



what works
wellbeing

Wellbeing - building your toolkit

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What Works Centre for Wellbeing

20th May 2022 - SAN Gathering



The What Works Centre for Wellbeing



what works
wellbeing

An independent collaborative organisation set up to bring together and share **robust**, **accessible** and **useful** evidence about wellbeing





Wellbeing no longer woolly

‘...an overarching mission on well-being has been set.

This focuses on ensuring that by 2030, well-being will have improved in every area of the UK, with the gap between top performing and other areas closing.

Well-being captures the extent to which people across the UK lead happy and fulfilling lives – the very essence of levelling up.’

A graphic featuring a dark silhouette of the United Kingdom map. Behind the map, there are vibrant, radiating beams of light in shades of blue and red, creating a sense of energy and progress. The words 'LEVELLING UP' are written in large, bold, white capital letters across the center of the map. The word 'LEVELLING' is on the top line, and 'UP' is on the bottom line, with a thick white horizontal bar separating the two words.

**LEVELLING
— UP —**

Levelling Up the United Kingdom

...and this...

The aim of the Guidance is to **incorporate wellbeing valuation across organisations** in a clear and consistent way.

It sets out how government economists can **incorporate wellbeing into cost benefit analysis** with confidence including in the spending review.

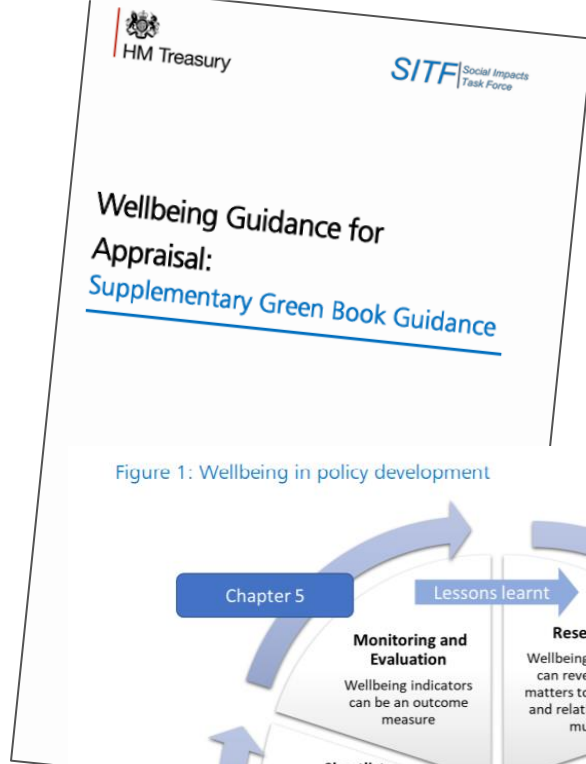
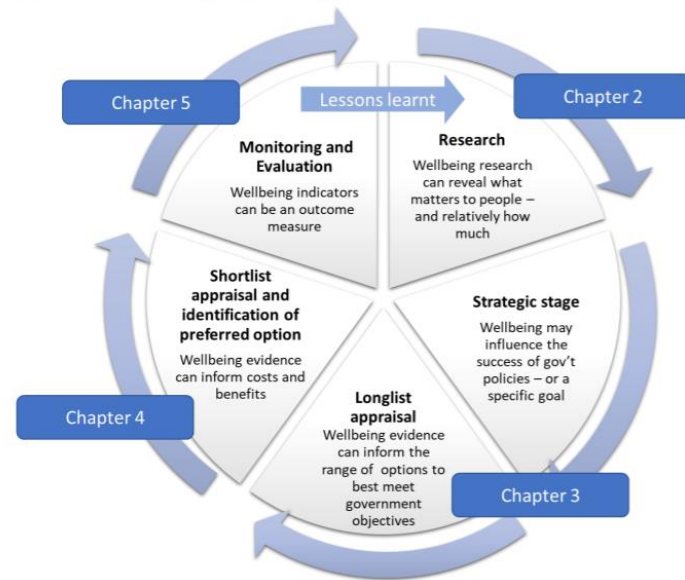


Figure 1: Wellbeing in policy development



Wellbeing

‘how we are doing’

- as individuals
- as communities
- as a nation
- and how sustainable that is for the future



Pleasure



- Good feeling
- Positive experiences
- Savouring the moment
- Conscious awareness of the experience

Purpose



- Meaning
- Contribution and role identity
- 'The things I do are worthwhile'

Individual wellbeing as personal and subjective

**We can't always
tell from the
outside how
someone is
feeling about
these things...**



Photo by [Ángel López](#) on [Unsplash](#)

National personal subjective wellbeing questions - ONS4

| | | not at all | | | | | completely | | | | | |
|----|--|------------|---|---|---|---|------------|---|---|---|---|----|
| Q1 | How satisfied are you with your life nowadays? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Q2 | How happy did you feel yesterday? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Q3 | To what extent do you feel the things you do in life are worthwhile? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Q4 | How anxious did you feel yesterday? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Q1 - Measures overall **evaluative** perspective

Q2 - Measures **positive feelings** and experiences (affect)

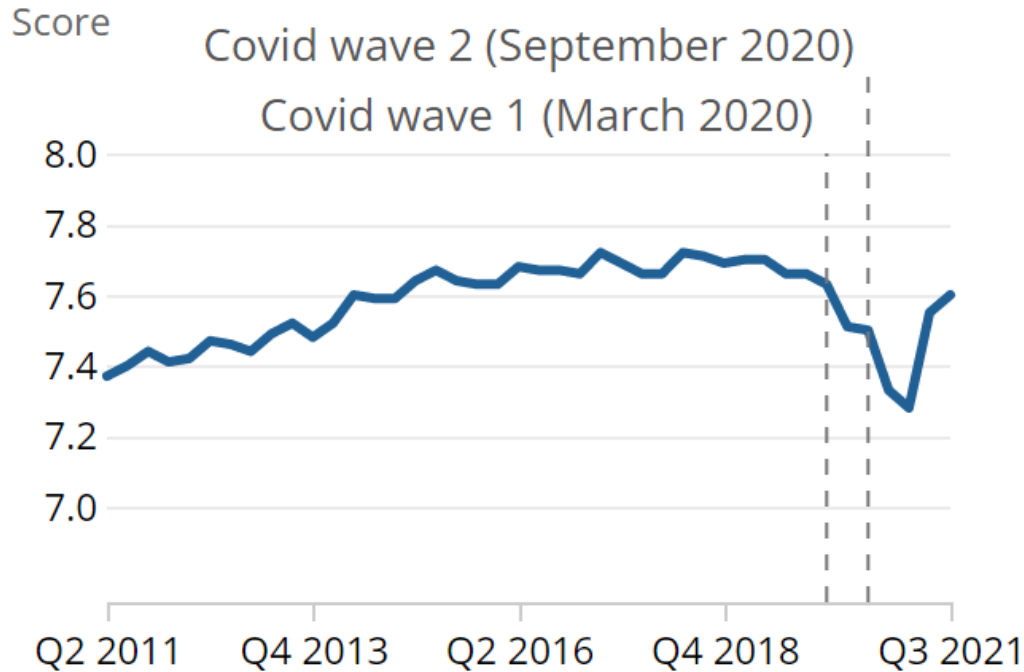
Q3 - Measures **purpose and functioning** (eudaimonia)

Q4 - Measures **negative feelings** and experiences

| | |
|------------|---------------------|
| Life sat. | 0 to 4 (low) |
| Happiness | 5 to 6 (medium) |
| Worthwhile | 7 to 8 (high) |
| | 9 to 10 (very high) |

| | |
|---------|-----------------------|
| Anxiety | 0 to 1 (very low) |
| | 2 to 3 (low) |
| | 4 to 5 (medium) |
| | 6 to 10 (high) |

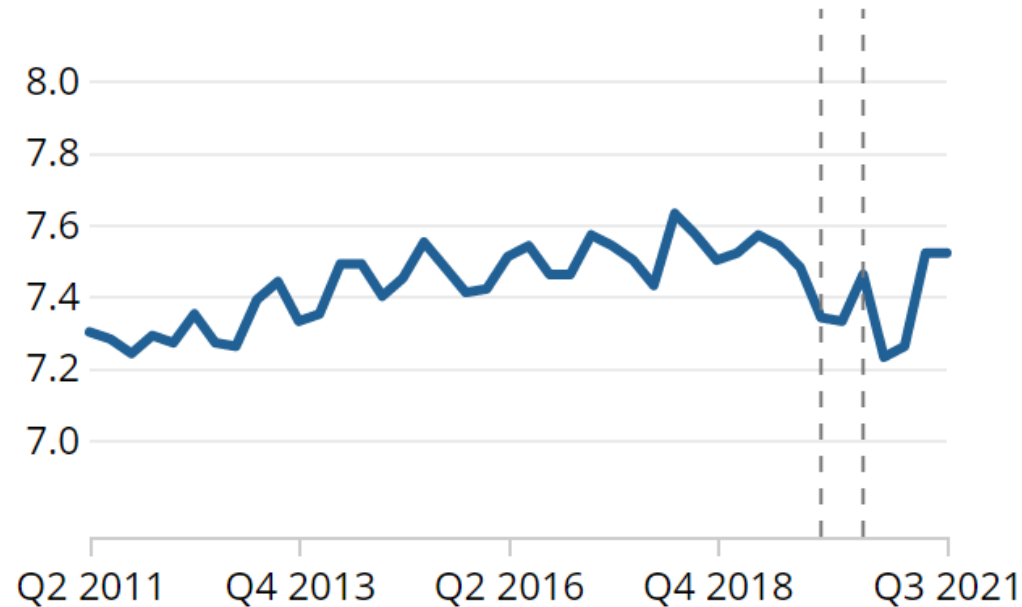
Overall, how **satisfied** are you with your life nowadays?



*Measures
overall
evaluative
perspective*

Overall, how **happy** did you feel yesterday?

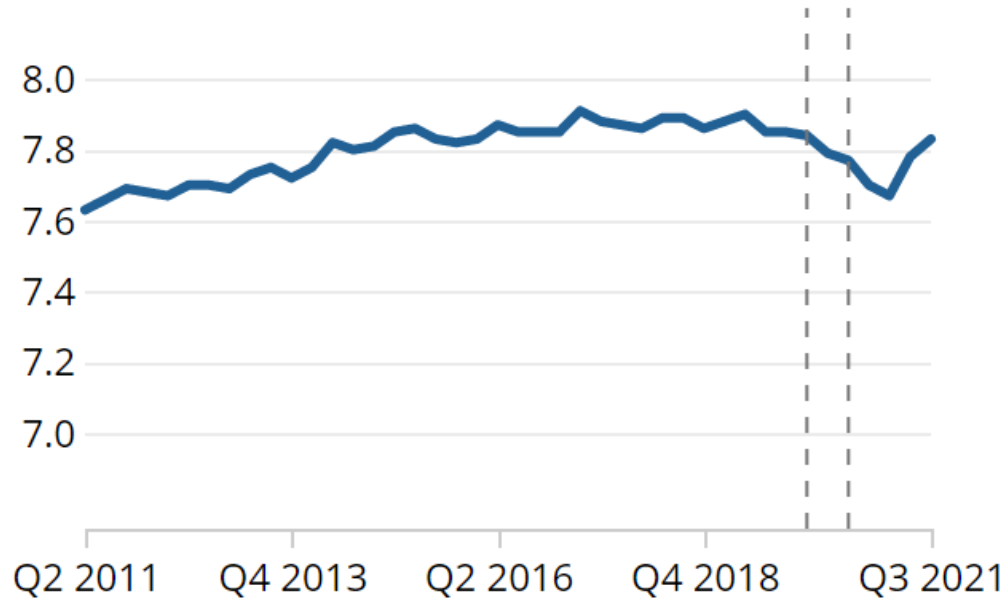
Score



*Measures
**positive
feelings
and
experiences
(affect)***

Overall, to what extent do you feel that the things you do in your life are **worthwhile**?

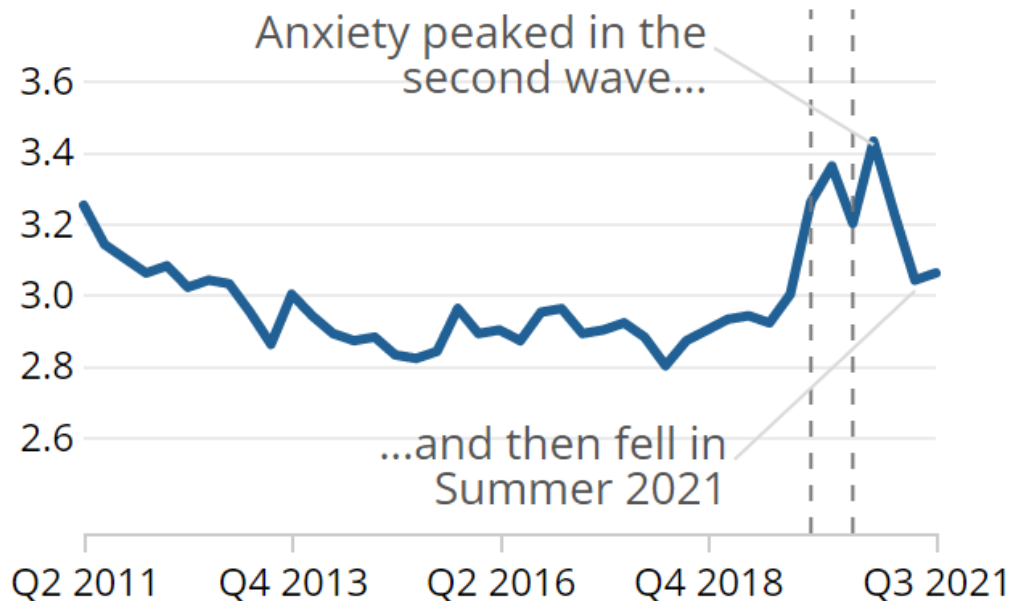
Score



*Measures
**purpose and
functioning**
(eudaimonia)*

Overall, how **anxious** did you feel yesterday?

Score

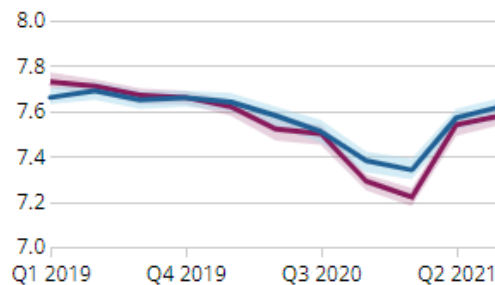


*Measures
negative
feelings
and
experiences*

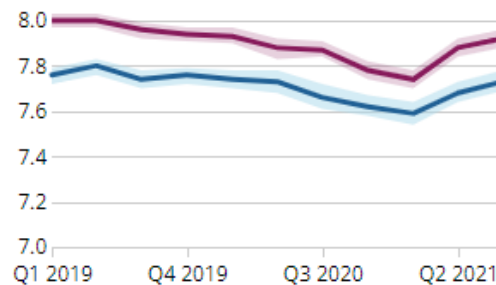
Average (mean) ratings and confidence intervals of personal well-being in the UK by sex, January 2019 to September 2021

— Males — Females
■ 95% credible interval

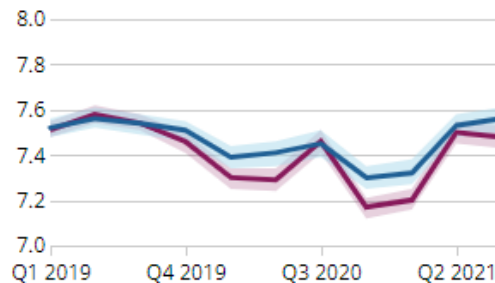
Life Satisfaction



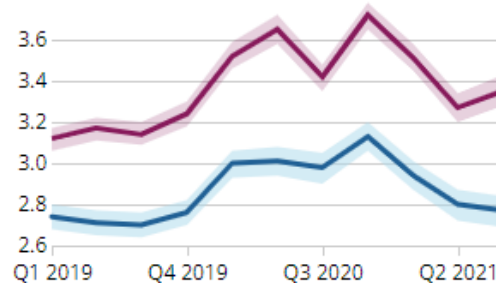
Worthwhile



Happiness



Anxiety



Sub-national indicators

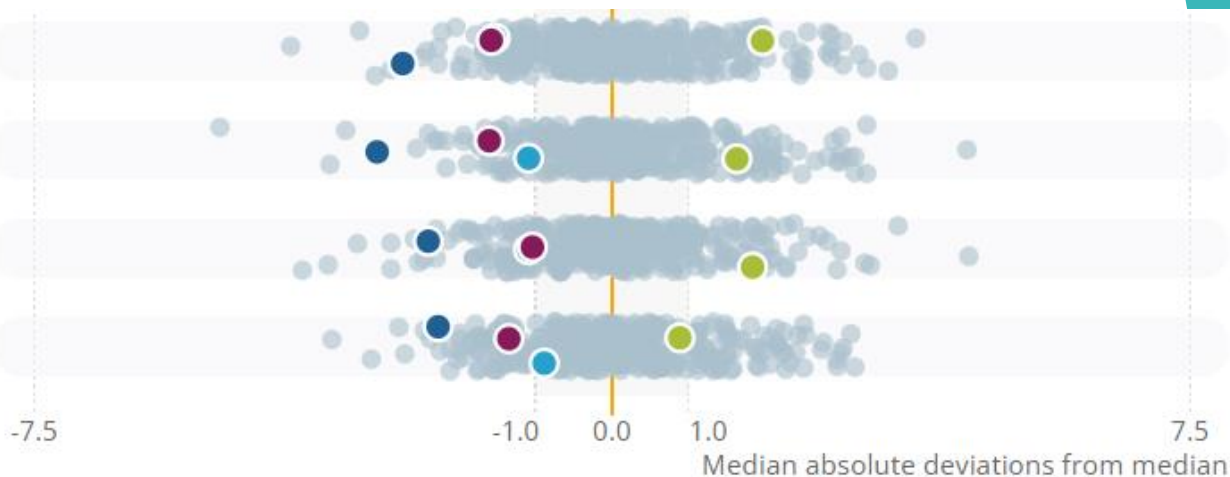
● Barrow-in-Furness ● South Lakeland ● Liverpool ● Manchester

Life satisfaction

Feeling life is worthwhile

Happiness

Anxiety



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

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

| STATEMENTS | None of the time | Rarely | Some of the time | Often | All of the time |
|--|------------------|--------|------------------|-------|-----------------|
| I've been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| I've been feeling useful | 1 | 2 | 3 | 4 | 5 |
| I've been feeling relaxed | 1 | 2 | 3 | 4 | 5 |
| I've been feeling interested in other people | 1 | 2 | 3 | 4 | 5 |
| I've had energy to spare | 1 | 2 | 3 | 4 | 5 |
| I've been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| I've been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| I've been feeling good about myself | 1 | 2 | 3 | 4 | 5 |
| I've been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| I've been feeling confident | 1 | 2 | 3 | 4 | 5 |
| I've been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |
| I've been feeling loved | 1 | 2 | 3 | 4 | 5 |
| I've been interested in new things | 1 | 2 | 3 | 4 | 5 |
| I've been feeling cheerful | 1 | 2 | 3 | 4 | 5 |

The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks

| STATEMENTS | None of the time | Rarely | Some of the time | Often | All of the time |
|--|------------------|--------|------------------|-------|-----------------|
| I've been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| I've been feeling useful | 1 | 2 | 3 | 4 | 5 |
| I've been feeling relaxed | 1 | 2 | 3 | 4 | 5 |
| I've been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| I've been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| I've been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| I've been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |

Rapid Evidence Assessment of Wellbeing Impact Evaluations using ONS4 Personal Wellbeing Measures

October 2020



As a **What Works Centre** we bring together high quality wellbeing evidence to support decision-making and the delivery of more effective and efficient services. We use the UK's harmonised wellbeing standards to inform our evidence reviews and understand what can be done to improve wellbeing and reduce its inequalities. The national measures within the harmonised standards include subjective wellbeing, mental wellbeing and social capital measures, all of which are commonly used in national and local outcomes frameworks. They help us build a shared knowledge base that uses consistent and comparable wellbeing constructs.

Our Rapid Reviews:

- Explore what is known so far about what works, for whom and in what contexts.
- Illustrate how wellbeing measures are used in different studies so we can support organisations to generate high quality findings.
- Conduct rigorous searches using less extensive methods when compared to systematic reviews, but often searching across grey and published sources.

In 2020, we reviewed evaluations using the ONS4 Personal Wellbeing measures. For this current project, the Centre worked with **Kohlraibi Consulting** to conduct a 6-month rapid review of UK interventions, delivered from 2007 to the present, that aim to improve mental wellbeing.

WWCW's Online Measurement Guide

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① What is wellbeing?

② Introduction to wellbeing evaluation

③ Planning your wellbeing evaluation

④ Wellbeing measures and data

⑤ Choosing wellbeing measures

⑥ Gathering qualitative data

⑦ Analysing and interpreting your results

Measure your wellbeing impact

A practical guide for charities and social enterprises

This guide is now updated with new sections on wellbeing evaluation, and a Wellbeing Measures Bank.

Whether you want to improve health, education or employment, measuring wellbeing can show you the wider impact you have on the people and communities you support.

This guide was designed for people who may have lots of different functions in an organisation, with very busy working days. The guide allows you to dip in and out of the content as you need, and work at your own pace.

You'll find this guide useful if you:

- work for a small or medium-sized charity or social enterprise that provides programmes



Search



General measures

Recommended



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[Personal Well-being ONS4 measures](#)

[Life Satisfaction \(ONS\)](#)

[Warwick-Edinburgh Mental Wellbeing Scale \(WEMWBS\)](#)

[Shorter Warwick-Edinburgh Mental Wellbeing Scale \(SWEMWBS\)](#)

[Satisfaction With Life Scale \(SWLS\)](#)

["Flourish" measure \(IQSS\)](#)

[World Health Organisation Five Well-Being Index \(WHO-5\)](#)

How we feel

What we do

Personal circumstances

[Happiness \(ONS\)](#)

[Anxiety \(ONS\)](#)

[National Loneliness Measures](#)

[The De Jong Gierveld](#)

[Loneliness Scale](#)

[Campaign to End Loneliness](#)

[Measurement Tool](#)

[Neighbourhood belonging](#)

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[The Brief Resilience Scale](#)

[General Self Efficacy Scale](#)

[\(GSE\)](#)

[Satisfaction with health](#)

[Job satisfaction](#)

[Managing financially](#)

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[Scale \(FSEF\)](#)

[Satisfaction with local area](#)

[People to call on](#)

[Satisfaction with](#)

[accommodation](#)

[Personal support](#)

Thank you!

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