

Subject:	Number:
Lead Investigator:	Investigation:
Location:	Date:
Investigation type:	Time:
General conditions:	
Point:	Average:

Please answer the following questions are about how you have been feeling during the past month. Place a check mark in the box that best represents how often you have experienced or felt the following:

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 neighborhood)						
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 like most parts of your personality						
10-good at maintaining 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-fonfident to think or express your own ideas and opinions						
14-that your life has a sense of direction or meaning to it						

*REFERENCE: Although copyrighted, the MHC-SF may be used as long as proper credit is given. Permission is not needed to use the measure and requests to use the measure will not be answered on an individual basis because permission is granted here, and this note provides evidence that permission has been granted. Proper citation of this document: Keyes, C. L. M. (2009). Atlanta: *Brief description of the mental health continuum short form (MHC-SF)*. Available: <http://www.sociology.emory.edu/ckeyes>



KEY

The MHC-SF is a scale measuring emotional wellbeing. The MHC-SF has been translated in various languages and has been evaluated psychometrically.

The scale is relatively short, with 14 items. The scale was developed by Corey L. Keyes.

Each of the 14 items on the MHC-SF can be scored between 0 and 5, which means that the total score on the scale can range from 0 to 70 points. Higher scores indicate a higher level of emotional wellbeing. But it is not just the overall score that matters, but also how you can determine if someone is flourishing, languishing, or being something in between.

The MHC-SF contains 3 dimensions of well-being (the individual items are listed below in the scale itself):

Hedonic — emotional well-being

happy (Item 1)

interested in life (Item 2)

satisfied with life (Item 3)

Eudaimonic — social well-being

Social Contribution (Item 4)

Social Integration (Item 5)

Social Actualization (i.e., Social Growth) (Item 6)

Social Acceptance (Item 7)

Social Coherence (i.e., Social Interest) (Item 8)

Eudaimonic — psychological well-being

Self-Acceptance (Item 9)

Environmental Mastery (Item 10)

Positive Relations with Others (Item 11)

Personal Growth (Item 12)

Autonomy (Item 13)

Purpose in Life (Item 14)

According to Keyes (e.g., 2006, 2008), people can be classified as *flourishing* or *languishing* in regard to emotional wellbeing. In order to be flourishing, "individuals must report that they experience 'everyday' or 'almost everyday' at least seven of the symptoms, where one of the symptoms is from the hedonic (i.e., EWB) cluster (i.e., happy, interested in life, or satisfied)." (Kelley, 2008, p. 187). In order to be "languishing", "individuals must report that they 'never' or 'once or twice' experienced at least seven of the symptoms, where one of the symptoms is from the hedonic (i.e., EWB) cluster (i.e., happy, interested in life, or satisfied)." (ibid).

Kelley (2008, p. 187) states that "Individuals who do not fit the criteria for flourishing or languishing are categorized as moderately mentally healthy. Based on these diagnostic criteria, then, the data reveal that 12.2% of the sample is languishing, 67.8% were moderately mentally healthy and 20% were flourishing. These estimates are similar to those found by Keyes (2005a) using the long form of the mental health assessment in a national probability sample of US adults between the ages of 25 and 74, where 18% were flourishing, about 17% were languishing and 65% were moderately mentally healthy."

