



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

The Warwick–Edinburgh Mental Wellbeing Scale (WEMWBS) was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. The WEMWBS is a 14-item scale of positively worded statements covering feeling and functioning aspects of mental wellbeing. The 14-statements have five response categories from ‘none of the time’ to ‘all of the time’. Although the WEMWBS was not designed to monitor mental wellbeing at an individual level, research (in adults) suggests that the WEMWBS could detect clinically meaningful change (Collins, Gibson, Parkin, Parkinson, Shave & Dyer, 2012; Maheswaran, Weich, Powell & Stewart-Brown 2012).

Over the last two weeks , how often have you been bothered by the following problems?	
1. I've been feeling optimistic about the future	
2. I've been feeling useful	
3. I've been feeling relaxed	
4. I've been feeling interested in other people	
5. I've had energy to spare	
6. I've been dealing with problems well	
7. I've been thinking clearly	
8. I've been feeling good about myself	
9. I've been feeling close to other people	
10. I've been feeling confident	



11. I've been able to make up my own mind about things	
12. I've been feeling loved	
13. I've been interested in new things	
14. I've been feeling cheerful	
Total Score	
WEMWBS Scoring	
<p>This is calculated by assigning scores of 1, 2, 3, 4, and 5 to the response categories, respectively, of “none of the time,” “rarely,” “some of the time,” “often”, and “all of the time”. 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 the time). All questions are equally weighted. Scores can range from a minimum of 14 to a maximum of 70 points. 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.</p>	
<p>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.</p>	

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References and Further Reading

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