

The Act-Belong-Commit

self-assessment



A great way to live life!

actbelongcommit.org.au



Mentally Healthy WA

Act-Belong-Commit

Act-Belong-Commit is a community-based health promotion campaign that encourages people to be proactive about their mental health and wellbeing. Just as there are things we can and should do to keep physically healthy, there are things we can and should do to keep mentally healthy. These are summed up in the three words Act, Belong, Commit:

Act

Keep active in as many ways as you can -physically, socially, mentally, and spiritually. In short ...

“Do Something!”

Belong

Keep connected to friends and family; get involved in groups you are a member of; join in local community activities. That is ...

“Do Something with Someone!”

Commit

Commit to an interest or a cause; set goals to aim for; become a volunteer; learn a new skill; challenge yourself ...

“Do Something Meaningful!”

The following questionnaires allow you to measure your overall wellbeing, and how much you Act, Belong and Commit now.

Depending on your scores, you can then set goals for maintaining or getting more involved in mentally healthy activities.

Your overall wellbeing

This set of questions measures your current state of overall wellbeing. Answer the questions in the order that they appear. You can then work out your overall wellbeing score and see what it means.

Below are some statements about your feelings and thoughts. Please tick the box that best describes your experience over the last two weeks.

Over the last two weeks ...

1: I've been feeling optimistic about the future

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

2: I've been feeling useful

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

3: I've been feeling relaxed

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

4: I've been feeling interested in other people

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

5: I've had energy to spare

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

6: I've been dealing with problems well

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

7: I've been thinking clearly

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

8: I've been feeling good about myself

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

9: I've been feeling closer to other people

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

10: I've been feeling confident

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

11: I've been able to make up my own mind about things

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

12: I've been feeling loved

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

13: I've been interested in new things

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

14: I've been feeling cheerful

None of the time	Rarely	Some of the time	Often	All of the time
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

Now add up your score (all the numbers of the boxes you ticked) and write that total in the box.

What does your wellbeing score mean?

A score between 14- 49: Approximately 25% of the Western Australian population score in this range. You can aim to boost your wellbeing score by finding activities to get involved in that you will enjoy. If you are feeling very low or unnecessarily anxious, you could talk to your GP about counseling programs that help people deal with their negative thoughts and feelings.

You can also get information on depression and other issues from [beyondblue](http://beyondblue.org.au) (beyondblue.org.au) or the Black Dog Institute (blackdoginstitute.org.au).

A score between 50-59: Approximately 50% of the Western Australian population score in this range. You can aim to maintain or even boost your wellbeing score by finding new activities to get involved in that you will enjoy.

A score of 60 and above: Approximately 25% of the Western Australian population score in this range. You can aim to maintain your wellbeing score by keeping up the activities you are already involved in or perhaps trying new activities that you might enjoy.

Act

Answer the following questions and find out how active you are.

Q1: Physical Activity: Apart from your job and household tasks, how often do you do something physically active (e.g. walk, garden, dance, jog, swim, and so on)?

- Less than monthly 0
- Monthly 0
- Once a week 1
- 2–3 times weekly 2
- 4–6 times weekly 4
- Daily 5

Q2: Mental Activity: Apart from your job, how often do you do something requiring thinking and concentration (e.g. read, paint, learn something, do a crossword puzzle, play video games)?

- Less than monthly 0
- Monthly 0
- Once a week 1
- 2–3 times weekly 2
- 4–6 times weekly 4
- Daily 5

Q3: Social Activity: Apart from on your job and with members of your household, how often do you have contact with other people where you stop for a chat, talk on the phone or chat online?

- Less than monthly 0
- Monthly 0
- Once a week 1
- 2–3 times weekly 2
- 4–6 times weekly 4
- Daily 5

Q4: Spiritual Activity: How often do you engage in spiritual activities like attending a service, meeting with others for a spiritual purpose, meditating, reflecting on the meaning of life or the natural world?

- Once a year or less 0
- Once every 4-6 months 0
- Once every 2-3 months 1
- 1-2 times a month 2
- 3-4 times a month 4
- Weekly 5

Now add up your score (all the numbers of the boxes you ticked) and write that total in the box.

What does your Act score mean?

A score between 0–7: You can definitely improve! Look at where your scores are low: Physical? Social? Mental? Spiritual? Follow the activities and tips in the Great Way to Live Life guide to see how you can become more active in those areas where you had a low score and you would like to do more.

A score between 8–13: You are doing well, but you could do more – especially if you scored less than 10. Look at where your activity levels are lowest and think about how you can get more of that sort of activity into your day using the tips in the Great Way to Live Life guide.

A score of 14 or more: Very good! Your activity levels are really good for your mental health and wellbeing. Keep it up and encourage others to follow your lead and have a more active lifestyle.

Remember, even when you are busy or feeling tired it's important to keep up these activities to help you cope better with problems and stress.

Belong

Answer the following questions and find out how much you Belong.

Q1: Friends and Family: How often do you get together with a group of friends, workmates or family for outings, meals or special events?

- Once a year or less 0
- A few times a year 1
- Every few months 2
- Monthly 3
- Weekly 5

Q2: Local Community: How often do you attend community events (e.g. music festivals, theatre, markets, local sporting events, school fairs, residents' meetings, local government events, local business groups, local 'clean up' events)?

- Once a year or less 0
- A few times a year 1
- Every few months 2
- Monthly 3
- Weekly 5

Q3a: Specific Interest Groups:

Do you belong to any formal or informal groups, clubs or organisations, (e.g. sports club, car club, book club, fitness group, dance class, theatre group, social club, cooking group, card group, hobby group, cultural or ethnic group)?

No Go to Q4 on the next page

Yes Continue to **Q3b** and **Q3c**

Q3b: How many groups are you an active member in? (Write in box)

Q3c: How often do you attend or have contact with members of any of these groups?

- Once a year or less 0
- A few times a year 1
- Every few months 2
- Monthly 2
- Weekly 3
- More than once a week 5

Continued **Belong**

Q4: Large Public Events: How often do you attend large public events such as major sporting fixtures, major musical events, or any events where there are very large crowds?

- | | | |
|-------------------------|---|--------------------------|
| Never | 0 | <input type="checkbox"/> |
| Less than every 3 years | 1 | <input type="checkbox"/> |
| Every 2-3 years | 2 | <input type="checkbox"/> |
| 1-2 times a year | 2 | <input type="checkbox"/> |
| Every 2-3 months | 3 | <input type="checkbox"/> |
| Monthly or more | 5 | <input type="checkbox"/> |

Q5: If you are in paid employment, how much do you feel part of a close knit team?

- | | | |
|---------------------------------------|---|--------------------------|
| Am not employed | 0 | <input type="checkbox"/> |
| Don't feel part of a team much at all | 1 | <input type="checkbox"/> |
| Feel part of a team but not strongly | 3 | <input type="checkbox"/> |
| Very much feel part of the team | 5 | <input type="checkbox"/> |

Now add up your score (all the numbers of the boxes you ticked) and write that total in the box.

What does your **Belong** score mean?

A score 0–8: Definitely can improve! Look at the different questions above and pick one or two where you could most easily improve your score. Where would you like to improve? Remember you don't have to score high in each area. The Great Way to Live Life guide provides some helpful tips and advice to help you **Belong** more.

A score of 9-13: You are doing well, but you could do more - especially if you scored under 10! Your current involvement in groups and clubs provides you with a good sense of belonging. However, if you have the time, you could further boost your mental health by selecting one or two activities you enjoy most and do them more often.

A score of 14 or more: Very good! You are certainly bolstering your mental health and wellbeing through your involvement in clubs and community groups. Perhaps you can encourage those around you to become more involved by inviting friends or family to join you. Read through the Great Way to Live Life guide for some ideas on how to continue to **Belong**. But remember not to overdo it.

Commit

Answer the following questions to find out how much you Commit.

Q1a: Personal challenges and goals:

Are you doing something challenging at the moment? (e.g. home or garden renovations, enrolled in a course, training for a ‘fun run’ or competitive sport, learning a new skill, like woodwork, the guitar, painting or welding?).

No Skip to **Q2**

Yes Continue to **Q1b**

Q1b: How often do you do this activity?

A few times a year 1

Monthly 2

One day a week 3

More than once a week 5

Q2: Challenges at work: If you are employed, is your work challenging and involve learning new things, or is it fairly easy?

I am not employed 0

Fairly easy 2

Somewhat challenging 3

Very challenging 5

Q3a: Positions held in groups: Do you belong to any formal or informal groups, clubs or organisations?

No Skip to **Q4a**

Yes Continue to **Q3b**

Q3b: Do you hold any committee or office roles in any of those groups?

(e.g. are you the treasurer, a committee member, president, vice-president, secretary, and so on?)

Yes 5

No 0

Q4a: Activism: Are you actively involved with a cause-related group seeking additional resources, legislative or policy change? (e.g. for disadvantaged groups, environmental preservation, etc.?)

No Skip to **Q5a**

Yes Continue to **Q4b**

Q4b: How often do you do something as part of that group?

Once a year or less 1

A few times a year 1

Monthly 2

Once or twice a week 4

More than twice a week 5

Q5a: Volunteer work: Are you a volunteer for any charitable organisations, community groups, health or social welfare organisations, or other non-government organisations? (e.g. coaching a sporting team, mentoring a colleague, volunteering for Red Cross, meals on wheels, etc.?)

No Skip to **Q6**

Yes Continue to **Q5b**

Q5b: How often do you do this volunteer activity?

- A few times a year 1
- Monthly 2
- One day a week 3
- More than once a week 5

Q6: General helping out: Apart from any formal volunteering work, how often do you do something to help someone? (e.g. help a neighbour, cook a meal or clean for a sick friend, help students with projects?)

- Once a year or less 1
- A few times a year 1
- Monthly 2
- Once or twice a week 4
- More than twice a week 5

Now add up your score (all the numbers of the boxes you ticked) and write that total in the box.

What does your Commit score mean?

A score 0–8: Definitely can improve! Look through the questions where you scored lowest. Think about things you could do in those areas. Work through the activities in the Great Way to Live Life guide to see how you could increase your score in those areas.

A score of 9-13: You are gaining mental health benefits from your current activities, but you could do better, especially if you scored under 10! Look at your scores and see where you could be doing more. It might be volunteering more often, or taking on a personal challenge.

A score of 14+: Congratulations on making commitments to a number of activities. Occasionally take time to reflect on the good you are doing for yourself and the good you are doing for others.