

# WEMWBS

## Warwick–Edinburgh Mental Well-being Scale

Name: \_\_\_\_\_

Practitioner: \_\_\_\_\_ Date: \_\_\_\_\_

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	1 None of the time	2 Rarely	3 Some of the time	4 Often	5 All of the time
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.					
<b>Total score:</b>	<b>/ 70</b>				

## Scoring the WEMWBS

- **Total the scores**

Add the scores for all 14 statements. Each statement is rated from 1 (None of the time) to 5 (All of the time), providing a total score range of 14–70.

- **What scores represent**

Aside from being used in personal analysis, scores as a group are gathered to determine the average and the norms to compare personal scores to their demographic.

- Higher scores indicate greater mental well-being and positive functioning.
- Lower scores suggest challenges in mental well-being, potentially requiring further assessment or intervention.

- **Using scores in practice**

Practitioners can use the results to monitor changes over time, evaluate intervention outcomes, and identify areas for therapeutic focus.

## References

Stewart-Brown, S. & Janmohamed, K. (2008). *Warwick-Edinburgh Mental Well-being Scale (WEMWBS) User Guide Version 1*. <http://www.mentalhealthpromotion.net/resources/user-guide.pdf>

Warwick Medical School. (2021, November 11). *The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)*. <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/>