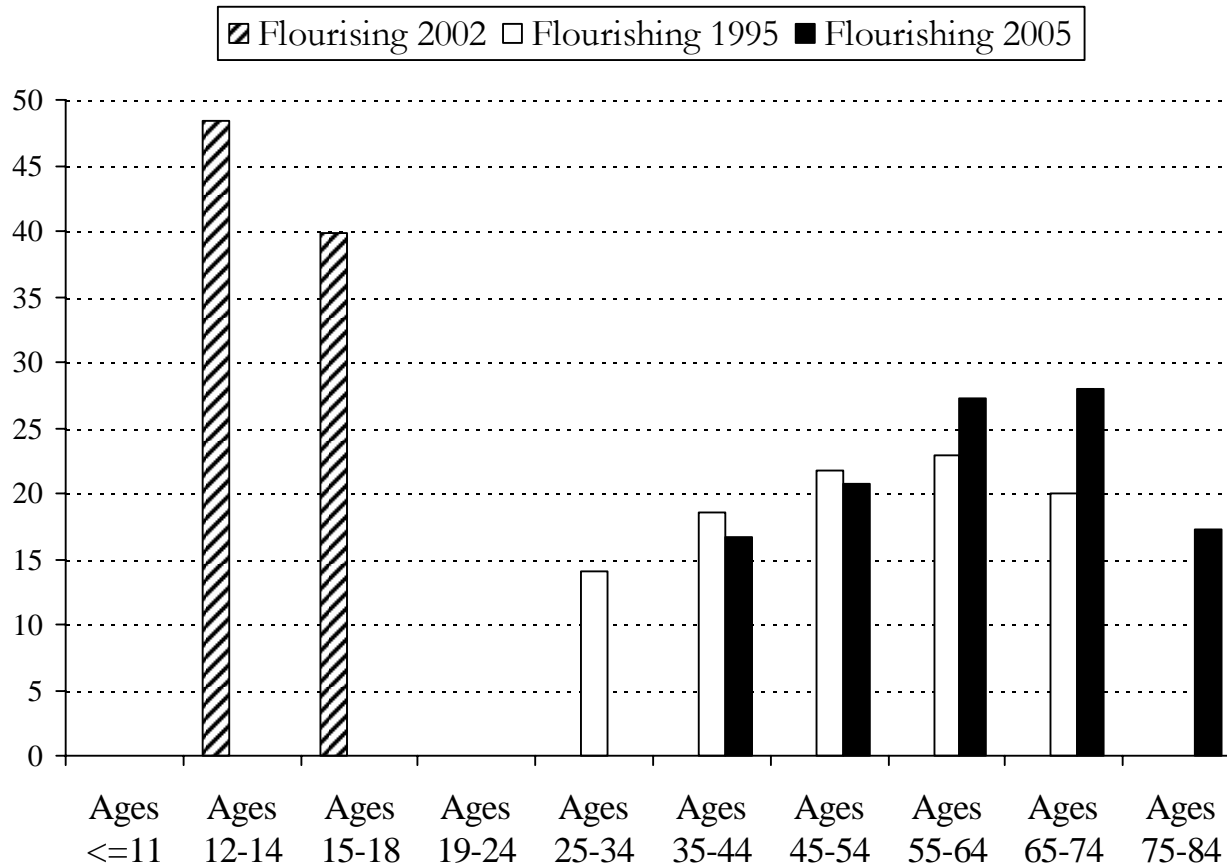
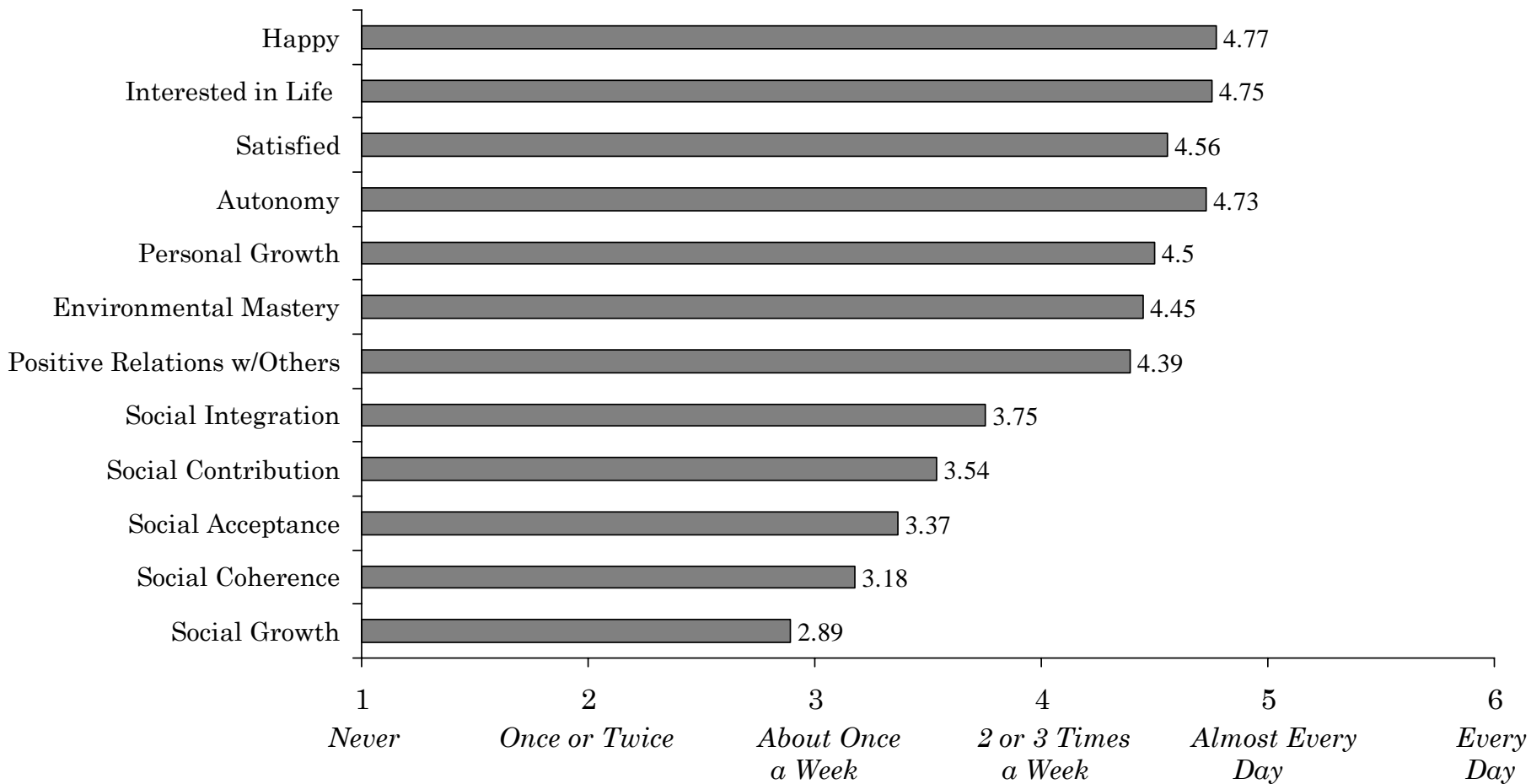


Percent U.S. Youth and Adults Flourishing Across the Life-Span

(2002 CDS Youth Data; MIDUS 1995 and MIDUS 2005 Data)



Mean Frequency of Each Component of Mental Health in the Past Month, U.S. Adolescents, Ages 12 to 18, in 2002 Data from the Child Development Supplement (n=1,260)



Mental Health Continuum—Short Form

During the past month, how often did you feel ...	NEVER	ONCE OR TWICE	ABOUT ONCE A WEEK	2 OR 3 TIMES A WEEK	ALMOST EVERY DAY	EVERY DAY
1. happy or satisfied						
2. interested in life						
3. that you had something important to contribute to society						
4. that you belonged to a community (like a social group, your neighborhood, your city)						
5. that our society is becoming a better place for people						
6. that people are basically good						
7. that the way our society works makes sense to you						
8. that you liked most parts of your personality						
9. good at managing the responsibilities of your daily life						
10. that you had warm and trusting relationships with others						
11. that you have experiences that challenge you to grow and become a better person						
12. confident to think or express your own ideas and opinions						
13. that your life has a sense of direction or meaning to it						

(1) MDE =
Anhedonia +
Malfunctioning

(2) Mental
Health = hedonia
+ positive
functioning

(3) Flourishing
Languishing
Moderate MH