



HCHS/SOL V2- Wellbeing Questionnaire

WBE/WBS- QxQ

General Instructions

The Well-being questionnaire consists of two brief measures that assess depressive and anxiety symptoms respectively, specifically, the Center for Epidemiological Study measure of depression (10-item version) and the GAD-7 Scale (7-item version). These measures are administered to evaluate the levels of depression and anxiety symptoms in the Hispanic/Latino population and their association with health.

QxQ Instructions

Q1 – Q 10

The CESD 10 is a measure of thoughts or feelings related to recent depression. Interviewers should read the script exactly as it appears on the screen. Emphasis should be placed on the time frame, PAST WEEK.

Interviewers should then read the answers and let respondents know that for each question there are 4 possible answers – rarely or none of the time (<1 day/week), some or little of the time (1-2 days/week), occasionally or a moderate amount of time (3-4 days/week), or all of the time (5-7 days/week). The number of days per week should be read to help the respondent understand each of the categories. In addition, hand motions to indicate the continuum from the low end of the scale to the high end of the scale can be helpful. Show cards or the instrument itself displaying the Likert scale when describing the answer categories.

After describing the answer categories, the interviewer should proceed with asking each question and the corresponding answer categories. The interviewer may re-read the answer options if the participant has problems recalling them or choosing a category. When asking these questions, interviewers should be careful to not comment on respondent's answers and to record answers in a non-judgmental manner.

Q11 – 17

The GAD-7 scale is designed as a measure for generalized anxiety symptoms. Interviewers should read the script exactly as it appears on the screen. Emphasis should be placed on the past two weeks.

Interviewers should then read the answers and let respondents know that for each question there are 4 possible answers – Not at all, Several days, More than half the days, or Nearly every day. In addition, hand motions to indicate the continuum from the low end of the scale to the high end of the scale can be helpful.

After describing the answer categories, the interviewer should proceed with asking each question and the corresponding answer categories. The interviewer may re-read the answer options if the participant has problems recalling them or choosing a category. When asking these questions, interviewers should be careful to not comment on respondent's answers and to record answers in a non-judgmental manner.