

Student Mental Health **Self-Assessment Questionnaire**

Name:

DOB:

Date:

Section One: Your current Well-Being

Below are some statements about feelings and thoughts. Please circle the box that best describes your experience of each over the **last 2 weeks**.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS). © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.

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Section Two: Current Problems or Concerns

[1] Have you any current worries/concerns/problems in the following areas of your life?

Accommodation:
Finances:
Physical Health:
Family:
Friends:

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Partner / close relationship:

Social Life (e.g. lack of friends, isolated):

Studies (e.g. lectures, workload, deadlines):

Discrimination (e.g. bullying, harassment, racism):

Emotional wellbeing / mental health (e.g. adjusting to University life, homesickness, stress, depression, anxiety, panic attacks, sleep problems, eating problems, self harm, alcohol/drug problem):

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[2] If yes to any of the above, are these worries interfering with your studies or daily living?

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[3] Would you like some help to change things, and if so what sort of help?

More support from family
More support from friends
More support from academic department
Advice and information on managing money
Advice and information on managing studies e.g. time management, writing assignments, sitting exams
Medical advice e.g. from NHA, practice nurse, GP, family planning, helplines
Specialist support e.g. MHA, counselling, helpline, self-help group

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Section Three: General Questions

- Do you think that there might be any particular situations that you might find difficult to cope with while studying here?

- What tends to have triggered off your distress in the past?

- What sort of strategies have you found useful in the past?

- If you had a problem while at university, how would you sort it out?

- Are you aware of the range of support services on offer?

- Have you found any particular service, person, or group helpful?

- Have you found any of the services unhelpful?

- Do you feel the university's departmental procedures, policies, environment, housing and support systems etc., support your needs? If no, why not?

- If you felt things were building up to a crisis situation, who would you like to be contacted?

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Section Four: Effects of medication (if applicable)

[1] What medication do you take?

[2] What is your understanding of why the medication has been prescribed?

[3] What are the benefits? Do you experience any side effects/limitations/drawbacks?

[4] Do you experience any problems with the medication which interferes with your University life?

Section Five: Coping strategies

Are you aware of other activities or coping techniques which may help, as well as medication? Are there any you would like to try?

For example:

- Complimentary therapies – massage, reflexology, relaxation, meditation
- Support groups / self-help groups
- Exercise
- Healthy eating