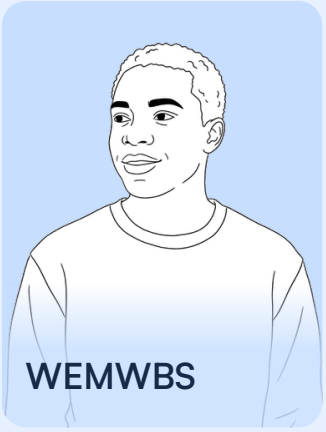


Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

The WEMWBS is a self-report questionnaire on positive mental well-being, designed to measure psychological functioning and positive emotional experience over the past two weeks. It explores dimensions such as optimism, feeling useful, relaxation, clear thinking, energy, confidence, relationships with others, and interest in life. Worded entirely in positive terms, it is particularly useful for monitoring well-being in the general population, in prevention, health psychology, schools, and workplaces, and in the evaluation of psychosocial interventions. The WEMWBS is not a diagnostic tool for mental disorders, but a global measure that is sensitive to changes in well-being, easy to administer, and relevant for assessing how an individual or a group changes over time.

Number of questions	14 questions
Estimated duration	5 minutes
Language	English
Original name	Warwick-Edinburgh Mental Well-being Scale
Target audience	Adolescents and adults
Authors	Ruth Tennant, Louise Hiller, Ruth Fishwick, Stephen Platt, Stephen Joseph, Scott Weich, Jane Parkinson, Jenny Secker, Sarah Stewart-Brown (2006)

Preview of the 14 questions

Over the last 2 weeks:

I've been feeling optimistic about the future

None of the time | Rarely | Some of the time | Often | All of the time

Over the last 2 weeks:

I've been feeling useful

None of the time | Rarely | Some of the time | Often | All of the time

Over the last 2 weeks:

I've been feeling relaxed

None of the time | Rarely | Some of the time | Often | All of the time

Over the last 2 weeks:

I've been feeling interested in other people

None of the time | Rarely | Some of the time | Often | All of the time

Over the last 2 weeks:

I've had energy to spare

None of the time | Rarely | Some of the time | Often | All of the time

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 1 to 5 according to how often it was experienced over the past two weeks. All items are scored in the same direction, with no reverse scoring. The total score is the sum of the 14 responses, ranging from 14 to 70. A higher score indicates a better level of mental well-being. Interpretation is preferably dimensional, in comparison with previous measurements, reference groups, or clinical progress, as there is no universally accepted cutoff for making a diagnosis.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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 Laura V. - Online Psychologist