## Tool A2 (outcome 1)– wellbeing questionnaire

## Developing or Adapting Wellbeing Surveys from Local Concepts of Wellbeing

Developing and validating wellbeing surveys from qualitative methods is often a long process. Here we offer a suggestion for creating a survey using the qualitative data gathered above from the sample questions to explore local concepts of wellbeing. The resulting survey would not be “validated” nor would it be a clinical tool to measure mental disorder. Rather, the wellbeing survey you develop can give you an idea of how your target group experiences PS wellbeing (according to the three domains – emotional, social and capacity), and when measured over time (baseline and milestones) can indicate changes in indicators of wellbeing during the course of implementing your programme.

Compile the responses and look for meaningful words and statements describing wellbeing and distress. These words and statements can then be transcribed onto cards and organized using “pile sorting” methods. This is where one or more groups of people sort the cards into piles according to common themes or domains (such as the three wellbeing domains described in the Guidance Note – personal, interpersonal and capacity). Once there is a consensus on common themes and domains, you can create measures (and/or specific indicators) related to concepts of wellbeing and distress that respondents have shared.

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| **Steps in Developing or Adapting Wellbeing Surveys**  **1) Explore local concepts of wellbeing**  **2) Compile responses** into meaningful categories or domains (“pile sort”). You can sort responses according to the three wellbeing domains – personal, interpersonal and capacity – and/or new, alternative domains.  **3)** From these responses and domains, **create a wellbeing survey questionnaire** (or adapt the sample wellbeing questionnaire provided below) for use in monitoring changes in wellbeing in the target population over time. |

During this process, consider domains and themes that are important for measuring your indicators. You may want to choose the most commonly mentioned words and statements that reflect local wellbeing descriptions (e.g., local words for grief or depression) in creating your own wellbeing survey. Or you may want to adapt the sample survey presented below using local domains and themes.

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| Sample Wellbeing Questionnaire (15-20 questions) |

The following is a sample wellbeing questionnaire. The questions are grouped according to the wellbeing domains: personal, interpersonal and capacity. You can pick and choose from questions in each domain, or adapt the questionnaire to local understandings of wellbeing (delete, change or add questions). Before you use your questionnaire widely, be sure to pilot test it with a small sample of respondents similar to your target group, to be sure they understand and relate well to the questions. Adapt any questions that are unclear or culturally irrelevant or inappropriate.

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| **Instructions to respondent**: *I am going to read a set of statements to you. Please tell me if you agree or disagree with the statement based on how you have been feeling over the past month.* | Put a check mark corresponding to the respondent’s answer. | | | |
| **Personal Wellbeing** | Rarely | Some-times | Most of the time | Always |
| I am able to have positive (good) feelings. |  |  |  |  |
| Everyone has difficult feelings sometimes (feeling upset, sad, angry, anxious). I can manage my difficult feelings in healthy ways (without hurting myself or others). |  |  |  |  |
| I’ve been feeling cheerful.\* |  |  |  |  |
| I have energy for the things I want to do.\* |  |  |  |  |
| I’ve been feeling relaxed.\* |  |  |  |  |
| I’ve been feeling optimistic about the future.\* |  |  |  |  |
| I’ve been thinking clearly.\* |  |  |  |  |
| I’ve been feeling good about myself.\* |  |  |  |  |
| I’ve been feeling interested in things that usually give me pleasure.\* |  |  |  |  |
| **Interpersonal Wellbeing** |  |  |  |  |
| I have people in my life who love me. |  |  |  |  |
| There are people who will be there for me if I need help. |  |  |  |  |
| I am able to love and care for others. |  |  |  |  |
| I am worthy of love. |  |  |  |  |
| I feel respected for who I am. |  |  |  |  |
| I’ve been feeling interested in other people.\* |  |  |  |  |
| I’ve been feeling close to other people.\* |  |  |  |  |
| **Capacity** |  |  |  |  |
| I have the knowledge to take decisions in my life. |  |  |  |  |
| I am able to meet the responsibilities in my life. |  |  |  |  |
| I am able to adapt to challenges that arise in my life. |  |  |  |  |
| I’ve been feeling useful.\* |  |  |  |  |
| I’ve been dealing with problems well.\* |  |  |  |  |
| I’ve been feeling confident.\* |  |  |  |  |
| I’ve been able to make up my own mind about things.\* |  |  |  |  |
| I have a voice in decisions that affect me. |  |  |  |  |
| I can express to others the things that are important to me. |  |  |  |  |

\*These questions are taken from the WEMWBS (the Warwick-Edinburgh Mental Wellbeing Scale.[[1]](#footnote-1))

1. Tennant R., Hiller L., Fishwick R., Platt P., Joseph S., Weich S., Parkinson J., Secker J., Stewart-Brown S. (2007) The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): development and UK validation, Health and Quality of Life Outcome; 5:63 doi:101186/1477-7252-5-63 [↑](#footnote-ref-1)