# Mental Health Continuum - Short Form (MHC-SF) – Adult Version

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **During the past month, how often did you feel …** | | **Never** | **Once or twice** | **About once a week** | **About 2 or 3 times a week** | **Almost every day** | **Every day** |
| 1 | Happy |  |  |  |  |  |  |
| 2 | Interested in life |  |  |  |  |  |  |
| 3 | Satisfied with life |  |  |  |  |  |  |
| 4 | That you had something important to contribute to society |  |  |  |  |  |  |
| 5 | That you belonged to a community (like a social group, or your neighbourhood) |  |  |  |  |  |  |
| 6 | That our society is a good place, or is becoming a better place, for all people |  |  |  |  |  |  |
| 7 | That people are basically good |  |  |  |  |  |  |
| 8 | That the way our society works makes sense to you |  |  |  |  |  |  |
| 9 | That you liked most parts of your personality |  |  |  |  |  |  |
| 10 | Good at managing the responsibilities of your daily life |  |  |  |  |  |  |
| 11 | That you had warm and trusting relationships with others |  |  |  |  |  |  |
| 12 | That you had experiences that challenged you to grow and become a better person |  |  |  |  |  |  |
| 13 | Confident to think or express your own ideas and opinions |  |  |  |  |  |  |
| 14 | That your life has a sense of direction or meaning to it |  |  |  |  |  |  |

## Scoring:

0 = never; 1 = once or twice; 2 = about once a week; 3 = about 2 to 3 times a week; 4 = almost every day; 5 = every day

Items 1-3 are linked to emotional wellbeing, Items 4-8 are linked to social wellbeing, and items 9 to 14 are linked to psychological wellbeing.

The Mental Health Continuum - Short Form was developed by Keyes (2002).

Keyes, C. L. (2002). [The mental health continuum: From languishing to flourishing in life.](https://www.researchgate.net/profile/Corey_Keyes/publication/11278728_The_Mental_Health_Continuum_From_Languishing_to_Flourishing_in_Life/links/0046352b1a6f89da77000000/The-Mental-Health-Continuum-From-Languishing-to-Flourishing-in-Life.pdf) Journal of Health and Social Behavior, 207-222.

Keyes, C. L. (2009). [Brief description of the mental health continuum short form (MHC-SF).](https://www.aacu.org/sites/default/files/MHC-SFEnglish.pdf)