WHO-5 Well-Being Index questionnaire

Bi-weekly questionnaire from RUNSAFE

Dear Runner,

In the following questionnaire, please indicate for each five statements which is closest to how you have been feeling over the last two weeks.

Notice that higher numbers mean better well-being.

Example: If you have felt cheerful and in good spirits more than half of the time during the last two weeks, choose *More than half of the time* when answering the first question.

The reason for circulating this questionnaire is to examine if running injuries affect well-being and to explore if states of well-being are linked to injury occurrence. It is not required that you answer the well-being questionnaires. Simply ignore the well-being questionnaire if you do not wish to share this information. Your other data will still be valuable to the study.

Thank you for taking part in the Garmin-RUNSAFE Running Health Study and for sharing your information with the RUNSAFE research group.

**WELL-BEING**

1. **Over the last two weeks, I have felt cheerful and in good spirits**
   - All the time
   - Most of the time
   - More than half of the time
   - Less than half of the time
   - Some of the time
   - At no time
   - I prefer not to answer

2. **Over the last two weeks, I have felt calm and relaxed**
   - All the time
   - Most of the time
   - More than half of the time
   - Less than half of the time
   - Some of the time
   - At no time
   - I prefer not to answer

3. **Over the last two weeks, I have felt active and vigorous**
   - All the time
   - Most of the time
- More than half of the time
- Less than half of the time
- Some of the time
- At no time
- I prefer not to answer

4. **Over the last two weeks, I woke up feeling fresh and rested**
   - All the time
   - Most of the time
   - More than half of the time
   - Less than half of the time
   - Some of the time
   - At no time
   - I prefer not to answer

5. **Over the last two weeks, my daily life has been filled with things that interest me**
   - All the time
   - Most of the time
   - More than half of the time
   - Less than half of the time
   - Some of the time
   - At no time
   - I prefer not to answer