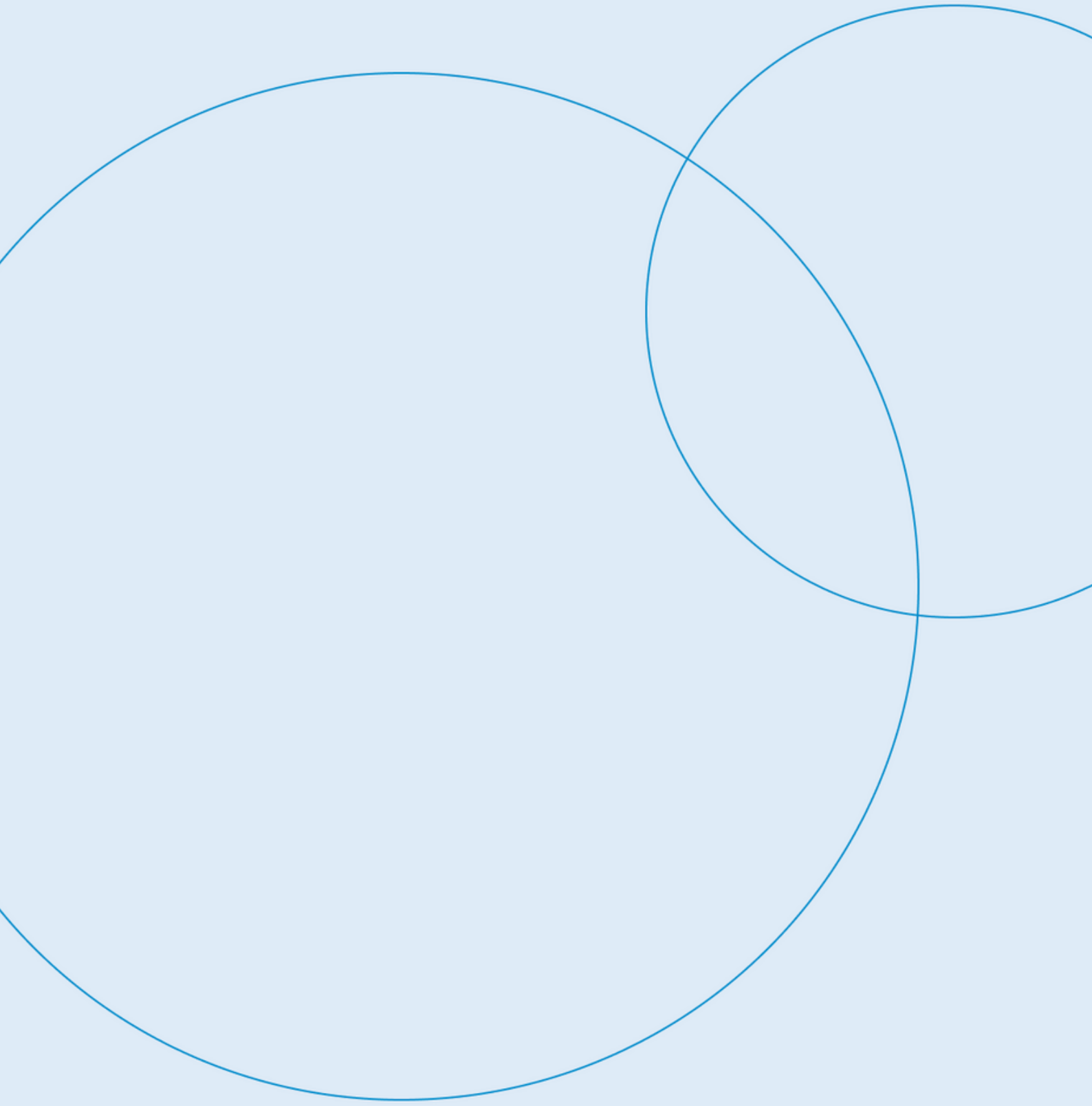

The World Health Organization-Five Well-Being Index (WHO-5)

Romanian 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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Chestionarul OMS al celor 5 criterii de apreciere a starii de bine (versiunea 1998)

Va rugam sa indicati pentru fiecare din urmatoarele afirmatii care este cea mai apropiata de cum v-ati simtit in ultimele doua saptamani. De notat ca valorile mai mari arata o mai buna stare. *Exemplu:* Daca v-ati simtit *vesela si bine dispusa in mai mult de jumatate de timp in ultimele doua saptamani*, marcati in patrat cu cifra 3 in coltul din dreapta sus.

Ultimele doua saptamani	Tot timpul	Majoritatea timpului	Mai mult de jumătate din timp	Mai puțin de jumătate din timp	Cateodata	Niciodata
1. M-am simtit vesel(a) si bine dispus(a)	5	4	3	2	1	0
2. M-am simtit calma si relaxata	5	4	3	2	1	0
3. M-am simtit activ(a) si in putere	5	4	3	2	1	0
4. M-am simtit proaspăt(a) si odihnit(a) la trezire	5	4	3	2	1	0
5. Viata mea de zi de zi a fost plina de lucruri care m-au interesat	5	4	3	2	1	0

Instructiuni de stabilire a scorului

Pentru a calcula scorul chestionarului, adunati numerele trecute in coltul din dreapta sus al patratelor marcate si inmultiti suma obtinuta cu patru.
Veti obtine un scor intre 0 si 100. Un scor mai ridicat arata o mai buna stare.