

Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)

Below are some statements about feelings and thoughts. Please circle the number that best describes your experience of each over the last 2 weeks.

	<i>None of the Time</i>	<i>Rarely</i>	<i>Some of the Time</i>	<i>Often</i>	<i>All of the Time</i>
	1	2	3	4	5
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

What do the scores mean?

score – minimum 17 max 70
59 – above – high mental wellbeing
44 - 40 – possible depression
less than 40 probable depression
between 40 – 17 – the lower the score the increased likelihood of depression – maybe other mh conditions

If you are concerned about your mental health and score, please consult your GP or a mental health professional.