

## *Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)*

The Warwick-Edinburgh Mental Well-being Scale is a widely used measure of well-being. In the scoring section, we use the terms ‘languishing’ (poor well-being) and ‘flourishing’ (good well-being). We will look at these in detail in Chapter 10.

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last two weeks.

|   | 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 |

Add up your score. Your total score will be between 14 and 70.

### **Languishing**

**14–32 points** Your well-being score is very low.

**33–40 points** Your well-being score is below average.

A score of 40 or below means you are leaning more towards languishing. So work hard at well-being and the other skills you are learning as you work through this book. Take the test in a month or so and see if you are moving in the right direction.

### **Middling**

**41–59 points** Your well-being score is average.

A score of 41 to 59 puts you into the middling group. That's fine, but it's still worthwhile to boost this further and move into the flourishing camp.

### **Flourishing**

**60–70 points** Your well-being score is above average.

Remember, none of this is set in stone – the more you practise your stress control skills, the more your well-being will improve.