

— WELLBEING MEASURE · SWEMWBS + 3 ITEMS

SHORT WARWICK-EDINBURGH MENTAL WELLBEING SCALE

Measures participant wellbeing before and after an outdoor programme. Administer the same form pre- and post-programme. Participants tick one box per row reflecting how they have been feeling over the last two weeks.

▲ PARTICIPANT & PROGRAMME

PARTICIPANT NAME (optional) PROVIDER / ORGANISATION

PROGRAMME

DATE ADMINISTERED PROGRAMME DURATION (DAYS)

AGE GROUP <15 15-17 18-25 26+ STAGE PRE POST

A SWEMWBS 7 items · 5-point scale · Last 2 weeks

Below are some statements about feelings and thoughts. **Tick the box that best describes your experience over the last 2 weeks.**

STATEMENT	1 NONE OF THE TIME	2 RARELY	3 SOME OF THE TIME	4 OFTEN	5 ALL OF THE TIME
1. I've been feeling optimistic about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I've been feeling useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I've been feeling relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I've been dealing with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I've been thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I've been feeling close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I've been able to make up my own mind about things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B SUPPLEMENTARY 3 items · 5-point scale · Confidence, connection & nature

STATEMENT	1 NONE OF THE TIME	2 RARELY	3 SOME OF THE TIME	4 OFTEN	5 ALL OF THE TIME
1. I feel confident in my ability to handle challenges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am able to work effectively with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel a sense of connection to the natural environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING & USE

SWEMWBS: Score each item 1 (None of the time) to 5 (All of the time). Sum the 7 raw scores (range 7–35), then convert using the official Warwick conversion table for research-grade reporting. Higher scores indicate higher wellbeing.

Supplementary: Score each item 1–5; sum or report individually. Combined with the SWEMWBS conversion these enable basic SROI estimation using Sport NZ's Social Value Bank proxy values.

Use **pre/post matched pairs**. Aggregate cohort results before submitting to OutdoorNZ.org — no individual data is submitted.

CITATION & LICENCE

SWEMWBS: © NHS Health Scotland, University of Warwick and University of Edinburgh, 2008. Used by permission. Free for non-commercial use with registration at warwick.ac.uk/wemwbs.

Stewart-Brown S, Tennant A, Tennant R, Platt S, Parkinson J, Weich S (2009). *Internal construct validity of the Warwick–Edinburgh Mental Well-being Scale (WEMWBS): a Rasch analysis*. Health and Quality of Life Outcomes, 7:15.

Supplementary items developed by OutdoorNZ.org for use alongside SWEMWBS in outdoor recreation and education contexts.