

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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The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was developed by researchers at the Universities of Warwick and Edinburgh, with funding provided by NHS Health Scotland, to enable the measurement of mental well-being of adults in the UK.

Scoring

Each of the 14 item responses in WEMWBS are scored from 1 (none of the time) to 5 (all of the time) and a total scale score is calculated by summing the 14 individual item scores. The minimum score is 14 and the maximum is 70.

Using WEMWBS in individuals

As with all psychometric tests, results at an individual level should be interpreted with caution. WEMWBS provides a general indication for comparison with specific populations but may not be the best measure of individual status or need and is specifically not intended to be used as a clinical or diagnostic tool.

Use of WEMWBS

WEMWBS is now included in the core module of the annual Scottish Health Survey (from 2008) and is also being widely used throughout the UK and beyond.

WEMWBS is being used for one of the Scottish Government's 45 National indicators which will track progress towards achievement of the national outcomes and overall purpose.

In 2014, the mean score for adults on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) was 50.

Men had insignificantly higher score than women (50.1 and 49.9 respectively). Mean scores have not changed significantly since 2008 (50.0 in 2008).

Male WEMWBS scores were highest for those aged 65-74 (51.2), whilst those aged 45-54 (49.1) had the lowest average scores.

Women's wellbeing showed less variation for those aged 25 and over (49.3-50.5), with lower levels seen for those aged 16-24 (48.7)