

Guidelines for the use of the British Sign Language version of the Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS BSL)

Introduction

The SWEMWBS (Short Warwick and Edinburgh Mental Wellbeing Scale) is a short version of the WEMWBS (Warwick and Edinburgh Mental Wellbeing Scale) which was developed by Tennant et al. (2007). The SWEMWBS consists of 7 positively phrased items related to mental well-being. Permission was granted by the University of Warwick, to translate the SWEMWBS into British Sign Language (BSL).

The translation work was carried out by Jennifer Dodds, Benjamin Gorman, Nicholas Padden-Duncan, Tessa Padden, and Rosemary Oram. The reliability and validity of the SWEMWBS BSL has been investigated and found to be acceptable. For details see Rogers et al. (manuscript in preparation).

Instructions for using SWEMWBS BSL

The assessment in BSL is available in digital video format. There are no English subtitles on the BSL version; this is because the assessment has been validated in BSL. The assessment consists of video clips of the title and instructions, followed by each of the questions in turn. The video clips should not be edited or amended in any way because the translations have been validated. The SWEMWBS BSL instrument is intended as a standalone assessment that can be accessed autonomously by the client/patient in a similar way to self-completion of a written assessment.

Rating scale and scoring SWEMWBS BSL

The response scale features as pop-up words in plain English, however there is an explanation in BSL as well that may be referred to at the start of the assessment and which can be accessed at any point during the course of the assessment. The words used in the rating scale for the BSL version were changed slightly from the English version (with the permission of the original creators), although the scoring

remains the same¹. This ranges from zero to a maximum score of 35 for the SWEMWBS BSL. The plain English terms that we have used for the SWEMWBS BSL are as follows:

- “None of the time” was changed to “Nothing”.
- “Rarely” did not need to be changed.
- “Some of the time” was changed to “Sometimes”.
- “Often” did not need to be changed.
- “All of the time” was changed to “Always”.

The changes were made to reflect more closely the BSL version of the rating scale and to avoid potential misunderstanding and ambiguity in BSL.

Scoring for SWEMWBS BSL

	Nothing	Rarely	Sometimes	Often	Always
SWEMWBS	1	2	3	4	5
BSL No. 1					
SWEMWBS	1	2	3	4	5
BSL No. 2					
SWEMWBS	1	2	3	4	5
BSL No. 3					
SWEMWBS	1	2	3	4	5
BSL No. 4					
SWEMWBS	1	2	3	4	5
BSL No. 5					
SWEMWBS	1	2	3	4	5
BSL No. 6					
SWEMWBS	1	2	3	4	5
BSL No. 7					

SWEMWBS is scored by summing the score for each of the seven items and then transforming the raw score for each person to a metric score according to a conversion table in Stewart-Brown et al (2009); the conversion table can be found on

¹ This is provisional endorsement as further testing is planned to establish that the scores are comparable with the other language versions such as English version of SWEMWBS.

the following website

(http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/researchers/guidance/swemwbs_raw_score_to_metric_score_conversion_table.pdf).

Obtaining copies of the SWEMWBS BSL assessment

Copies can be obtained by emailing Dr Katherine Rogers at

katherine.rogers@manchester.ac.uk . The assessments are freely available for use.

The SWEMWBS BSL will be made available on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) project website hosted at Warwick.ac.uk.

Please note that if you use the individual video clips or embed them into a webpage, we ask that you please display them as they are. Do not add, edit or amend them in any way. Please do not add English subtitles to the clips or display the English versions of the questions alongside the BSL questions on the screen. Please also ensure that you display the acknowledgements slide clearly on the page.

Statements

The BSL version of the SWEMWBS assessment has been made freely available for use. The work on these BSL versions was carried out by the Social Research with Deaf people (SORD) programme at the University of Manchester. The translation work on the BSL version and the study of the validity and reliability of the SWEMWBS BSL was funded by the Department for Education (DfE). The study was granted ethical approval by the University of Manchester Research Ethics Committee (ref: 150616). The copyright of the BSL version of SWEMWBS is jointly owned by NHS Health Scotland, the University of Warwick, the University of Edinburgh and the developer of the BSL version of SWEMWBS (the Social Research with Deaf people group), the University of Manchester.

References

Tennant, R., Hiller, R., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., ..., Stewart-Brown, S. (2007). The Warwick-Edinburgh Mental Well-being Score (WEMWBS): development and UK validation. *Health and Quality of Life Outcomes*, 5:63. doi: 10.1186/1477-7525-5-63

Further reading

The following information is useful in relation to using and understanding WEMWBS and SWEMWBS for the general populations:

- Taggart, F., Stewart-Brown, S., and Parkinson, J. (2016). Warwick-Edinburgh Mental Well-being Scale (WEMWBS). User guide – Version 2. May 2015. NHS Health Scotland.
- Putz, R., O'Hara, K., Taggart, F., and Stewart-Brown, S. (2012). Using WEMWBS to measure the impact of your work on mental wellbeing: A practice-based user guide.