

WEMWBS Form

Description

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The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Name:(Required)

I've been feeling optimistic about the future

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

I've been feeling useful

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

I've been feeling relaxed

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

I've been feeling interested in other people

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve had energy to spare

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been dealing with problems well

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been thinking clearly

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been feeling good about myself

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been feeling close to other people

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been feeling confident

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been able to make up my own mind about things

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been feeling loved

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been interested in new things

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Iâ??ve been feeling cheerful

- ☐ None of the time
- ☐ Rarely
- ☐ Some of the time
- ☐ Often
- ☐ All of the time

Your score:

GAD7

Over the last 2 weeks, how often have you been bothered by the following problems?

☐ Feeling nervous, anxious or on edge

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Not being able to stop or control worrying

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Worrying too much about different things

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Trouble relaxing

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Being so restless that it is hard to sit still

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Becoming easily annoyed or irritable

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Feeling afraid as if something awful might happen

- ☐ Not at all
- ☐ Several days
- ☐ More than half the days
- ☐ Nearly every day

Your score:

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