

Evaluation measures database

Tools for measuring wellbeing and quality of life

This document outlines some of the validated tools that are available to measure wellbeing, quality of life, life satisfaction, self-esteem, depression and anxiety, or capability in individuals as part of a service evaluation. Produced by Harley Anderson, BNSSG CCG with two additions by CLAHRC West.

Tool	Overview	Population	Administration	Scoring	Interpretation	Terms of use	More info
Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)	Allows the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing.	16+ Suitable for use in age 13+ in samples of over 100.	Self-administered. Paper or computer. The scale can be found here .	14 item scale with five response categories ranging from 'none of the time' to 'all of the time'. The total score is obtained by summing the score for each of the 14 items. The total score will range from 14-70.	The idea of wellbeing is so new that no-one really knows for sure what it means. You can compare scores with national survey data. National survey reports have been published and show population norms for England 2011 . These reports show WEMWBS scores by age, gender and various other demographic groups, as well as longitudinal data from various population studies.	Free to use. To use the scale, please register by completing this online form .	https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/
Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)	Short version of the Warwick–Edinburgh Mental Wellbeing Scale (WEMWBS) which was developed to enable the monitoring of mental wellbeing in the general population and the	13+	Self-administered. Paper or computer. The scale can be found here .	Seven item scale with five response categories ranging from 'none of the time' to 'all of the time'. The total score is obtained by summing the score for each of the seven items and then transforming the total score for each person according to a	The idea of Wellbeing is so new that no-one really knows for sure what it 'means'. You can compare scores with national survey data. National survey reports have been published and show population norms for England 2011 . These reports show WEMWBS scores by age,	Free to use. To use the scale, please register by completing this online form .	https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/

	evaluation of programmes, projects, and policies which aim to improve mental wellbeing.			conversion table.	gender and various other demographic groups, as well as longitudinal data from various population studies. The seven items in this scale relate more to functioning than to feeling and therefore offer a slightly different perspective on mental wellbeing compared to the long version.		
World Health Organisation Five Well-Being Index (WHO-5)	A short self-reported measure of current mental wellbeing.	9+	Can be administered in a variety of settings. The scale can be found here .	Five item scale with six response categories ranging from 'all of the time' (gives a score of 5) to 'at no time' (gives a score of 0). A raw score is obtained by summing the score for each of the five items. The total raw score, ranging from 0 to 25, is multiplied by 4 to give the final score.	0 represents the worst imaginable wellbeing and 100 represents the best imaginable wellbeing.	Free to use.	https://www.psykiatri-regionh.dk/who-5/Pages/default.aspx
Quality of Well Being (QWB or QWB-SA)	The Quality of Well Being (QWB), or Quality of Well Being Self-Administered Version (QWB-SA), is a preference-weighted measure of health status and overall wellbeing over the previous three days in four domains: mobility, physical activities, social activities, and symptom/problem complexes.	18+	QWB is designed to be administered by an interviewer, but the QWB-SA can be self-administered. It can be completed in 10-15 minutes.	71 item scale.	Scores range from 0.0 (death) to a maximum of 1.0 (full function). Scoring algorithms are available upon signing a copyright agreement. Scores can be translated into quality-adjusted life years.	QWB is free to use with a signed copyright agreement (not-for-profit use). For more information, or to complete a copyright agreement and begin using the QWBSA, please	https://hop.ucsd.edu/qwb-info/

						<p>contact the UCSD Health Services Research Center at 9500 Gilman Dr. #0994, La Jolla, CA 92093-0994, or call 858-622-1771.</p> <p>Optional assistance for scoring is available for a fee.</p>	
<p>EuroQol EQ-5D</p>	<p>A standardised instrument used as a measure of health-related quality of life, based on five dimensions: mobility, self-care, usual activities, pain/discomfort, and anxiety/depression.</p> <p>There are three different types available:</p> <ol style="list-style-type: none"> EQ-5D-3L with three levels of severity for each of the five dimensions. EQ-5D-5L with five levels of severity for 	<p>16+</p> <p>The EQ-5D-Y (Youth) is suitable for children and adolescents aged 8-15 years. However, it can be used in evaluations that include children up to 18 years old to ensure that just one version is used.</p>	<p>Self-administered.</p> <p>Paper.</p>	<p>It consists of two sections: a descriptive system comprising five dimensions each describing a different aspect of health (mobility, self-care, usual activities, pain/discomfort, and anxiety/depression), and a visual analogue scale on which the individual scores their health status on that day from 0 to 100.</p> <p>Information on scoring can be found in the user guides:</p> <p>EQ-5D-5L EQ-5D-3L EQ-5D-Y</p>	<p>Information can be found in the user guides:</p> <p>EQ-5D-5L EQ-5D-3L EQ-5D-Y</p>	<p>Costs to use, and users must register to use here.</p> <p>Licencing fees are determined by the EuroQol Office on the basis of the user information provided on the registration form. The amount is dependent upon the type of study/trial/project,</p>	<p>https://euroqol.org/</p>

	<p>each of the five dimensions. 3. EQ-5D-Y for use in children.</p> <p>It is suitable for a wide range of health conditions and treatments.</p>					<p>funding source, sample size and number of requested languages. You are not obligated to purchase by registering.</p>	
<p>Quality of Life Scale (QOL-S)</p>	<p>Used to assess quality of life for populations with a chronic illness. It is also valid for healthy populations.</p>	<p>18+</p>	<p>Self-administered. Paper or verbally.</p> <p>Individuals should be encouraged to fill out every item even if they are not currently engaged in it. i.e. They can be satisfied or dissatisfied with not doing certain activities or having certain relationships.</p> <p>The scale can be found here (p2).</p>	<p>16 item scale with seven response categories ranging from "delighted" (7) to "terrible" (1) for each item.</p> <p>It is scored by summing the items to make a total score. Missing data can be treated by entering the mean score for the item.</p>	<p>The total possible scale score ranges from 16-112.</p> <p>The QOLS scores are summed so that a higher score indicates higher quality of life. Average total score for healthy populations is about 90.</p> <p>For rheumatic disease groups, the average score ranges are 83 for rheumatoid arthritis, 84 for systemic lupus erythematosus, 87 for osteoarthritis, and 92 for young adults with juvenile rheumatoid arthritis. Average total scores for other conditions range from 61 for Israeli patients with posttraumatic stress disorder, to 70 for fibromyalgia, to 82 for psoriasis, urinary incontinence and chronic obstructive pulmonary disease. All of these means come from descriptive studies or experimental pre-test data.</p>	<p>Free for clinical use and research.</p> <p>You can contact Carol Burckhardt at burckhac@ohsu.edu for a free copy of the English language version which you may duplicate and use in research or clinical practice.</p> <p>Credit should be given to the authors: <i>Burckhardt, C. S., & Anderson, K. L. (2003). The Quality of Life Scale</i></p>	<p>http://www.content.edits.com/img.asp?id=13179</p>

							(QOLS): Reliability, Validity, and Utilization. Health and Quality of Life Outcomes, 1, 60. http://doi.org/ 10.1186/147 7-7525-1-60
World Health Organisation Quality of Life 100 (WHOQOL-100)	Assesses quality of life and is applicable cross-culturally. It includes physical health, psychological health, level of independence, social relations, environment, and spirituality/ religion/ personal beliefs.	18+ If you are working with people who are over 60 years of age, then you should use either the WHOQOL-100 or the WHOQOL-BREF, together with the extra WHOQOL-OLD questions.	Self-administered. Paper. The scale can be found here .	100 item instrument. Scores are available for the larger domains that are being measured (e.g. physical, psychological, social relationships) facets (which are more specific sub-elements within each domain e.g. positive feelings, social support, financial resources), and overall. Three facets (pain & discomfort, negative feelings, dependence on medication or treatments) must be reverse-scored.	WHOQOL-100 produces scores relating to particular facets of quality of life (e.g. positive feelings, social support, financial resources), scores relating to larger domains (e.g. physical, psychological, social relationships) and a score relating to overall quality of life and general health. Higher scores indicate lower quality of life. The WHOQOL-BREF produces domain scores, but not individual facet scores.	Free to use. Users must complete a user-agreement form, found here .	http://ww w.who.int/ mental_h ealth/publ ications/w hoqol/en/
World Health Organisation Quality of Life BREF (WHOQOL-BREF)	Assesses quality of life and is applicable cross-culturally. It includes physical health, psychological health, social relations and environment.	18+ If you are working with people who are over 60, then you should use either the WHOQOL-100	Self-administered. Paper. The scale can be found here .	26 item instrument. Information on scoring can be found here .	WHOQOL-BREF produces domain scores (e.g. physical, psychological, social relationships), but not individual facet scores of quality of life (which are more specific sub-elements within each domain e.g. positive feelings, social support, financial resources – these are	Free to use. Users must complete a user-agreement, found here .	http://ww w.who.int/ mental_h ealth/publ ications/w hoqol/en/

		or the WHOQOL-BREF, together with the extra WHOQOL-OLD questions.			captured by the WHOQOL-100). Higher scores indicate lower quality of life.		
Schedule for the Evaluation of Individual Quality of Life (SEIQoL)	Measures three elements of quality of life: those aspects of life considered by the individual to be crucial to his or her quality of life (which are elicited in a structured interview); current functioning/satisfaction with each aspect; and the relative importance of each aspect of quality of life.	20+ Can be used with a variety of patient groups, and because the terms of reference of quality of life are determined entirely by the individual, can also be used in healthy individuals.	Administered in a semi-structured interview. The procedure can be found here (p.6) .	Information on scoring can be found here (p.10) .	Information can be found here .	Free to use for non-commercial purposes, but you must credit the original author (see: administration manual).	https://epubs.rcsi.ie/cgi/viewcontent.cgi?article=1041&context=psycholrep
Quality of Life Scale (CASP-19)	Measures quality of life in individuals in early old age, focusing on both positive and negative aspects of life. It examines four domains: control, autonomy, self-realisation and pleasure.	Elderly people	Self-administered. The scale can be found here in a number of languages .	19 item scale with four response categories ranging from 'often' to 'never'. A 12 item scale is also available. Items are scored according to the table found here .	Higher scores indicate better quality of life.	Free to use.	https://casp19.com/
Hospital Anxiety and	Measures anxiety and depression in both hospital and	17+	Self-administered or via interview.	14 item scale (divided equally between the two mood states – seven for anxiety and seven	HADS provides clinically meaningful results.	HADS is copyrighted and available	https://www.gi-assessment.co.uk/products/

<p>Depression Scale (HADS)</p>	<p>community settings.</p> <p>HADS facilitates the early identification of both anxiety and depression simultaneously, whilst giving a separate score for each, which can help aid referral to appropriate services.</p>		<p>Paper.</p> <p>It can be completed in two to five minutes.</p>	<p>for depression) with four response categories for each item.</p> <p>Scoring is accomplished by summing scores for items, paying special attention to reversed items.</p> <p>Note: Score anxiety and depression separately.</p>	<p>For both scales, scores of less than 7 indicate non-cases.</p> <p>8–10 Mild 11–14 Moderate 15–21 Severe</p>	<p>via this link.</p>	<p>hospital-anxiety-and-depression-scale-hads/</p>
<p>Short Depression Happiness Scale (SDHS)</p>	<p>Provides a brief measure of happiness and depression.</p>	<p>16+</p>	<p>Self-administered.</p> <p>The scale can be found here.</p>	<p>Six item scale with four response variables ranging from 'often' to never'.</p> <p>Items are summed according to the scores in the scale, with scores ranging from 0 to 18.</p>	<p>A score of <10 suggests the possibility of mild but clinically relevant depression.</p>	<p>Free to use.</p>	<p>https://onlinelibrary.wiley.com/doi/abs/10.1348/1476083042555406</p>
<p>Generalised Anxiety Disorder Assessment (GAD-7)</p>	<p>A screening tool and severity measure for generalised anxiety disorder (GAD).</p>	<p>16+</p>	<p>Self-administered.</p>	<p>Seven item scale with four response categories.</p> <p>The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day', respectively, and adding together the scores for the seven questions.</p>	<p>Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate, and severe anxiety, respectively.</p>	<p>Free to use.</p>	<p>https://www.ncbi.nlm.nih.gov/pubmed/16717171?dopt=Abstract</p> <p>https://patient.info/doctor/generalised-anxiety-disorder-assessment-gad-7</p>
<p>Patient Health Questionnaire (PHQ-9)</p>	<p>A tool used to monitor the severity of depression and response to treatment.</p>	<p>16+</p>	<p>Self-administered.</p>	<p>Nine item scale with four response categories.</p> <p>The score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all',</p>	<p>Scores of 5, 10, 15, and 20 are taken as the cut-off points for mild, moderate, moderately severe, and severe depression, respectively.</p>	<p>Free to use.</p>	<p>https://patient.info/doctor/patient-health-questionnaire-phq-9</p>

				'several days', 'more than half the days', and 'nearly every day', respectively, and adding together the scores for the nine questions.			
Satisfaction With Life Scale (SWLS)	A short instrument designed to measure global cognitive judgments of satisfactions with one's life. It is a subjective cognitive assessment, as opposed to an objective quality of life survey.	18+ A child-friendly version is also available.	Self-administered or completed via interview. Takes about one minute to complete. The scale can be found here .	Five item scale with seven response categories ranging from 'strongly disagree' to 'strongly agree'. Of the five statements, three are set in the present, one in the past, and one in the future. Scores range from 5 to 35.	Higher scores (range from 5-35) indicate better health. 30-35: highly satisfied 25-29: high score 20-24: average score 15-19: slightly below average in life satisfaction 10-14: dissatisfied 5-9: extremely dissatisfied A score of 20 represents a neutral point at which the respondent is equally satisfied and dissatisfied. More information on scoring can be found here .	Credit should be given to the authors: <i>Kobau, R., Sniezek, J., Zack, M. M., Lucas, R. E., & Burns, A. (2010). Well-being assessment: An evaluation of well-being scales for public health and population estimates of well-being among US adults. Applied Psychology: Health and Well-being, 2(3), 272-297.</i>	http://labs.psychology.illinois.edu/~edie/ner/SWLS.html
Life Satisfaction Index-A (LSIA)	Measures psychological wellbeing and quality of life in elderly people. It includes dimensions such as zest for life,	Elderly people	Self-administered.	20 item scale with two response categories: 'agree' (scores 1) or 'disagree' (scores 0). Items are summed, with scores ranging from 0 to 20.	Higher scores indicate greater levels of satisfaction.	Free to use.	https://academic.oup.com/geron/article-abstract/16/2/134/563493?redirectedFrom=fulltext

	<p>fortitude, congruence between desired and achieved goals, physical, psychological, social self-concept, and mood tone.</p>						
<p>ICEpop CAPability measure for Adults (ICECAP-A)</p>	<p>ICECAP-A is a measure of capability for use in economic evaluation. It focuses on wellbeing in a broader sense than just health, covering five attributes of wellbeing that are considered important to adults in the UK: attachment, stability, achievement, enjoyment, and autonomy.</p>	<p>18+</p>	<p>Self-administered. The scale can be found here.</p>	<p>Five item scale with four response categories. Guidance on scoring can be found here.</p>		<p>Free to use, but you should register your use here.</p>	<p>https://www.birmingham.ac.uk/research/activity/mds/projects/HaPS/HE/ICECAP/ICECAP/index.aspx</p>
<p>Rosenberg Self-Esteem Scale</p>	<p>Measures global self-worth by assessing both positive and negative feelings about one's self in adolescents and adults.</p>	<p>12+</p>	<p>Self-administered. Paper or orally.</p>	<p>10 item scale with four response categories ranging from '1 -strongly disagree' to '4 – strongly agree'. An average of the three subscales provides a score for general self-esteem. Scores are calculated as follows: For items 1, 2, 4, 6, and 7: Strongly agree = 3</p>	<p>The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem.</p>	<p>Free to use, but you should first request permission by completing this online form.</p>	<p>https://socy.umd.edu/about-us/rosenberg-self-esteem-scale</p>

				<p>Agree = 2 Disagree = 1 Strongly disagree = 0</p> <p>For items 3, 5, 8, 9, and 10 (which are reversed in valence): Strongly agree = 0 Agree = 1 Disagree = 2 Strongly disagree = 3</p>			
<p>Patient Activation Measure (PAM®)</p>	<p>Measures the spectrum of skills, knowledge and confidence in patients and captures the extent to which people feel engaged and confident in taking care of their condition.</p> <p>Though the PAM® was not developed as a commissioning tool, it can play a role in assessing and developing services through encouraging the provision of personalised care. It can positively influence the design or choice of interventions that meet the needs of individuals and/or populations that are most at risk or who</p>	<p>11+</p> <p>For people with a lower reading age, the Carer and Parent version of PAM is available to use.</p>	<p>Administered in a one-to-one session, either face-to-face or on the telephone.</p> <p>Other methods may be in a group situation (e.g. group clinics) or through the post.</p> <p>Staff must be properly trained to administer the PAM®.</p>	<p>13 item scale.</p> <p>The responses match the respondents to one of four levels of 'activation', each of which reveals insight into a range of health-related characteristics, including behaviours and outcomes.</p> <p>Converting responses into PAM® scores and the four levels of activation is controlled by Insignia and is part of the licence agreement with NHS England. The scores are recorded on an interactive spreadsheet provided by Insignia and the results are then entered onto the patient record. Keeping the original response sheet (or scanned version) is useful as individual answers may be used as prompts in coaching sessions.</p>	<p>The respondents are matched to one of four levels of 'activation', each of which reveals insight into a range of health-related characteristics, including behaviours and outcomes.</p> <p>Patients with low activation could:</p> <ul style="list-style-type: none"> • be given longer appointment times and more frequent follow up appointments; • receive self-management education and access to wider support opportunities; • be encouraged to make small behaviour changes to help build their confidence; <p>Patients with high activation could be given more choice around attending routine follow up appointments and make greater use of telephone consultations.</p>	<p>Licences are commercially available from Insignia Health.</p>	<p>https://www.england.nhs.uk/wp-content/uploads/2018/04/patient-activation-measure-quick-guide.pdf</p>

	might benefit the most.				Changes in activation scores/ levels can help demonstrate timely evidence of the effectiveness of the commissioned intervention(s).		
What Works Centre for Wellbeing- How to Measure your Impact on Wellbeing (design your own tool)	Comprehensive online guide to developing your own wellbeing measure; you can select items from existing (validated) tools as well as write your own tailored to your project. Designed for charities/ community development but suitable for other projects. Wellbeing includes quality of life, physical and mental health and things like participation in communities and employment.	Any as the survey is tailored to your own project. There is clear guidance on how to use items from existing tools and when these are valid.	Self-administered; online.	Explained in the guide.	Explained in the guide.	Free to use. All info via the website link	https://measure.whatworkswellbeing.org/

See also:

Useful guide to children’s and young people’s mental health and wellbeing measures: <https://www.corc.uk.net/outcome-experience-measures/>

Tools and resources for evaluating the impact of social enterprises, charities and similar organisations and projects and how their work has an effect on people, communities and the environment. See in particular the Prove It! toolkit. <https://nefconsulting.com/our-services/evaluation-impact-assessment/prove-and-improve-toolkits/>

Recent academic review of outcome measures. <https://bmjopen.bmj.com/content/6/7/e010641>