



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

The General Well-Being Schedule

Read: This section of the examination contains questions about how you feel and how things have been going with you. For each question, mark (X) beside the answer which best applies to you.

1. How have you been feeling in general? (DURING THE PAST MONTH)

- 1 In excellent spirits
- 2 In very good spirits
- 3 In good spirits mostly
- 4 I have been up and down in spirits a lot
- 5 In low spirits mostly
- 6 In very low spirits

2. Have you been bothered by nervousness or your "nerves"? (DURING THE PAST MONTH)

- 1 Extremely so-to the point where I could not work or take care of things
- 2 Very much so
- 3 Quite a bit
- 4 Some-enough to bother me
- 5 A little
- 6 Not at all

3. Have you been in firm control of your behavior, thoughts, emotions, or feelings? (DURING THE PAST MONTH)

- 1 [] Yes, definitely so
- 2 [] Yes, for the most part
- 3 [] Generally so
- 4 [] Some-enough to bother me
- 5 [] A little
- 6 [] Not at all

4. Have you felt so sad, discourages, hopeless, or had so many problems that you wondered if anything was worthwhile? (DURING THE PAST MONTH)

- 1 [] Extremely so-to the point that I have just about given up
- 2 [] Very much so
- 3 [] Quite a bit
- 4 [] Some-enough to bother me
- 5 [] A little bit
- 6 [] Not at all

5. Have you been under or felt you were under any strain, stress, or pressure? (DURING THE PAST MONTH)

- 1 [] Yes-almost more than I could bear or stand
- 2 [] Yes-quite a bit of pressure
- 3 [] Yes-some, more than usual
- 4 [] Yes-some, but about usual
- 5 [] Yes-a little
- 6 [] Not at all

6. How happy, satisfied, or pleased have you been with your personal life? (DURING THE PAST MONTH)

- 1 [] Extremely happy-could not have been more satisfied or pleased
- 2 [] Very happy
- 3 [] Fairly happy
- 4 [] Satisfied-pleased

5 [] Somewhat dissatisfied

6 [] Very dissatisfied

7. Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory? (DURING THE PAST MONTH)

1 [] Not at all

2 [] Only a little

3 [] Some-but not enough to be concerned or worried about

4 [] Some, and I have been a little concerned

5 [] Some, and I am quite concerned

6 [] Yes, very much so, and I am very concerned

8. Have you been anxious, worried, or upset? (DURING THE PAST MONTH)

1 [] Extremely so-to the point of being sick or almost sick

2 [] Very much so

3 [] Quite a bit

4 [] Some-enough to bother me

5 [] A little bit

6 [] Not at all

9. Have you been waking up fresh and rested? (DURING THE PAST MONTH)

1 [] Every day

2 [] Most every day

3 [] Fairly often

4 [] Less than half the time

5 [] Rarely

6 [] None of the time

10. Have you been bothered by any illness, bodily disorder, pains, or fears about your health? (DURING THE PAST MONTH)

1 [] All the time

- 2 [] Most of the time
- 3 [] A good bit of the time
- 4 [] Some of the time
- 5 [] A little of the time
- 6 [] None of the time

11. Has your daily life been full of things that were interesting to you? (DURING THE PAST MONTH)

- 1 [] All the time
- 2 [] Most of the time
- 3 [] A good bit of the time
- 4 [] Some of the time
- 5 [] A little of the time
- 6 [] None of the time

12. Have you felt down hearted and blue? (DURING THE PAST MONTH)

- 1 [] All the time
- 2 [] Most of the time
- 3 [] A good bit of the time
- 4 [] Some of the time
- 5 [] A little of the time
- 6 [] None of the time

13. Have you been feeling emotionally stable and sure of yourself? (DURING THE PAST MONTH)

- 1 [] All the time
- 2 [] Most of the time
- 3 [] A good bit of the time
- 4 [] Some of the time
- 5 [] A little of the time

6 [] None of the time

14. Have you felt tired, worn out, used-up, or exhausted? (DURING THE PAST MONTH)

1 [] All the time

2 [] Most of the time

3 [] A good bit of the time

4 [] Some of the time

5 [] A little of the time

6 [] None of the time

For each of the four scales below, note that the words at each end of the 0 to 10 scale describe opposite feelings. Circle any number along which seems closest to how you have generally felt? (DURING THE PAST MONTH)

15. How concerned or worried about your HEALTH have you been? (DURING THE PAST MONTH)

0 [] Not concerned at all

1 []

2 []

3 []

4 []

5 []

6 []

7 []

8 []

9 []

10 [] Very concerned

16. How RELAXED or TENSE have you been? (DURING THE PAST MONTH)

0 [] Very relaxed

1 []

2 []

3 []

4 []

5 []

6 []

7 []

8 []

9 []

10 [] Very tense

17. How much ENERGY, PEP, and VITALITY have you felt? (DURING THE PAST MONTH)

0 [] No energy AT ALL listless

1 []

2 []

3 []

4 []

5 []

6 []

7 []

8 []

9 []

10 [] Very ENERGETIC, dynamic

18. How DEPRESSED or CHEERFUL have you been? (DURING THE PAST MONTH)

0 [] Very depressed

1 []

2 []

3 []

4 []

5 []

6 []

7 []

8 []

9 []

10 [] Very cheerful

Scoring:

Items 1, 3, 6, 7, 9, 11, 13, 15, and 16 are reverse scored. Because these items are reverse scored, 14 is subtracted from the total score to give a range of 0-110.

There are three proposed cut-points: total scores of 0-60 reflect "severe distress," 61-72 "moderate distress," and 73-110 "positive well-being".

Six sub-scores can be derived.

Subscore Label	Question topics
Anxiety	2. nervousness 5. strain, stress, or pressure 8. anxious, worried, upset 16. relaxed, tense
Depression	4. sad, discouraged, hopeless 12. down-hearted, blue 18. depressed
Positive well-being	1. feeling in general 6. happy, satisfied with life 11. interesting daily life

Self-control	3. firm control of behavior, emotions 7. afraid losing mind, or losing control 13. emotionally stable, sure of self
Vitality	9. waking fresh, rested 14. feeling tired, worn out 17. energy level
General health	10. bothered by illness 15. concerned, worried about health

Protocol source: <https://www.phenxtoolkit.org/protocols/view/630701>