

POMP Final: Social and Emotional Well-Being Module

(Mail Version)

These next questions are about your overall social and emotional well-being.

SE1. During an average week, how many days are you in touch by phone, Internet (email), or in person with a friend, neighbor, or relative who **does not** live with you?

- None 1
- One day 2
- Two days 3
- Three days 4
- Four days 5
- Five days 6
- Six days 7
- Every day 8

SE2. Thinking about how often you are in touch with friends, neighbors, and relatives is this ...

- Not enough (Would like to do more) 1
- About enough 2
- Too much 3

SE3. During an average week, how many days do you leave home to go to a movie, sports event, club meeting, class, or place of worship?

- None 1
- One day 2
- Two days 3
- Three days 4
- Four days 5
- Five days 6
- Six days 7
- Every day 8

SE4. Regarding your present social activities, do you feel that you are doing ...

- Not enough (Would like to do more) 1
- About enough 2
- Too much 3

Office Use Only:

Client ID: _____

Service Enrollment Date: _____

Date of Survey Administration: _____

SE5. In general, how would you describe your emotional well-being?

- Excellent 1
- Very good 2
- Good 3
- Fair 4
- Poor 5

SE6. During the past 30 days, how often have you had difficult or painful feelings such as stress, grief, worry, anger or loneliness?

- Always 1
- Usually 2
- Sometimes 3
- Rarely 4
- Never 5

SE7. During the past 30 days, to what extent have feelings such as stress, grief, worry, anger or loneliness interfered with your normal social activities with family, friends, neighbors, or groups?

- Always 1
- Usually 2
- Sometimes 3
- Rarely 4
- Never 5