***The Stirling Children’s Wellbeing Scale***

Here are some statements or descriptions about how you might have been feeling or thinking about things over the past couple of weeks.

For each one please put a tick in the box which best describes your thoughts and feelings; there are not right or wrong answers.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Statements**  | **Never** | **Not** **much** **of the** **time** | **Some** **of the** **time** | **Quite** **a lot** **of the** **time** | **All of the** **time** |
| 1  | I think good things will happen in my life | 1  | 2  | 3  | 4  | 5 |
| 2  | I have always told the truth  | 1  | 2  | 3  | 4  | 5 |
| 3  | I’ve been able to make choices easily | 1  | 2  | 3  | 4  | 5 |
| 4  | I can find lots of fun things to do | 1  | 2  | 3  | 4  | 5 |
| 5  | I feel that I am good at some things | 1  | 2  | 3  | 4  | 5 |
| 6  | I think lots of people care about me | 1  | 2  | 3  | 4  | 5 |
| 7  | I like everyone I have met  | 1  | 2  | 3  | 4  | 5 |
| 8  | I think there are many things I can be proud of | 1  | 2  | 3  | 4  | 5 |
| 9  | I’ve been feeling calm  | 1  | 2  | 3  | 4  | 5 |
| 10  | I’ve been in a good mood  | 1  | 2  | 3  | 4  | 5 |
| 11  | I enjoy what each new day brings | 1  | 2  | 3  | 4  | 5 |
| 12  | I’ve been getting on well with people | 1  | 2  | 3  | 4  | 5 |
| 13  | I always share my sweets  | 1  | 2  | 3  | 4  | 5 |
| 14  | I’ve been cheerful about things | 1  | 2  | 3  | 4  | 5 |
| 15  | I’ve been feeling relaxed  | 1  | 2  | 3  | 4  | 5 |

**SCWBS Key**

**Wellbeing Sub-components and Related Items**

|  |  |  |
| --- | --- | --- |
| **Wellbeing Sub-Component**  | **Item**  | **Related Item on the SCWBS** |
| Positive Emotional State  | 9  | I’ve been feeling calm |
| 14  | I’ve been feeling cheerful about things |
| 15  | I’ve been feeling relaxed |
| 10  | I’ve been in a good mood |
| 12  | I’ve been getting on well with people |
| 11  | I enjoy what each new day brings |
| Positive Outlook  | 8  | I think there are many things that I can be proud of. |
| 5  | I feel that I am good at some things |
| 1  | I think good things will happen in my life |
| 4  | I can find lots of fun things to do |
| 6  | I think lots of people care for me |
| 3  | I’ve been able to make choices easily |

Each item is scored 1 to 5.

The minimum for the scale is 12 and the maximum 60.

Currently the mean average score is 44 with 50% of all scores within the range of 39 and 48.

**Social Desirability Sub-Scale**

|  |  |  |
| --- | --- | --- |
|  | **Item**  | **Related Item on the SCWBS** |
|  | 2  | I have always told the truth |
| 7  | I like everyone I have met |
| 13  | I always share my sweets |

Each Item is scored 1 to 5.

Overall scores of 3 or 14/15 on this sub-scale would indicate that the participant’s wellbeing scores should be treated with caution.