



Tools for measuring changes in mental health and wellbeing

Some of the tools below are free to use, but some require a licence. You can find more information about different measurement tools on the [Child, Youth and Family Database](#).

The tools ask questions about people’s mental health and may include statements and questions on suicidal feelings and thoughts of self-harm. Answering these questions may be upsetting or triggering. It’s important to put in place support for respondents, and inform them of these support options before they start. A checklist of support ideas is available in [Appendix 5 of Guide 7: Measuring the impact of a physical activity and mental health service](#).

Name of tool	Summary	Age range
Mind’s recommended outcome measures		
Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)	Monitors mental wellbeing among the general population and is widely used in evaluations. Available in long and short formats.	13-74
Social Provisions Scale (SPS)	Measures the level of social support an individual has available. Available in 24 and 10 item scales.	8 and over
Rosenberg Self-esteem Scale (RSES)	Robust tool for measuring self-esteem.	No age range provided
Measures commonly used in the NHS and requested by commissioners		
Generalized Anxiety Disorder 7-item scale (GAD-7)	The sector standard for measuring self-reported symptoms of anxiety.	13 and over
Patient Health Questionnaire (PHQ9)	The sector standard for measuring self-reported symptoms of depression.	12 and over

Additional measures you could consider		
<u>Recovering Quality of Life (ReQoL)</u>	To assess the quality of life for people with different mental health conditions.	16 and over
<u>General Self-efficacy Scale</u>	Robust measure of how an individual reacts and adapts to challenging events.	12 and over
<u>Lubben Social Network Scale (LSNS-6)</u>	A measure to gauge social isolation in older adults and the level of perceived social support received from family and friends.	65 and over

For information and resources on the validated tools for children and young people, visit the [Child Outcomes Research Consortium](#).

The Short Warwick Edinburgh Mental Wellbeing scale (SWEMWBS) is appropriate to use when measuring mental health outcomes for young people aged 13+. When working with people under the age of 18 you may need to consider providing additional or tailored support to help them fully engage with your evaluation.

This could include:

- a glossary of terms
- ensuring any examples are relevant to the participants' age group
- consider asking parents or guardians to answer questionnaires on behalf of younger participants' where appropriate.