

---

# USER GUIDE

## TO THE

### WARWICK-EDINBURGH MENTAL WELLBEING SCALES (WEMWBS AND SWEMWBS)

---

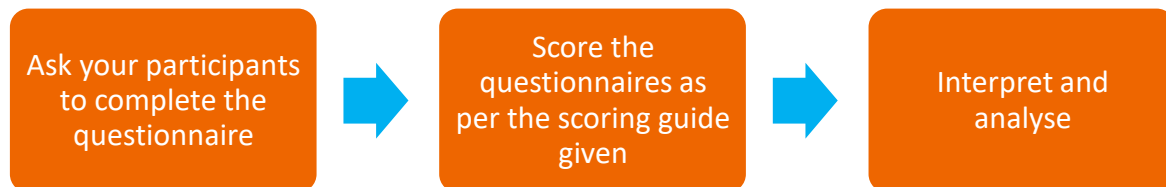
This guide has been developed for individuals or organisations using WEMWBS to measure mental wellbeing to help ensure that the scales are used in a valid and reliable way

All users of WEMWBS require a licence ([available here](#)) and this guide should only be accessed by licenced users and is not to be shared or distributed.

## SNAPSHOT DATA COLLECTION

---

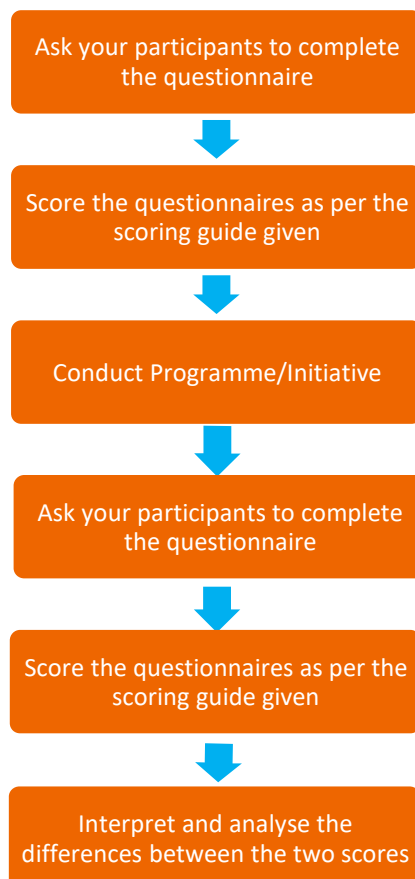
Follow the process shown below when using WEMWBS for snapshot data collection



## METRIC MEASUREMENT TO CHECK SUCCESS OF INITIATIVES/PROGRAMMES

---

Follow the process shown below when using WEMWBS for pre-post data collection. Please ensure that you give at least a 2 week gap between measurements as WEMWBS asks the participants to answer questions based on their feelings of last 2 weeks.



## SCORING

A total score for WEMWBS is calculated by **summing the 14 individual statement scores**. The minimum score is 14 and the maximum is 70. See the example below for reference. If using the 7 item (S)WEMWBS, the total scores need to be added up as for the 14 item scale and then converted, a conversion table can be downloaded [here](#)

### Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please indicate the box that best describes your experience of each over the last two weeks.

1: None of the Time, 2: Rarely, 3: Some of the Time, 4: Often, 5: 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
Total	41				

**Individual level differences:** WEMWBS was developed for measuring and monitoring change in mental wellbeing for groups however, the scales have been shown to be responsive to change at the level of the individual participant, some practitioners are using the scales to help clients and patients think about ways in which their mental health is changing. Different statistical approaches give different results with respect to what might be regarded as a minimally important level of change. For WEMWBS (14-item) the methods give a minimum of 3 points and a maximum of 8 points; for SWEMWBS (7-item), a minimum of 1 point and a maximum of 3 points.

Therefore, if a participant's score increases by three WEMWBS (14-item) points during a project, WEMWBS would be indicating that that individual feels meaningfully better over the course of the project. If WEMWBS decreased by three points over the course of the project, WEMWBS would be indicating that participant's felt meaningfully worse over the course of project.

At a group level a 'statistically significant' change will depend on the number of participants completing WEMWBS (the greater the number, the smaller the difference you are able to detect).

## SUGGESTED FEEDBACK TO INDIVIDUALS ON WEMWBS SCORES

---

### (Very low) WEMWBS (14-item) 14-40; SWEMWBS (7-item) 7-17

*This questionnaire measures mental wellbeing, which includes both positive feelings like happiness and positive functioning like problem solving and optimism. This score is in the very low range, suggesting there may be significant difficulties in this area compared to peers. Recovery is likely to benefit from help from a doctor or health professional and the individual may already be in contact with health services. There are also evidence-based steps everyone can take to support mental health for example:*

- *Connect with others – talk to sympathetic people about how you are feeling now;*
- *Be active – exercise changes our emotional states;*
- *Find something that calms you or makes you feel happy and do it everyday*
- *Do something that helps someone else – this could include volunteering*
- *Keep learning - remembering that we can develop and grow changes our outlook on life;*

### Score (Below average) WEMWBS (14-item) 41-44; SWEMWBS (7-item) 18-20

*This questionnaire measures mental wellbeing, which includes both positive feelings like happiness and positive functioning like problems solving and optimism. This score is in the low range, suggesting that the individual could feel significantly better if they took some action to improve mental wellbeing. There are evidence-based steps we can all take to support mental health for example:*

- *Connect with others – talk to sympathetic people about how you are feeling now;*
- *Find something that calms you or makes you feel happy and do it everyday*
- *Do something that helps someone else – this could include volunteering*

- *Be active – exercise changes our emotional states;*
- *Keep learning - remembering that we can develop and grow changes our outlook on life;*

**Score (Average) WEMWBS (14-item) 45-59; SWEMWBS (7-item) 21-27**

*This questionnaire measures mental wellbeing, which includes both positive feelings like happiness and positive functioning like problem solving and optimism. This score is in the normal range, suggesting that this individual is doing OK compared to peers. However, someone with a score in this range could gain much in terms of resilience and quality of life by taking action to improve mental wellbeing. There are evidence-based steps we can all take to support mental health for example:*

- *Do something that calms you or makes you feel happy everyday*
- *Do something that helps someone else – this could include volunteering*
- *Be active – exercise changes our emotional states;*
- *Keep learning - remembering that we can develop and grow changes our outlook on life;*
- *Connect with others – talk to sympathetic people about how you are feeling now;*

**Score (Above Average) WEMWBS (14-item) 60-70; WEMWBS (7-item) 28-35**

*This questionnaire measures mental wellbeing, which includes both positive feelings like happiness and positive functioning like problem solving and optimism. This score is in the above-average range, suggesting a high level of mental wellbeing compared to peers. To help maintain this level of mental wellbeing in the face of life's up and downs there are evidence-based steps we can all take for example:*

- *Do something that calms you or makes you feel happy everyday*
- *Keep learning - remembering that we can develop and grow changes our outlook on life;*
- *Be active – exercise changes our emotional states;*
- *Do something that helps someone else – this could include volunteering*
- *Connect with others – talk to sympathetic people about how you are feeling now;*