

Warwick-Edinburgh Mental Well-being scale (WEMWBS)



This wellbeing scale has been used on local and national levels. Countries such as England, Scotland, and Iceland have used it to measure national wellbeing. It contains “a 14 item scale with 5 response categories, summed to provide a single score ranging from 14-70. The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing” (Warwick-Edinburgh Mental Wellbeing, 2015, n.p.). This scale is available in Dutch, French, German, Greek, Italian, Japanese, Spanish, Brazilian, and a variety of other languages. The Shorter Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) is a more concise 7-item version. Both scales strictly focus on wellbeing and cannot be used to assess mental illness in students. Non-commercial use of this scale requires registration; commercial organizations should contact Isla Millar at ventures@warwick.ac.uk.

Pros for Schools

Cons for Schools

14 questions

Shorter 7-question version
available

Translated into many
languages

Valid and reliable

Requires registration

Not specifically designed for
students

Suggestions for Further Research

Warwick Medical School. (2015). *Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)*. <https://edtechbooks.org/-cIq>

ASSESSING
WELLBEING
IN SCHOOLS

*An Educator's Practical Guide to
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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