



Wellbeing self-assessment

How happy are you?

Good mental wellbeing - some people call it happiness - is about more than avoiding mental health problems. It means feeling good and functioning well.

This tool uses WEMWBS, a scale which is often used by scientists and psychologists to measure wellbeing.

To get your wellbeing score, go through the following statements and tick the box that best describes your thoughts and feelings over the last two weeks.

About the wellbeing scale

This tool uses WEMWBS (The Warwick-Edinburgh Mental Well-being Scale) to measure your mental wellbeing. WEMWBS was created by mental wellbeing experts, and is often used by scientists and psychologists.

The WEMWBS questionnaire for measuring mental wellbeing was developed by researchers at Warwick and Edinburgh Universities (see Tennant R, Hiller L, Fishwick R, Platt P, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S (2007) The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation, Health and Quality of Life Outcome; 5:63 doi:101186/1477-7252-5-63).

QUESTIONS

1. I've been feeling optimistic about the future

- a) None of the time (1 point)
- b) Rarely (2 points)
- c) Some of the time (3 points)
- d) Often (4 points)
- e) All of the time (5 points)

2. I've been feeling useful

- a) None of the time (1 point)
- b) Rarely (2 points)
- c) Some of the time (3 points)
- d) Often (4 points)
- e) All of the time (5 points)

3. I've been feeling relaxed

- a) None of the time (1 point)
- b) Rarely (2 points)
- c) Some of the time (3 points)
- d) Often (4 points)

e) All of the time (5 points)

4. I've been feeling interested in other people

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

5. I've had energy to spare

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

6. I've been dealing with problems well

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

7. I've been thinking clearly

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

8. I've been feeling good about myself

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

9. I've been feeling close to other people

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

10. I've been feeling confident

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

11. I've been able to make up my own mind about things

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

12. I've been feeling loved

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

13. I've been interested in new things

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

14. I've been feeling cheerful

a) None of the time (1 point)

b) Rarely (2 points)

c) Some of the time (3 points)

d) Often (4 points)

e) All of the time (5 points)

RESULTS

0-32 points

Your wellbeing score is very low.

Most people have a score between 41 and 59. You may want to begin by talking to a friend or health professional about how you can start to address this.

There are five evidence-based steps we can all take to improve our mental wellbeing. They are:

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the world
- Give to others

Go to useful links for more on the five steps.

32-40 points

Your wellbeing score is below average.

Most people have a score between 41 and 59. Why not take action to improve your mental wellbeing?

There are five evidence-based steps we can all take to improve our mental wellbeing. They are:

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the world
- Give to others

Go to useful links for more on the five steps.

40-59 points

Your wellbeing score is average.

Most people have a score between 41 and 59. You can still improve your mental wellbeing by taking action.

There are five evidence-based steps we can all take to improve our mental wellbeing. They are:

- Get active
- Connect with others
- Keep learning
- Be aware of yourself and the world
- Give to others

Go to useful links for more on the five steps.

59-70 points

Good news, your wellbeing score is above average.

Most people have a score between 41 and 59. Continue doing the things that are keeping you happy.

There are five evidence-based steps we can all take to improve and maintain our mental wellbeing. They are:

- Get active
- Connect with others
- Keep learning

- Be aware of yourself and the world
- Give to others

