

# The Mental Health Inventory - 5 (MHI-5)

## Instructions:

Please read each question and tick the box by the **ONE** statement that best describes how things have been FOR YOU during the past month.

There are no right or wrong answers.

**1. During the past month, how much of the time were you a happy person?**

All of the time

Some of the time

Most of the time

A little of the time

A good bit of the time

None of the time

**2. How much of the time, during the past month, have you felt calm and peaceful?**

All of the time

Some of the time

Most of the time

A little of the time

A good bit of the time

None of the time

**3. How much of the time, during the past month, have you been a very nervous person?**

All of the time

Some of the time

Most of the time

A little of the time

A good bit of the time

None of the time

**4. How much of the time, during the past month, have you felt downhearted and blue?**

All of the time

Some of the time

Most of the time

A little of the time

A good bit of the time

None of the time

**5. How much of the time, during the past month, have you felt so down in the dumps that nothing could cheer you up?**

All of the time

Some of the time

Most of the time

A little of the time

A good bit of the time

None of the time