

PGWB

Frågor fr o m 1 t o m 22

Samtliga med värden 1 t o m 6

I) **Vändning** : Frågorna 1 ; 4 ; 6 ; 7 ; 9 ; 10 ; 14 ; 16 ; 19 ; 21 vändes genom att det aktuella värdet subtraheras från 7 (vänt värde = 7 – aktuellt värde)

II) **Dimensioner** bildas sedan genom att summera svaren på följande frågor (efter att vändningar gjorts)

<u>Dimension</u>	<u>Frågor</u>
Anxiety	5 , 8 , 17 , 19 , 22
Depressed mood	3 , 7 , 11
Positive well-being	1 , 9 , 15 , 20
Self-control	4 , 14 , 18
General health	2 , 10 , 13
Vitality	6 , 12 , 16 , 21

The PGWB measures psychological well-being and distress. The instrument is composed of 22-items which, when scored, constitute 6 subscales and one total score with higher scores indicating better health status and psychological well-being. Subscale scores include anxiety, depression, self control, positive well-being, general health, and vitality. Normal values for the total score are considered to fall in the range of 100–105, with women generally reporting lower well-being than men. The PGWB has good evidence supporting internal consistency, test-retest reliability and validity, and has been shown to be sensitive to gastrointestinal disease occurrences.

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New York: le Jacq 1984, 170-183.