

# Measures of Child Wellbeing

## Tools to Measure the General Wellbeing of Children & Adolescents

Measures are listed from short to long in length of administration (based on the shortest form). Each title is hyperlinked to a corresponding section with more information. All measures are reliable and valid.

### Free Measures of Child Wellbeing in a General Setting



Name of Measure	Intended Participants	Length	Pros	Cons
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<a href="#">Gratitude Measures</a>	Children	3 items 6 items 16 or 44 items	-Chrono-perspective of wellbeing from combining gratitude with life satisfaction and hope	-No single valid and reliable gratitude measure; combination with life satisfaction required
<a href="#">Warwick-Edinburgh Mental Well-being scale (WEMWBS)</a>	Youth 13 yrs+ and adults	7 items/ 14 items	-available in over 25 languages -widely used in UK, Iceland, Spain	-Requires registration
<a href="#">Positive and Negative Affect Schedule for Children (PANAS-C)</a>	Children	10 items/20 items	-Includes shortened 10-item version	-Assesses only positive and negative emotions
<a href="#">EPOCH Measure of Adolescent Well-being</a>	Adolescents	20 items	-Specifically adapted from Seligman's PERMA model for youth -Freely available, requiring registration -Available in Chinese, German, Spanish, and Turkish	

## Priced Measures of Child Wellbeing in a General Setting



Name of Measure	Intended Participants	Length	Pros	Cons/Price
<a href="#">Six Seconds Youth Version (SEI-YV)</a>	2nd-12th graders	99 items/ 15-20 minutes	-Available in multiple languages -Scoring is done by developer with validated norms -Recommended by CASEL -provides a general overview of 37 social/emotional skills	-Costs \$5 per student plus certification/ course fees -Long: 99 items and 4 short answer questions

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

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Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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