The Salutogenic Health Indicator Scale (SHIS)  
Survey form on salutogenic health indicators

How have you felt in the last 4 weeks with regard to the following?  
(The further to the left you enter your tick, the more you agree with the statement to the left, and vice versa)

In the last 4 weeks, I have …

A: felt alert  (6) (5) (4) (3) (2) (1)  felt tired, exhausted
B: felt happy, optimistic  felt depressed, sad
C: felt calm, relaxed  felt worried, tense
D: slept well  slept badly
E: found it easy to concentrate  found it hard to concentrate
F: had lots of ideas, been creative  have been lacking ideas, not been creative
G: have made decisions easily  have been at a loss what to do, hesitant
H: have been emotionally balanced  have been emotionally imbalanced
I: felt well  felt sick
J: have had lots of energy  have had very little energy
K: functioned well with other people  not functioned well with other people
L: felt that my body has functioned well in relation to what my life situation needs  felt that my body has not functioned well in relation to what my life situation needs

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