

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

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A. Brief History and Rationale for Development of the WEMWBS

The WEMWBS was developed and tested by a group of researchers at the Universities of Edinburgh and Warwick with funding from NHS Scotland. The WEMWBS is used to measure subjective well-being in adults ≥ 16 years.

As defined by the developers, mental well-being relates to a person's psychological functioning, life-satisfaction and ability to develop and maintain mutually benefiting relationships. Psychological wellbeing includes the ability to maintain a sense of autonomy, self acceptance, personal growth, purpose in life and self esteem. Staying mentally healthy is more than treating or preventing mental illness.

B. Scoring and Interpreting Scale Results

The WEMWBS is scored by summing the responses to each of the 14 test items on a 1 to 5 Likert scale (1 = None of the time to 5 = All of the time). All questions are equally weighted.

Scores can range from a minimum of 14 to a maximum of 70 points. Higher scores are associated with higher levels of mental well-being.

The scale is a self-administered.

No cut-off score is associated with the scale because the scale is not designed to identify persons with exceptionally high or low positive mental health.

In a population sample comprised of adults ranging in age from 16 to 75 plus years, the mean score was 50.7/70. The mean score for a sub sample of adults aged between 65 and 74 years was 52.4 while the mean score was 51.2 for a sub sample of adults > 75 years.

C. Conditions for use of Scale

The WEMWBS is freely available but prospective users should register with Dr Kulsum Janmohamed K.janmohamed@warwick.ac.uk or Professor Sarah Stewart-Brown sarah.stewart-brown@warwick.ac.uk. If the scale is reproduced it must remain unaltered and include the copyright statement that appears below:

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