

1. Further Assessment - Information Sheet



The International Wellbeing Study consisted of a set of 208 questions, which took on average 29 minutes to complete. The following 44 questions and one further measure (60 questions) are on aspects related to wellbeing (such as whether you smoke cigarettes, own pets, or are physically active, for example) and take on average 14 minutes to complete.

All questions are voluntary to answer - if you feel uncomfortable answering a question, you can leave it blank. Again, your information is strictly confidential.

If you would rather not answer these questions, you can provide your email on the next page and select the option to skip to the end in order to register to receive a personalised report of your International Wellbeing Study scores.

2. Register and Email

Can you answer a few more questions on aspects related to wellbeing before registering for your Wellbeing Report?

Yes, I can answer a few more questions before I register for my Wellbeing Report.

No, I would rather just register to receive my Wellbeing Report.

To identify your previous responses in The International Wellbeing Study, it is ESSENTIAL that you supply the same e-mail address you used previously in The International Wellbeing Study.

In this text box, please provide the e-mail address that you supplied in The International Wellbeing Study:

3.

What is your height?

Height

Height?

What is your weight?

Weight

Weight?

What is the highest level of education you have completed?

- Did not finished school
- High school
- Diploma
- Bachelors degree
- Master degree
- PhD
- Other (provide details in the text box below)

Other (please specify)

How many children do you have?

Number of Boys

Number of Girls

How many children?

How many pets do you have?

Number of Pets

How many pets?

Please specify the type of pet/s

4.

How many hours of sleep do you average each night?

Sleep hours

Average hours of sleep each night?
(as examples, from 9pm to 7am = 10
hours, from 10pm to 6am = 8 hours)

On average, what time do you go to sleep?

Go to sleep at:

I go to sleep at:

How would you rate the quality of your sleep?

Extremely
unsatisfying

Unsatisfying

Slightly
unsatisfying

Slightly
satisfying

Satisfying

Extremely
satisfying

Your sleep quality?

How many standard drinks of alcohol do you drink on average EACH WEEK?

Drinks each week

Standard drinks of alcohol EACH
WEEK? (such as a glass of wine or
bottle of beer)

How many cigarettes do you smoke on average EACH WEEK?

Cigarettes each week

Standard cigarettes EACH WEEK?

Are you currently taking a prescribed medication?

Yes (provide details in the text box below)

No

If yes, what is this medication for?

Do you take illegal drugs?

Yes (provide details in the text box below)

No

If yes, what drugs?

5.

How would you describe your physical health?

	Extremely poor	Poor	Slightly below average	Average for my age	Slightly above average	Good	Extremely good
Your physical health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general, how physically active are you?

	Extremely inactive	Very inactive	Slightly inactive	Slightly active	Very active	Extremely active
How physically active are you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How would you describe the nutritional quality your diet?

	Extremely poor	Poor	A little poor	A little good	Good	Extremely good
Your diet's nutritional quality?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the last 12 months, did the following health problems occur to you?

	Yes	No
Heart trouble	<input type="radio"/>	<input type="radio"/>
High blood pressure	<input type="radio"/>	<input type="radio"/>
Asthma	<input type="radio"/>	<input type="radio"/>
Arthritis	<input type="radio"/>	<input type="radio"/>
Diabetes	<input type="radio"/>	<input type="radio"/>
Stroke	<input type="radio"/>	<input type="radio"/>
Cancer	<input type="radio"/>	<input type="radio"/>
Circulatory problems	<input type="radio"/>	<input type="radio"/>
Hospital admission	<input type="radio"/>	<input type="radio"/>

Other (please specify)

Have you previously been diagnosed by a mental health professional, such as by a clinical psychologist or psychiatrist (excluding a GP or medical doctor), as having a mental health condition?

Yes (provide details in the text box below)

No

If yes, A) what condition/s, and B) when was the condition/s diagnosed?

6.

What is the approximate size of the city or town you live in?

Size?

Number of people in your city or town?

Which best describes your current accommodation?

- House by myself
- House with 3 people or less
- House with 4 to 7 people
- House with 8 people or more
- Apartment by myself
- Apartment with 3 people or less
- Apartment with 4 to 7 people
- Apartment with 8 people or more
- Other (provide details in the text box below)

Other (please specify)

How well do you get along with your housemates?

	Extremely negatively	Negatively	Slightly negatively	Average for my age	Slightly positively	Positively	Extremely positively	I live alone
Get along with your housemates?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7.

How do you travel to work? (your main source of travel)

I am not currently working or I work from home

Car

Bus

Train

Boat

Walk

Bike

Other (specify below)

Other (please specify)

How long is your commute to work each day? (include travel time to work, and travel time home from work)

Commuting time each day?

Commuting time each day?

What is your MAIN activity during your commute?

I am not currently working or I work from home

Focusing on the commute itself - such as driving.

Read a book

Read a newspaper/magazine

Listen to music

Listen to an audio book

Use a computer to do work

Use a computer for enjoyment

Talk to a friend in person

Talk or txt on your mobile phone

Other (specify below)

Other (please specify)

8.

How many hours of TV viewing do you average EACH NIGHT?

TV hours

Average hours of TV viewing EACH NIGHT?

How satisfied are you with your TV viewing experience on average?

	Extremely dissatisfied	Dissatisfied	Slightly dissatisfied	Neutral - neither satisfied nor dissatisfied	Slightly satisfied	Satisfied	Extremely satisfied
How satisfied?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you usually view TV with others?

Yes (provide details in the text box below)

No

If yes, with who?

How would you describe your main TV viewing approach?

I purposely choose and plan what to watch, and only watch what I plan

I channel surf

I plan some and also browse around

Other (provide details in the text box below)

Other (please specify)

How many hours of computer use do you average EACH DAY?

	WORK - Computer use hours	LEISURE - Computer use hours
Average hours of computer use EACH DAY?	<input type="text" value="6"/>	<input type="text" value="6"/>

9.

Some people describe themselves as more or less religious. In general, how religious are you?

	I am not religious	Slightly religious	Moderately religious	Very religious	Extremely religious
How religious are you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you are religious, which religion?

My religion is...(provide details in the text box below)

I am not religious

My religion is...

In an AVERAGE MONTH, how often would you attend a religious service or ceremony?

Monthly attendance average

How often would you attend a religious service or ceremony?

10.

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

1 - You can't be too careful in dealing with people 2 3 4 5 6 7 - Most people can be trusted

How trustworthy are people? 1 2 3 4 5 6 7

Have you been the victim of a crime over the last year?

Yes (provide details in the text box below)

No

If yes, A) how many crimes, and B) what crime/s?

Excluding the country you live in, during your lifetime, how many countries have you visited?

0 - I have not left my country of origin 1 to 5 6 to 10 11 to 15 16 to 20 21 to 25 More than 25

Countries visited? 0 1-5 6-10 11-15 16-20 21-25 More than 25

How would you describe your main approach towards travelling to other countries?

For relaxing For business For helping others For learning For family/friends

Approach towards travelling? For relaxing For business For helping others For learning For family/friends

Other (please specify)

What age do you think you will live to?

Age you will live to?

Age you will live to? 6

How many close friends do you have?

Number of friends

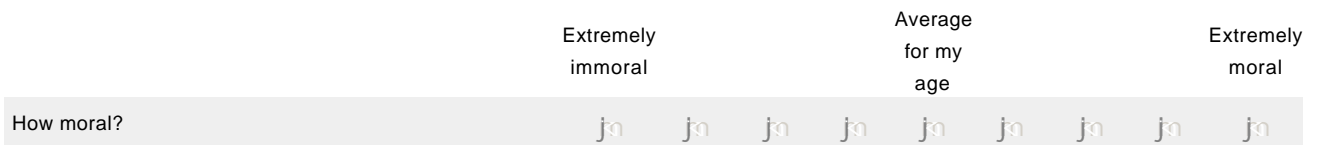
How many close friends? 6

11.

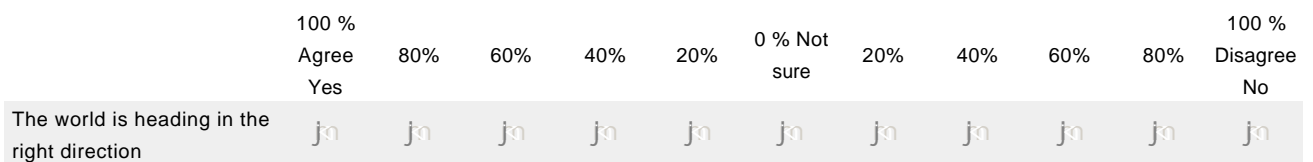
In general, how happy or unhappy does the PERSON CLOSEST TO YOU in your life usually feel? Which ONE statement best describes THEIR average happiness?

- Extremely happy (feeling ecstatic, joyous, fantastic)
- Very happy (feeling really good, elated)
- Pretty happy (spirits high, feeling good)
- Mildly happy (feeling fairly good & somewhat cheerful)
- Slightly happy (just a bit above normal)
- Neutral (not particularly happy or unhappy)
- Slightly unhappy (just a bit below neutral)
- Mildly unhappy (just a little low)
- Pretty unhappy (somewhat "blue", spirits down)
- Very unhappy (depressed, spirits very low)
- Extremely unhappy (utterly depressed, completely down)

In general, how moral would you describe yourself as a person?



How strongly do you agree with the following statement: "The world is heading in the right direction"



12.

How satisfied are you with:

	Extremely satisfied	Very satisfied	Slightly satisfied	Neither satisfied nor UNSatisfied	Slightly UNSatisfied	Very UNSatisfied	Extremely UNSatisfied
The environment.	jq	jq	jq	jq	jq	jq	jq
The government.	jq	jq	jq	jq	jq	jq	jq
The economy.	jq	jq	jq	jq	jq	jq	jq
National security.	jq	jq	jq	jq	jq	jq	jq
Your personal security.	jq	jq	jq	jq	jq	jq	jq
The amount of spare time you have.	jq	jq	jq	jq	jq	jq	jq
The amount of time you spend with others.	jq	jq	jq	jq	jq	jq	jq
If employed, your job (if you are UNemployed, leave blank)	jq	jq	jq	jq	jq	jq	jq
If UNemployed, being unemployed (if you are employed, leave blank)	jq	jq	jq	jq	jq	jq	jq

Imagine that scientists figured out a way to stimulate a person's brain so that they experience constant and permanent pleasure every moment of their life. It's perfectly safe, no chance of malfunction, and not harmful to a person's health. Would you choose to be plugged into such a machine?

jq Yes

jq No

On a scale from 0 to 10, where 0 indicates that you do NOT know what your central values are, and 10 indicates that you know EXACTLY what your central values are, please choose a number.

	You DO NOT know what your values are at all - 0	1	2	3	4	5	6	7	8	9	You DO know what your values are - 10
How much do you know what your values are (what is most important to you)?	jq	jq	jq	jq	jq	jq	jq	jq	jq	jq	jq

13.

The last 60 questions that you are about to complete have both a male version and a female version (the only difference is in the wording: e.g., "it is important to HIM that..." or "it is important to HER that...").

If you are male please select "Male version", and if you are female please select "Female version".

Female Version

Male Version

14.

Here we briefly describe some people. Please read each description and think about how much each person is or is not like you. Mark the button to the right that shows how much the person in the description is like you.

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
1. He feels compelled to act immediately and decisively.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. He likes to follow processes, operating firmly within rules and guidelines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. He likes to take risks and stretch himself outside his comfort zone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. He is always true to himself, even in the face of pressure from others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. He uses setbacks as springboards to go on and achieve even more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. He motivates and inspires others to make things happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. He has an inner composure and self-assurance, whatever the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. He is constantly involved with change, advocating for change and making it happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. He really cares about others, doing all he can to help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. He is constantly competing to win.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
11. He makes connections between people, instinctively making links and introductions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. He always brings a different viewpoint to others-whatever the situation or context.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. He overcomes his fears and does what he wants to do in spite of them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. He strives to produce work that is new and original, creating and combining things in novel and imaginative ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. He is interested in everything, constantly seeking out new information and learning more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. He focuses on the small things that others easily miss, ensuring that everything is accurate and error-free.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. He is self-motivated and pushes himself hard to achieve what he wants out of life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. He is very confident in his own abilities, having a sure belief that he can achieve his goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. He is acutely aware of the emotions and feelings of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. He feels connected to others through his ability to sense and understand what other people are feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellbeing Study - Further Assessment 2010B

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
21. He creates the conditions for people to grow and develop for themselves.	jn	jn	jn	jn	jn	jn
22. He ensures that everyone is treated equally.	jn	jn	jn	jn	jn	jn
23. He helps others to believe in themselves and see what they are capable of achieving.	jn	jn	jn	jn	jn	jn
24. He simplifies things so that others can understand.	jn	jn	jn	jn	jn	jn
25. He provides fair and accurate feedback to others to help them develop.	jn	jn	jn	jn	jn	jn
26. He is constantly thankful for the positive things in his life.	jn	jn	jn	jn	jn	jn
27. He is always looking for ways to grow and develop, whatever he is doing.	jn	jn	jn	jn	jn	jn
28. He is happy to stay in the background, preferring others to be recognised and to take credit for his contributions.	jn	jn	jn	jn	jn	jn
29. He sees the funny side of almost everything that happens- and makes a joke of it.	jn	jn	jn	jn	jn	jn
30. He constantly looks for better ways of doing things, for how things can be improved.	jn	jn	jn	jn	jn	jn

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
31. He loves to think deeply about things over time, pondering and reflecting to arrive at the best conclusion.	jn	jn	jn	jn	jn	jn
32. He continually approaches things in original and ingenious ways, striving to come up with new and different approaches and applications.	jn	jn	jn	jn	jn	jn
33. He enjoys making decisions and is able to make the right decision quickly and easily.	jn	jn	jn	jn	jn	jn
34. He wants to create things that will outlast him, delivering sustainable positive impact after he has gone.	jn	jn	jn	jn	jn	jn
35. He is able to focus on and listen intently to what people say.	jn	jn	jn	jn	jn	jn
36. He pursues things which give him a sense of meaning and purpose, always working toward a longer-term goal.	jn	jn	jn	jn	jn	jn
37. He is guided by his strong ethical code, always acting and making decisions in accordance with what he believes is right.	jn	jn	jn	jn	jn	jn
38. He loves to tell stories.	jn	jn	jn	jn	jn	jn
39. He always maintains a positive attitude and outlook on life.	jn	jn	jn	jn	jn	jn
40. He is exceptionally well-organised in everything he does.	jn	jn	jn	jn	jn	jn

Wellbeing Study - Further Assessment 2010B

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
41. He achieves success by keeping going even when things are difficult.	jn	jn	jn	jn	jn	jn
42. He takes ownership of his decisions and holds himself accountable for what he has promised to do.	jn	jn	jn	jn	jn	jn
43. He recognises everyone as an individual, noticing subtle differences that make them unique.	jn	jn	jn	jn	jn	jn
44. He is able to bring others round their way of thinking and to win agreement for what he wants to achieve.	jn	jn	jn	jn	jn	jn
45. He makes plans for everything he does.	jn	jn	jn	jn	jn	jn
46. He thinks ahead, to anticipate and prevent problems before they happen.	jn	jn	jn	jn	jn	jn
47. He strives to produce work that is of the highest quality.	jn	jn	jn	jn	jn	jn
48. He establishes rapport and relationships with others quickly and easily.	jn	jn	jn	jn	jn	jn
49. He juggles things to meet changing demands and find the best fit for what he wants to achieve.	jn	jn	jn	jn	jn	jn
50. He has a natural ability to form deep, long-lasting relationships with people.	jn	jn	jn	jn	jn	jn

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
51. He takes hardships and setbacks in his stride, recovering quickly and getting on with things again.	jn	jn	jn	jn	jn	jn
52. He loves to solve problems, the more difficult the better.	jn	jn	jn	jn	jn	jn
53. He loves to write, conveying his thoughts and ideas through the written word.	jn	jn	jn	jn	jn	jn
54. He knows himself well, understanding his own emotions and behaviour.	jn	jn	jn	jn	jn	jn
55. He is constantly looking for ways to serve and help others.	jn	jn	jn	jn	jn	jn
56. He loves to be the focus of everyone's attention.	jn	jn	jn	jn	jn	jn
57. He pays attentions to the wider factors and the bigger picture that will inform the decisions he makes to achieve his objectives.	jn	jn	jn	jn	jn	jn
58. He maximises his time to get the most out of whatever time he has available in whatever situation.	jn	jn	jn	jn	jn	jn
59. He accepts people for who and what they are, without ever needing to judge them.	jn	jn	jn	jn	jn	jn
60. He is a very hard worker, putting a lot of effort into everything he does.	jn	jn	jn	jn	jn	jn

Is there is anything else you would like to tell us?

Yes (if yes, please type below)

No

If "Yes", please specify here

15.

Here we briefly describe some people. Please read each description and think about how much each person is or is not like you. Mark the button to the right that shows how much the person in the description is like you.

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
1. She feels compelled to act immediately and decisively.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. She likes to follow processes, operating firmly within rules and guidelines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. She likes to take risks and stretch herself outside her comfort zone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. She is always true to herself, even in the face of pressure from others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. She uses setbacks as springboards to go on and achieve even more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. She motivates and inspires others to make things happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. She has an inner composure and self-assurance, whatever the situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. She is constantly involved with change, advocating for change and making it happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. She really cares about others, doing all she can to help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. She is constantly competing to win.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
11. She makes connections between people, instinctively making links and introductions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. She always brings a different viewpoint to others-whatever the situation or context.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. She overcomes her fears and does what she wants to do in spite of them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. She strives to produce work that is new and original, creating and combining things in novel and imaginative ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. She is interested in everything, constantly seeking out new information and learning more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. She focuses on the small things that others easily miss, ensuring that everything is accurate and error-free.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. She is self-motivated and pushes herself hard to achieve what she wants out of life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. She is very confident in her own abilities, having a sure belief that she can achieve her goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. She is acutely aware of the emotions and feelings of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. She feels connected to others through her ability to sense and understand what other people are feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellbeing Study - Further Assessment 2010B

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
21. She creates the conditions for people to grow and develop for themselves.	jn	jn	jn	jn	jn	jn
22. She ensures that everyone is treated equally.	jn	jn	jn	jn	jn	jn
23. She helps others to believe in themselves and see what they are capable of achieving.	jn	jn	jn	jn	jn	jn
24. She simplifies things so that others can understand.	jn	jn	jn	jn	jn	jn
25. She provides fair and accurate feedback to others to help them develop.	jn	jn	jn	jn	jn	jn
26. She is constantly thankful for the positive things in her life.	jn	jn	jn	jn	jn	jn
27. She is always looking for ways to grow and develop, whatever she is doing.	jn	jn	jn	jn	jn	jn
28. She is happy to stay in the background, preferring others to be recognised and to take credit for her contributions.	jn	jn	jn	jn	jn	jn
29. She sees the funny side of almost everything that happens- and makes a joke of it.	jn	jn	jn	jn	jn	jn
30. She constantly looks for better ways of doing things, for how things can be improved.	jn	jn	jn	jn	jn	jn

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
31. She loves to think deeply about things over time, pondering and reflecting to arrive at the best conclusion.	jn	jn	jn	jn	jn	jn
32. She continually approaches things in original and ingenious ways, striving to come up with new and different approaches and applications.	jn	jn	jn	jn	jn	jn
33. She enjoys making decisions and is able to make the right decision quickly and easily.	jn	jn	jn	jn	jn	jn
34. She wants to create things that will outlast her, delivering sustainable positive impact after she has gone.	jn	jn	jn	jn	jn	jn
35. She is able to focus on and listen intently to what people say.	jn	jn	jn	jn	jn	jn
36. She pursues things which give her a sense of meaning and purpose, always working toward a longer-term goal.	jn	jn	jn	jn	jn	jn
37. She is guided by her strong ethical code, always acting and making decisions in accordance with what she believes is right.	jn	jn	jn	jn	jn	jn
38. She loves to tell stories.	jn	jn	jn	jn	jn	jn
39. She always maintains a positive attitude and outlook on life.	jn	jn	jn	jn	jn	jn
40. She is exceptionally well-organised in everything she does.	jn	jn	jn	jn	jn	jn

Wellbeing Study - Further Assessment 2010B

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
41. She achieves success by keeping going even when things are difficult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. She takes ownership of her decisions and holds herself accountable for what she has promised to do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. She recognises everyone as an individual, noticing subtle differences that make them unique.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. She is able to bring others round their way of thinking and to win agreement for what she wants to achieve.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. She makes plans for everything she does.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. She thinks ahead, to anticipate and prevent problems before they happen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. She strives to produce work that is of the highest quality.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48. She establishes rapport and relationships with others quickly and easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49. She juggles things to meet changing demands and find the best fit for what she wants to achieve.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50. She has a natural ability to form deep, long-lasting relationships with people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much like you is this person?

	Very much like me	Like me	Somewhat like me	A little like me	Not like me	Not like me at all
51. She takes hardships and setbacks in her stride, recovering quickly and getting on with things again.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52. She loves to solve problems, the more difficult the better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53. She loves to write, conveying her thoughts and ideas through the written word.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54. She knows herself well, understanding her own emotions and behaviour.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55. She is constantly looking for ways to serve and help others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56. She loves to be the focus of everyone's attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57. She pays attentions to the wider factors and the bigger picture that will inform the decisions she makes to achieve her objectives.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58. She maximises her time to get the most out of whatever time she has available in whatever situation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
59. She accepts people for who and what they are, without ever needing to judge them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60. She is a very hard worker, putting a lot of effort into everything she does.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there is anything else you would like to tell us?

Yes (if yes, please type below)

No

If "Yes", please specify here

16. Thank You



When you select "done" below your answers will be submitted and you will be registered to receive your Wellbeing Report. This report usually takes around a week to compile, however may take us up to a month - we will aim to e-mail this to you as soon as possible.

Again, thank you, your help is greatly appreciated and will contribute to a better understanding of people's wellbeing.

This research project is lead by Aaron Jarden, who is a lecturer in psychology and president of the New Zealand Association of Positive Psychology. For further information, you can contact Aaron or one of the other main researchers:

Aaron Jarden - aaron.jarden@openpolytechnic.ac.nz

Dr. Alexander MacKenzie - alexander.mackenzie@canterbury.ac.nz

Dr. Todd Kashdan - tkashdan@gmu.edu

Associate Professor Paul Jose - paul.jose@vuw.ac.nz

Professor Ormond Simpson – o.p.simpson@open.ac.uk

Dr. Kennedy Mclachlan - kennedy.mclachlan@openpolytechnic.ac.nz