

# Warwick-Edinburgh Mental Well-being scale (WEMWBS)

## 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](mailto:ventures@warwick.ac.uk).

---

### Pros for Schools

14 questions  
Shorter 7-question version available  
Translated into many languages  
Valid and reliable

---

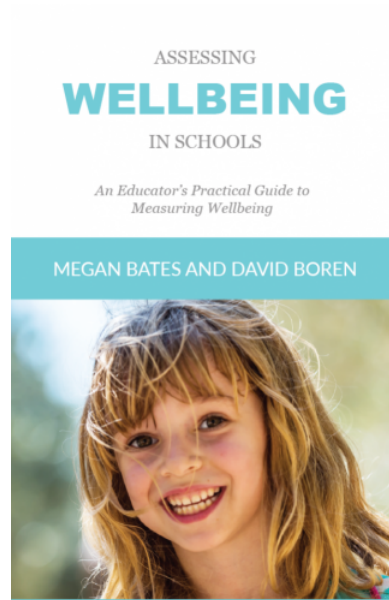
### Cons for Schools

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>



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



**CC BY-NC:** This work is released under a CC BY-NC license, which means that you are free to do with it as you please as long as you (1) properly attribute it and (2) do not use it for commercial gain.