

Self Evaluation – Peer Support Plus[®]



We try to measure the effect Peer Support Plus has on Peers' mental health using The Warwick-Edinburgh Mental Well-being Scale (WEMWBS).

We ask every Peer to self-evaluate using The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) when they enter a Peer Relationship with us. We ask all Peers to self-evaluate quarterly at the beginning of March, June, September and December.

Privacy

Peer Support Plus will never disclose individual self-evaluations but only aggregate them to provide anonymised overall measures of effect.

Name _____

Circle, Bold or Highlight the number closest to how you have felt over the last two weeks

Date _____

	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 Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was developed by the Universities of Warwick, Edinburgh and Leeds in conjunction with NHS Health Scotland

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<https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/>

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