

Core questionnaire for wellbeing: Warwick Edinburgh Mental Well-being Scale (WEMWBS)

What is it for?

- This is the core questionnaire for measuring wellbeing. **It has been validated for use with adults aged over 16 years old.**
- It is currently being validated for use with 13-16 year olds. [Jo Belcher](#) is seeking advice. If your project also works with school-age children, she will contact you soon individually with:
 - Advice about which tool to use
 - Advice about which tool to use with under 13s.
- It has not yet been fully validated for use with adults with mental health problems, but preliminary findings are positive and it has been recommended for this use by its creator (K. Janmohamed, personal communication, July 29, 2008).
 - Jo will be auditing its use amongst relevant projects and piloting its use initially. If it does not perform as expected, an alternative will be used in its place with new beneficiaries.

NB: Jo has gained permission from Dr Janmohamed to use this scale for all chances4change projects. If you wish to use this tool in other work, please contact K.Janmohamed@warwick.ac.uk for permission.

How do I use it?

Follow the advice in your **Good Gardening Evaluation guide(s)** about when to ask people to fill this out. Your email will have information about whether you could use this with a sample of people or if you should ask all beneficiaries to complete it. In general beneficiaries should complete it:

- At first contact (e.g. with any monitoring forms you are using, before any activities are undertaken). This may also be at a first session of an activity (before the activity happens).
- At last contact (e.g. incorporated into an evaluation questionnaire at the end)
- Perhaps at follow up (see your **Good Gardening Evaluation guide** for details). [Jo Belcher](#) will be in contact to give advice about numbers of people to follow up with.

More information about keeping records/monitoring and evaluation is in your **Good Gardening Evaluation guide(s)** and in the document, '**Having a Healthy Evaluation**'.

Important information

If the scale is reproduced, it **must include the copyright statement** that appears with it and no changes to its wording, response categories or layout must be made.

Any report regarding use of WEMWBS also needs to include the following text:
"The Warwick-Edinburgh Mental Well-being Scale was funded by the Scottish Executive National Programme for improving mental health and well-being, commissioned by NHS Health Scotland, developed by the University of Warwick and the University of Edinburgh, and is jointly owned by NHS Health Scotland, the University of Warwick and the University of Edinburgh."

How is it scored?

Just add up the numbered responses to each question. You will end up with a score between 14 and 70. An example can be found on page 15 of the user document, which is available here:

<http://www.healthscotland.com/documents/2702.aspx>

chances4change will ask you to feedback:

1. **The average scores for all beneficiaries at the beginning and at the end of all activities/support:**
 - ✓ Calculate this by adding together all the scores you have for beneficiaries' questionnaires on entry to your project. Divide by the number of beneficiary scores.
 - E.g. 70 people complete the questionnaire. When you added their scores together for when they began the programme, it comes to 3640. You divide this by the total number of people ($3640/70=52$). 52 is the number you report for average at entry into the activity.
 - ✓ Then do the same for the scores of those leaving the programme. E.g. the total score comes out at 3802 ($3920/70=56$). 56 is the number you report for average on completing the activity.
 - ✓ You may wish to keep these records for each activity within your project so you can monitor which activities are most successful.
2. **Number of people whose mental wellbeing has increased**
 - ✓ E.g., even if people increase their mental wellbeing level by one point.
 - ✓ Don't count people who stay at the same level or whose score reduces
 - ✓ E.g., if 60 people get a higher score on completing the activity then they had at the beginning, 7 stay the same and 3 score lower, report 60.
3. **Follow-up scores with a sample of people who have left the programme.**

You will use the same methods as in 1 and 2 above. This will be from following up a sample of beneficiaries from your project. Further advice is in your **Good Gardening Guide** and Jo will be contacting you as your project progresses to give you advice on setting this up.

Important points:

- ✓ **NB.** It would be useful to have more information on the results of this tool. **Please be prepared to share your original data (spreadsheets) with Jo Belcher** so that she can perform statistical analyses on it if required.
- ✓ **Please inform us how many people in total you have used this measure with.**
- ✓ Please make sure you **keep all information about each beneficiary together** – e.g. basic monitoring information, sessions attended, other support accessed as well as scores on core questions and any other measures. You may need this in order to look into successes and difficulties in more depth.
- ✓ **[Jo Belcher](#) is developing an Excel spreadsheet that will work most of this out for you. Please contact her if you wish to have a copy. You will still need to put the scores in from your beneficiaries.**

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

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