

WE Mental Well-Being Scale

The Warwick-Edinburgh Mental Wellbeing scale 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.

WEMWBS has 2 scales: the original 14-item scale and the short 7-item scale

The scales have been validated for use in:

- A wide variety of different geographical locations, languages and cultural contexts
- Many different settings including the workplace, schools, health services and community wellbeing projects e.g. creative arts, gardening and walking groups
- Development of WEMWBS
- In 2005 NHS Health Scotland provided funding to develop the scale in order to support the Scottish Executive's National Programme for Improving Mental Health and Well-being in Scotland. This involved a review of concepts of mental wellbeing and existing scales as well as a discussion with a panel of experts.

Visit <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/using> to understand how to use the scale!



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For more information about this project please see:

www.getm3.eu

[@getm3global](https://twitter.com/getm3global)



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

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	None of the time	Rarely	Some of the time	Often	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