

# The Short Warwick-Edinburgh Mental Well-being Scale

Site ID:

Service Provider:

Date:

Service User:

## IMPORTANT - PLEASE READ THIS FIRST

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each OVER THE LAST 2 WEEKS. *Please use a dark pen (not pencil) and tick clearly within the boxes*

OVER THE LAST WEEK	None of the time	Rarely	Some of the time	Often	All of the time	OFFICE USE ONLY
						SWEMWBS
1. I've been feeling optimistic about the future	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>
2. I've been feeling useful	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>
3. I've been feeling relaxed	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>
4. I've been dealing with problems well	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>
5. I've been thinking clearly	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>
6. I've been feeling close to other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>
7. I've been able to make up my own mind about things	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/>

SWEMWBS

TOTAL SCORE \*

**\* PROCEDURE:**

**Quick method for the SWEMWBS (if all items completed):** Add together the item scores to get the Clinical Score.

**(if all items NOT completed):** Add together the item scores, then divide by the number of questions completed to get the mean score, then multiply by 7 to get the Clinical Score.

## Thank you for your time in compleing this questionnaire