

Frequent issues in translation

The words in italics in the WEMWBS scale below are words and phrases that sometimes cause difficulties in translation. I have added notes to explain the intended meaning:

Please tick the box that best describes your experience of each over the last 2 weeks:

1. I've been feeling *optimistic* about the future
2. I've been feeling *useful*
3. I've been feeling relaxed
4. I've been feeling interested in other people
5. I've had energy *to spare*
6. I've been dealing with problems *well*
7. I've been thinking clearly
8. I've been feeling good about myself
9. I've been feeling *close* to other people
10. I've been feeling confident
11. I've been *able to make up my own mind* about things
12. I've been feeling loved
13. I've been interested in *new things*
14. I've been feeling cheerful

Notes

"Over the last two weeks" just means recently. We are not asking whether any of the feelings are more or less than usual but just a statement of fact about the present time so please translate the 14 items as statements of fact about the present time.

1. "Optimistic" implies an expectation that the future will be good rather than hoping it will be. It is a subtle difference but can be translated as hopeful in the absence of a word for optimistic.
2. "Useful" implies useful to other people – the feeling that you are effective or making a contribution to your community or family.
5. Energy "to spare" just means plenty of energy (NOT more than usual)
6. "Well" refers to the present time. Please don't translate it as "better" or "extra".
9. "Close" not closer –same reason as above.

11. This question is about being capable of making decisions or having opinions.

13. This implies new activities and interests.