



REMOTE CONFIDENCE COURSE

Thank you for enrolling your learners with us. Please let them know they have been enrolled and we will be in touch soon!!

Name			
Date of Birth			
Address			
Postcode			
Home Phone		Mobile	
Email			

Below are some statements about feelings and thoughts.

STATEMENTS

	LOW	HIGH
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 dealing with problems well	1 2 3 4 5	
I've been thinking clearly	1 2 3 4 5	
I've been feeling close to other people	1 2 3 4 5	
I've been able to make up my own mind about things	1 2 3 4 5	

"Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS)

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ADDITIONAL NOTES ON LEARNER

Date:
