

Warwick-Edinburgh Mental Well-being scale (WEMWBS)

Audience: Child

Cost: Free



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

- 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/-clg>





This content is provided to you freely by BYU Open Textbook Network.

Access it online or download it at <https://open.byu.edu/wellbeing/WEMWBS>.