

Appendix

Table A. The Icelandic translation of the WHO - 5 wellbeing index

Undanfarnar 2 vikur ... <i>Over the last two weeks</i>	Alltaf <i>All of the time</i>	Oftast <i>Most of the time</i>	Rúmlega helming tímans <i>More than half of the time</i>	Tæplega helming tímans <i>Less than half of the time</i>	Öðru hvoru <i>Some of the time</i>	Aldrei <i>At no time</i>
a) Var ég glöð/glaður í bragði. <i>I have felt cheerful and in good spirits</i>	0	1	2	3	4	5
b) Var ég róleg/ur og afslöppuð/afslappaður. <i>I have felt calm and relaxed</i>	0	1	2	3	4	5
c) Var ég full/ur af orku og krafti. <i>I have felt active and vigorous</i>	0	1	2	3	4	5
d) Leið mér vel og var úthvöld/ur þegar ég vaknaði. <i>I woke up feeling fresh and rested</i>	0	1	2	3	4	5
e) Var margt áhugavert að gerast á hverjum degi. <i>My daily life has been filled with things that interest me</i>	0	1	2	3	4	5

English wordings in italics