Child well-being index (WHO-5)

A tool to measure children's psychological well-being

Questionnaire

This index was developed by WHO to be a simple self-reported measure of children's psychological well-being. It consists of five, positively phrased questions, which can be administered in under five minutes.

This document presents a slightly simplified version of the original tool, with five answer options instead of six. This version of the tool was successfully tested by ICI in Côte d'Ivoire and found to be suitable for use with children aged 5-17.

For an overview of the tool, when, how and with whom to use it, please see Guidance – Child Wellbeing Index.

Before administering this questionnaire to the child, the informed consent of the child's parents or other caregiver should be obtained.

- **Bold text** denotes instructions to the enumerator.
- If this tool is included into a broader questionnaire, sections A and B will already have been covered and should therefore be ignored.
- Section A should be filled out ***prior to starting the interview***
- Section B should be used to collect general information **directly from the child**.
- Section C is the psychological well-being index itself, also to be administered **directly to the child**.

Questionnaire

A. General information

To be filled by enumerator before starting the interview.

	Question	Answer
A1	**Select region**	**Select one, from list**
A2	**Select district**	**Select one, from list**
A3	**Community name**	**Select one, from list**
A4	**Enumerator name**	**Enter name/code**
A5	**Date of Interview**	**Enter date**
A6	**Note interview start time**	**Enter time**
A7	**Household ID**	**Generated automatically**
A8	**Child ID**	**Generated automatically**

B. Information about the child

Informed consent

Read this introduction:

Hello, my name is [N] and I work for [N]. I am conducting a survey [on behalf of X in order to X]. I would like to ask you some questions to understand how you have been feeling recently. But I can only ask these questions if you agree to. However, I want you to know that there is no obligation to do this survey and answer these questions. The decision is yours and there is nothing wrong with refusing. Do you understand? If you decide to participate, you should know that there is no wrong answer to these questions: only you know the answers. Also, you have the right not to answer certain questions or to ask me to stop whenever you want. One last important thing: anything you tell me will be kept between us, I won't repeat it to anyone, even your parents. Do you understand?

	Question	Answer	
B1	Now that you understand this information, do you agree to participate in the survey?	Yes, I consent No, I do not **If response is NO, end interview and thank the child.**	
B2	Gender of the child	Boy = 1	Girl = 2
B3	How old are you?	Age = /__/	

C. Well-being

Introduction to the activity

Read this introduction:

Now, I would like us to talk about how you have been feeling over the last two weeks. To do so, I will speak as if I were you and for each sentence I am going to say, tell me if you felt this way "All the time", "Often", "Sometimes", "Rarely" or "Never"."

Let's do a practice question: I say a phrase like: "*Over the past two weeks, I have felt happy*", what will you answer?

Once the child has understood, read the statements slowly, in a neutral tone, always including the words "Over the past two weeks…" at the beginning. Allow time for the child to think about the answer after each question and repeat the choices only if the child asks to or if needed to clarify the answer given. Note the answer before reading the next statement.

	Question	Answer				
		All the time	Often	Sometimes	Rarely	Never
C1	I have felt good	*(5)*	*(4)*	*(3)*	*(2)*	*(1)*
C2	I have felt calm and relaxed	*(5)*	*(4)*	*(3)*	*(2)*	*(1)*
C3	I have felt full of energy and healthy	*(5)*	*(4)*	*(3)*	*(2)*	*(1)*
C4	I woke up feeling fresh and rested	*(5)*	*(4)*	*(3)*	*(2)*	*(1)*
C5	I did a lot of things that interested me during the day	*(5)*	*(4)*	*(3)*	*(2)*	*(1)*
Thank you, this is the end of my questions for you						
	Time interview was completed	**Enter time**				