Mental-Well Being Questions

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Five dimensions that could be useful in a survey for analyzing mental well-being are relationships with family, relationships with friends, views of the community, personal satisfaction, and overall satisfaction of life. These dimensions are somewhat intrusive, but when you’re trying to assess someone’s mental well-being one must be invasive. By looking at relationships, with both family and friends, conclusions on interpersonal relationships can be drawn. Views of the community can help influence the person’s outlook on life and where they live and thrive. Satisfaction of self worth and life are obviously very important to mental well-being on a personal level. These factors can be used to sum up the “lost hope” in Census Tract 505.

1. **Do you feel stressed or tense in your own home?**

This question asks about a stressful home environment

1. **Do you have a close friend that wil put their problems aside to talk about yours?**

Asking about a close friend determines interpersonal relationships and the stability of them.

1. **Do you feel as if you are an integral part of the community you live in?**

While this question touches on self worth, it also shows how the individual feels about the community and if they have found their place in their area.

1. **Do you set and meet personal goals?**

Goals are an important part of assessing self worth by reaching a sense of accomplishment and fulfillment.

1. **Do you wake up with a positive view of the day ahead?**

This question helps assess life view by asking how the individual feels on a daily basis.