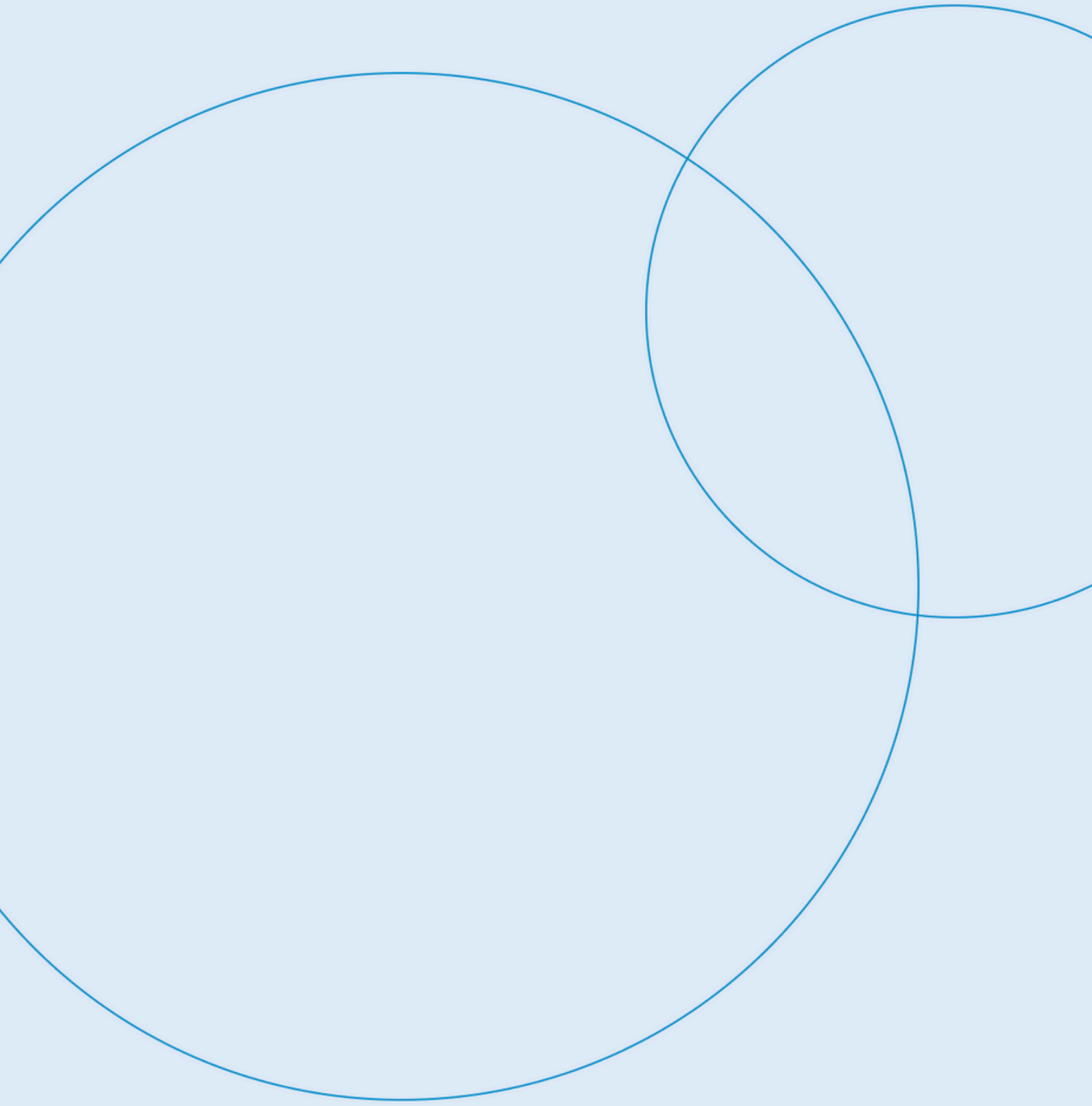

The World Health Organization-Five Well-Being Index (WHO-5)

Chinese 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.

The translation displayed on the next page was completed before WHO accepted copyright of the English version in 2024. The translation was published on the website of the Psychiatric Centre North Zealand (Copenhagen, Denmark). WHO is not responsible for the content or accuracy of this translation. In the event of any inconsistency between the English and the translated version, the English version shall be the binding and authentic version.

The following is a Chinese (September, 2007) version of the WHO (Five) in characters used in PR China.

**WHO 世界卫生组织五项身心健康指标
(1998 年版)**

请在下面五个句子的每个句子(表述)中标出在过去两星期里你最接近感觉状态。请注意数字越大表明你的身心越健康。例如：如果你在过去两星期里有一半以上时间感到快乐、心情舒畅,就请在右上角有 3 的方框里打勾。

	过去两个星期里	所 有 时 间	大部分 时间	超过一半 的时间	少于一 半的时间	有时候	从未有过
1	我感觉快乐、心情舒畅	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2	我感觉宁静和放松	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3	我感觉充满活力、精力充沛	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4	我睡醒时感到清新、得到了足够休息	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5	我每天生活充满了有趣的事情	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

评分:

初始积分为 5 项答案数值之总和, 范围为 0-25, 0 代表可能最差的生活质量, 25 代表可能最好的生活质量。

若求百分制积分, 范围为 0-100, 则初始积分应乘以 4。0 代表可能最差的生活质量, 100 代表可能最好的生活质量。

诠释:

对初始积分低于 13 或者对五项中的任何一项的答分为 0 到 1 的患者, 建议进行重型抑郁症 (ICD-10) 问卷调查。积分数低于 13 表明身心健康状况差, 宜做国际疾病分类第十版(ICD-10) 抑郁症问卷调查。

动态监测:

为能监测身心健康可能的变化, 采用百分制积分。差异 10%表明显著变化(ref. John Ware, 1995)。

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