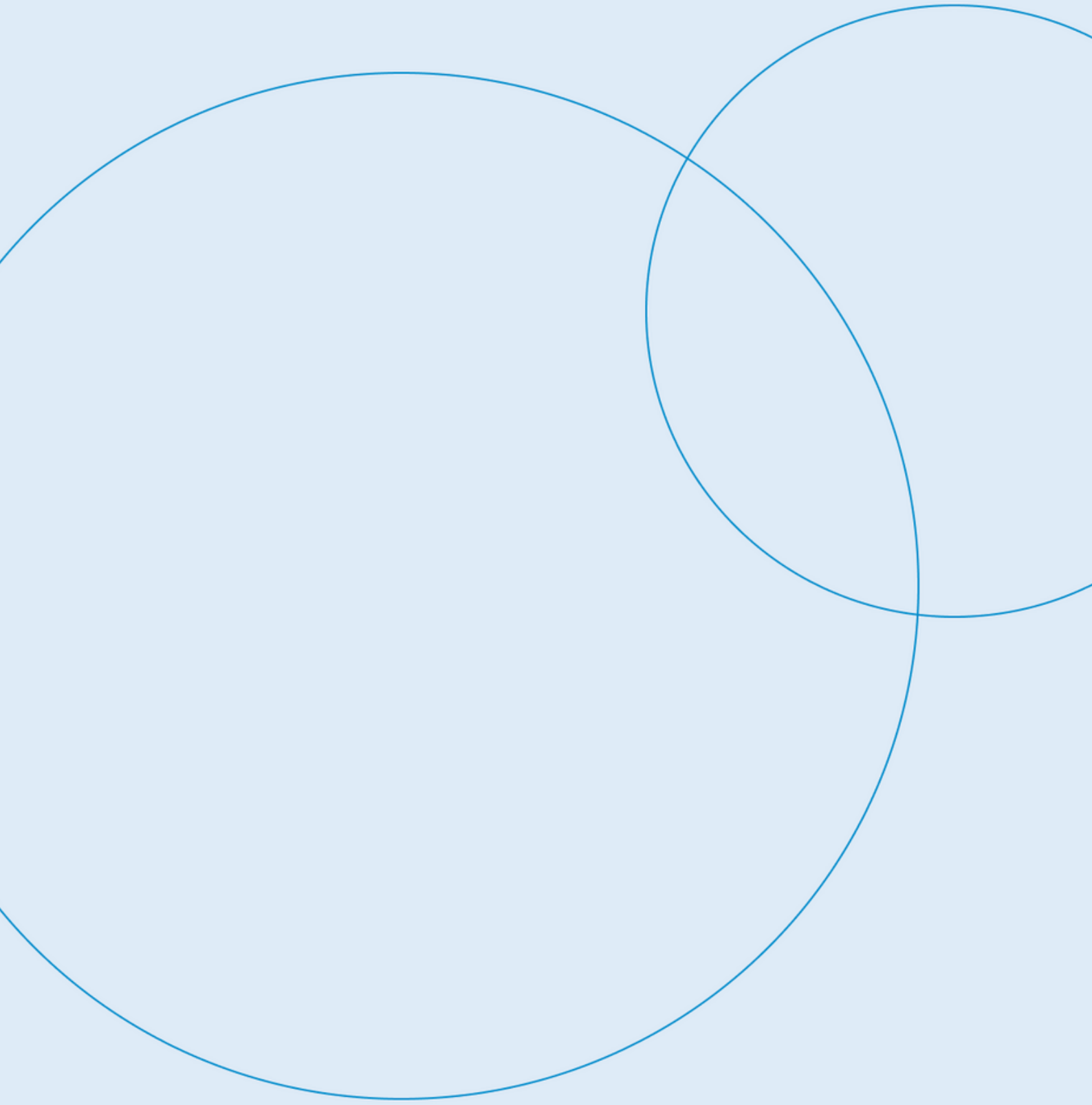

The World Health Organization-Five Well-Being Index (WHO-5)

Albanian translation



The WHO-5 was developed during the 1990s by the late Per Bech of the Psychiatric Centre North Zealand (Copenhagen, Denmark), which hosted a WHO Collaborating Centre for Mental Health. The WHO-5 was derived from other scales and studies by the WHO Regional Office in Europe [1][2]. It has been translated, tested and used in a wide range of languages and settings across the globe [3].

In 2024 the Psychiatric Centre North Zealand and WHO agreed to assign copyright in the WHO-5 to WHO, thereby creating the opportunity to publish and disseminate the tool as a WHO open access product.

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(5- pese) Inekset e OBSH-se per Mireqenien (versioni i 1999).

Ju lutemi tregoni se cili nga pese deklarimet e meposhtme eshte me afer gjendjes se si jeni ndjere ju gjate dy javeve te fundit. Kini parasysh se numrat ne rritje shenojne mireqenje me te mire.

Per shembull: *ne se ju jeni ndjere gezueshem dhe ne gjendje te mire shpirterore per me shume se gjysmen e peridhes se fundit dy javore* , vendos nje shenje dalluese ne kutine qe ka numrin 3 ne qoshen e djathte te sipërme te kutise.

Gjate dy javeve te fundit	Gjithe kohes	Pjesen me te madhe te kohes	Me shume se gjysmen e kohes	Me pak se gjysmen e kohese	Per disa kohe	Asnje-here
1. Jam ndjere gezueshem dhe ne gjendje te mire shpirterore	5	4	3	2	1	0
2. Jam ndjere i qete dhe i relaksuar	5	4	3	2	1	0
3. Jam ndjere aktiv dhe teper i gjalle	5	4	3	2	1	0
4. Jam ndjere i fresket dhe i qete kur u zgjova ne mengjez	5	4	3	2	1	0
5. Jeta ime e perditeshme ka qene e mbushur me gjera qe me interesojne	5	4	3	2	1	0

Instruksioni i pikeve te grumbulluara.

Ne menyre qe te kalkuloni piket qe ju gumbulloni, mblidhni numrat qe ju keni shenuar ne qoshen e sipërme te djathte te kutise dhe shumzoni totalin me kater.

Ju do te mirni rezultatin qe varijon nga 0 ne 100. Rezultati me numrin me te madh tregon nje mireqenie me te mire.