

Adult and Child Mental Health – WEMWBS (Advice and Guidance)

Birmingham Public Health Measurement Toolbox

This guidance provides support to use the WEMWBS tool.

Frequency: Measurements should be taken at baseline (pre-intervention) and at follow-up. The questionnaire asks about the participants previous two weeks, so follow-up measurements should take place at least two weeks after baseline measurement.

Guidance: Before you use the WEMWBS you will need to register for a license from University of Warwick Medical School (WMS - register via e-form on link below). It is free for non-commercial use.

Scoring: A total score is simply obtained by summing the scores for each of the 14 items. The scoring range for each item is from 1 – 5 and the total score is from 14-70.

You can then look at average of individual scores for a group average (e.g. wellbeing for young people compared to older or for gender differences). This can show what works well for the wellbeing of different groups.