5. Sleeping fairly well.
☐ 6. Feeling emotionally stable a good bit of the time.
☐ 7. Feeling relaxed most of the time.
☐ 8. Feeling energetic most of the time.
☐ 10. Not bothered by nervousness.
☐ 11. Not bothered by anxiety or worry.
☐ 13. Not bothered by illness or pain.
☐ 14. Not feeling depressed or dejected.
☐ 16. Not easily irritated most of the time.
☐ 17. Feeling useful, wanted.
☐ 19. Having a sense of belongingness.