

3 New Economics Foundation (NEF) Measures of Well-Being

1. Short Warwick–Edinburgh Mental Wellbeing Scale (SWEMWBS)

Below are some statements about feelings and thoughts. Please choose the answer that best describes your experience of each over the last two weeks.

None of the time	Rarely	Some of the time	Often	All of the time
1	2	3	4	5

Statements

- I've been feeling optimistic about the future.
- I've been feeling useful.
- I've been feeling relaxed.
- I've been dealing with problems well.
- I've been thinking clearly.
- I've been feeling close to other people.
- I've been able to make up my mind about things.

2. ONS

Below are some more questions about feelings. Please give a score of 0 to 10 where 0 means extremely dissatisfied/ unhappy or not at all anxious/ worthwhile and 10 means extremely satisfied/ happy/ anxious/ worthwhile.

0 1 2 4 5 6 7 8 9 10

Questions

- Overall, how satisfied are you with your life nowadays?
- Overall, how happy did you feel yesterday?
- Overall, how anxious did you feel yesterday? (R)
- Overall, to what extent do you feel the things you do in your life are worthwhile?

3. Social trust question

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people? Please give a score of 0 to 10, where 0 means you can't be too careful and 10 means that most people can be trusted.

0 1 2 3 4 5 6 7 8 9 10