

## Candy Pettus

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the quiz below draws on a mindfulness scale developed by researchers at la salle university and drexel university led by psychology professor lee ann cardaciotto please answer as

sep 9 2025 the who 5 mental well being test online makes it easy to measure in just two minutes use this tool regularly track your results and take steps to improve your wellbeing

the quiz is based on hundreds of recent scientific studies and focuses on lifestyles and habits that strongly relate to long term happiness or psychological well being

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