

Mental Health Well-being Scale

Name:

Date: ___/___/___

Below are some statements about feelings and thoughts.

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

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Practitioner Guidance Notes

Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

The WEMWBS has been validated for use in the UK with those aged 16 and above.

The tool measures mental well-being. Mental well-being relates to a person's psychological functioning, life satisfaction and ability to develop and maintain mutually benefitting relationships. Psychological well-being includes the ability to maintain a sense of autonomy, self acceptance, personal growth, purpose in life and self esteem. The WEMWBS is not designed to identify people who have or probably have a mental illness.

So this tool might be useful to use:

- As a means of gauging the impact of the work you are doing with a young person
- Or using the statements as a way to explore how someone is feeling

The WEMWBS provides robust results for populations and groups. It is currently going through a process of being validated for monitoring well-being in individuals. In other words we cannot assign cut off points for individual wellbeing until it is validated. When used in groups and across populations, the minimum score is 14, and the maximum is 70. The average population mean is around 51.

It has been used successfully to evaluate an intervention by measuring change from before to after the intervention in a group of people. More detailed information on WEMWBS can be found in the user guide for the WEMWBS on the NHS Health Scotland website below:

<http://www.healthscotland.com/understanding/population/Measuring-positive-mental-health.aspx>

You might be interested to read the more background information in the validation papers for the different age groups.

- The validation paper for 13 to 16 year olds is available at:

Clarke A, Friede T, Putz R, Ashdown J, Martin S, Blake A, Adi Y, Parkinson J, Flynn P, Platt S and Stewart-Brown S. Warwick-Edinburgh Mental Well-being Scale (WEMWBS): Validated for teenage school students in England and Scotland: a mixed methods assessment.

<http://www.biomedcentral.com/content/pdf/1471-2458-11-487.pdf>

- The validation paper for ages 16 to 74 in the UK is available at:

Tennant R, Hiller L, Fishwick R, Platt P, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation

<http://www.hqlo.com/content/pdf/1477-7525-5-63.pdf>

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