

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
Gratitude Measures	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
Warwick-Edinburgh Mental Well-being scale (WEMWBS)	Youth 13 yrs+ and adults	7 items/ 14 items	-available in over 25 languages -widely used in UK, Iceland, Spain	-Requires registration
Positive and Negative Affect Schedule for Children (PANAS-C)	Children	10 items/20 items	-Includes shortened 10-item version	-Assesses only positive and negative emotions

EPOCH Measure of Adolescent Well-being	Adolescents	20 items	<ul style="list-style-type: none"> -Specifically adapted from Seligman's PERMA model for youth -Freely available, requiring registration -Available in Chinese, German, Spanish, and Turkish 	
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Priced Measures of Child Wellbeing in a General Setting



Name of Measure	Intended Participants	Length	Pros	Cons/Price
Six Seconds Youth Version (SEI-YV)	2nd-12th graders	99 items/ 15-20 minutes	<ul style="list-style-type: none"> -Available in multiple languages -Scoring is done by developer with validated norms -Recommended by CASEL -provides a general overview of 37 social/emotional skills 	<ul style="list-style-type: none"> -Costs \$5 per student plus certification/ course fees -Long: 99 items and 4 short answer questions

Gratitude Measures
Warwick-Edinburgh Mental Well-being scale (WEMWBS)
Positive and Negative Affect Schedule for Children (PANAS-C)
EPOCH Measure of Adolescent Well-being
Six Seconds Youth Version (SEI-YV)



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