

Warwick-Edinburgh Mental Wellbeing scale - Intellectual Disability version (WEMWBS-ID)

Adapted version for individuals with mild to moderate intellectual disabilities (aged 16 years +)

Katrina Scior¹, Lisa Richardson¹, Michaela Osborne¹, Richard Hastings², Sarah Stewart-Brown³

¹ Research Dept of Clinical, Educational and Health Psychology, University College London, Gower Street, London WC1E 6BT

² Centre for Educational Development, Appraisal and Research, University of Warwick

³ Warwick Medical School, University of Warwick

Contact: k.scior@ucl.ac.uk

Guide for Administration of the WEMWBS-ID

This measure can be completed in two ways:

1. Self-administered – this is only suitable for individuals who clearly have the cognitive and communicative abilities required to understand and respond to the items and use the response scale unaided

OR

2. Administered by a researcher or member of staff who must be fully aware of and in agreement with the need to present each item in a neutral way and not to influence responses in any way. This method is more suitable to individuals who may need support reading and/or fully comprehending the items and/or the response scale.

Where administration route 2 is used, the researcher or member of staff administering the measure should first explain the response scale and then complete two practice items to check the person's understanding.

Instructions for administration:

- a. First show the blocks and explain that they are in ascending order and what each block means.
- b. Present the practice items:
 - Emphasise that all questions are about the past week
 - Point to the blocks and briefly repeat what they mean
 - Ask the participant to respond to the 1st item ("I watched sports on TV") – if they say 'never', say "okay, so you never watch sports on TV – is that right?". If they choose any other response, ask what sport they watched and when they last watched it, to check whether the response appears to map onto the chosen frequency. If it doesn't, go over the response scale again.
 - Ask the participant to respond to the 2nd item ("I ate rotting food"). If they say 'never', say something like "eating rotting food isn't nice, is it". If they choose any other response, ask them to explain why they chose this response. If the explanation does not match the chosen response, either discontinue here if it appears that the person does not understand the questions and/or response scale (most likely course of action), or if still uncertain regarding their understanding proceed to the next question and ask them to explain why they chose a given response. If the explanation again does not match the response, discontinue here and thank the person.

WEMWBS-ID

Practice items are for administration by a researcher or member of staff and are to be used as described on the preceding page.



Over the last week



I watched sports on TV

I ate rotting food

Over the last week



I felt hopeful about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt interested in other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had lots of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I dealt with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I thought clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

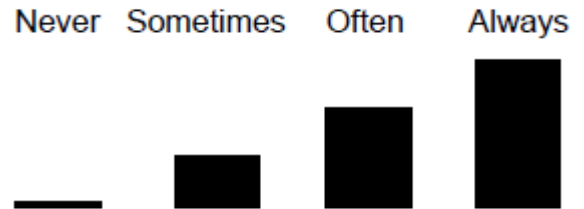
Over the last week



I felt good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt able to make my own decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was interested in new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Short 7 item version – WEMWBS-ID-SF

Over the last week



I felt hopeful about the future

I felt useful

I felt relaxed

I dealt with problems well

I thought clearly

I felt close to other people

I felt able to make my own decisions