

Wellbeing self-assessment

Below are some statements about feelings and thoughts. Please choose the option that best describes your experience of each over the last two weeks. Keep a note of your score on each statement and add them up to get an overall wellbeing score at the end.

| Statement | None of the time | Rarely | Some of the time | Often | All of the time |
|--|------------------|--------|------------------|-------|-----------------|
| 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 |

Your score

If you scored 14-32

Your wellbeing score is low. We recommend getting in touch with us to discuss accessing support. See [How do I get touch with the Wellbeing Service?](#). You may also want to book an appointment with your GP to discuss your mental wellbeing.

If you scored 32-40

Your wellbeing score is below average. We would recommend having a look at some of our support options such as our [self-help resources](#). You may also want to get in touch with us to accessing further support. See [How do I get in touch with the Wellbeing Service?](#).

If you scored 40-59

Your wellbeing score is average. There are always ways in which we can improve our mental wellbeing, how about taking a look at our self-help information?

If you scored 59-70

Your wellbeing score is above average. This is good news, continue to do what it is that is keeping you well.

You can download a copy of the self-assessment form as a pdf at: <http://www.experiential-researchers.org/instruments/leijssen/WEMWBS.pdf>

This self-assessment is taken from the Warwick-Edinburgh Mental Well-Being Scale, copyright NHS Health Scotland, University of Warwick and University of Edinburgh (2006), all rights reserved.