



Sample Report
Mental Wellbeing Survey



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Warwick-Edinburgh Mental Well Being Report

Thank you for participating in TOK Wellbeing. The results in this report are based on the responses of the school pupils and staff who responded to the survey. Given the nature of this survey, the results presented represent a snapshot in time of the mental wellbeing of the staff and pupils who participated. These results are not intended to present causation.

Comments and recommendations are based purely on the results of the participants.

Study Overview

The whole school's pupil and staff population was provided information about the survey. Pupil response rate was 92% with a total of 640 pupils agreeing to take the survey and staff response rate was 94% with 95 staff agreeing to take part. Also, 100 parents agreed to take part. There were 19 responses excluded from analysis due to not enough of the survey being completed. An additional 11 respondents did not give in-survey consent and were therefore not included. Ten pupils were opted out of taking part by their parents and there were 3 staff member opt-outs.

Study conducted: Date range

Total completed surveys per group

Year group	S1	S2	S3	S4	S5	S6
No. of surveys	110 (94%)	120 (88%)	116 (84%)	100 (93%)	110 (89%)	80 (100%)

Staff: 90 (94%)

Parents: 96

Due to the numbers varying across the year groups, caution should be exerted in extrapolating results to the wider school population.

Results Overview

The latest Scottish national average of W-E score for adults (16+) out of a possible total of 70 is: 49.8¹

Men: 49.9 and Women: 49.7

The latest Scottish national average of W-E score for young people (13-15) out of a possible total of 70 is: 51²

Boys: 52 and Girls: 49.9

Sample School's average - Whole school: 48.6

Pupil average (n=564): 48.8, male pupils (n=355): 49.8, female pupil average (n=209): 47.1

Staff average (n=90): 47, male staff average (n=31): 46.7, female staff average (n=59): 47.2

Parent average (n=96): 48.7, male parent average (n=42): 51.2, female parent average (n=54): 46.8

¹ *Scottish Health Survey 2017: Volume 1: Main Report, p72* <https://www.gov.scot/Publications/2018/09/9247>

² *The Scottish Health Survey 2015 Edition: Volume 1: Main Report, p19.*
<https://www.gov.scot/Publications/2016/09/2764>



Warwick-Edinburgh Mental Wellbeing Scale

Participants were asked to complete the Warwick-Edinburgh Mental Wellbeing Scale, scoring the following questions as displayed below. Overall scores are calculated by summing up the individual responses. Scores can range from 14-70.

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

Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.



Overall Scores

Table 1: WEMWBS Score Averages

Group	Group Average	Male Average	Female Average	Male-Female Score
S1	50.9	53.2	48.2	5.0
S2	51.2	52.2	47.9	4.3
S3	47.1	45.9	49.8	-3.9
S4	46.6	48.3	43.9	4.4
S5	44.7	42.9	48.1	-5.2
S6	45.4	48.5	41.8	6.7
Staff	47.0	46.7	47.2	-0.5
Parents	48.7	51.2	46.8	4.4

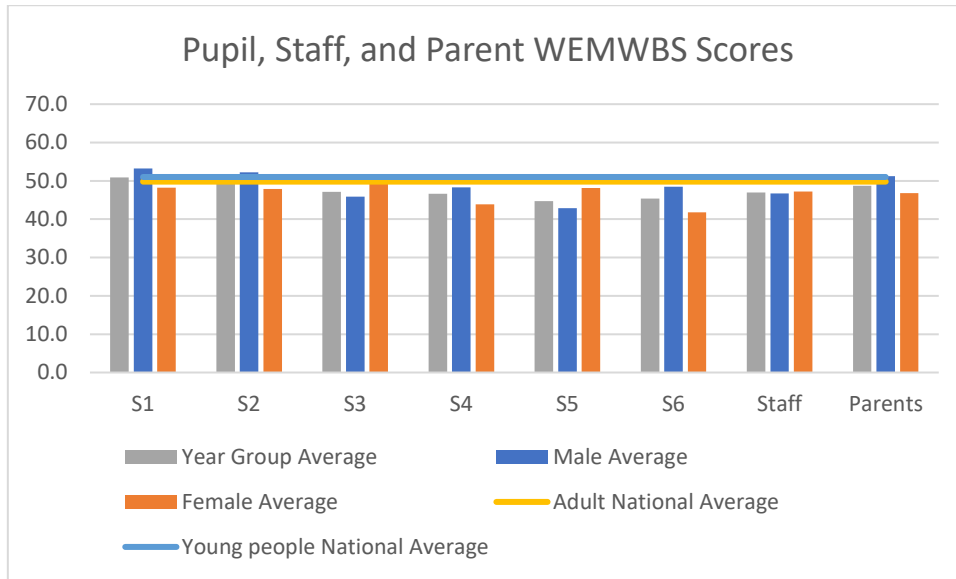
Comment: The largest difference in overall WEMWBS score between year groups is between S2 (51.2) and S5 (44.7). The largest difference within year groups is between S6 male and female pupils (6.7). In the majority of year groups, male pupils score higher than female pupils. Furthermore, the male pupil averages for S1 and S2 are above the national average closest to those age groups based on the Scottish Health Surveys (see p3). The closest female average is S3 which is just 0.1-point below the national average for females of that age group. While not a mental health screening tool, the WEMWBS authors state: “scores between 41 and 45 should be considered in high risk of psychological distress and increased risk of depression”³. Table 1 shows that several pupil group averages fall into this category. The authors further state that “people with WEMWBS scores of ≤ 40 could be at high risk of major depression”⁴. No group average falls into this category. Since this survey is anonymous, there is no way for TOK Wellbeing to individually identify those whose scores fall into these low categories, but we hope that the information we can report helps your school identify where there are areas of concern.

³ *Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) User Guide – Version 2, May 2015*, p15.
https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/researchers/userguide/wemwbs_user_guide_jp_02.02.16.pdf

⁴ *Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) User Guide – Version 2, May 2015*, p15.
https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/researchers/userguide/wemwbs_user_guide_jp_02.02.16.pdf



Graph 1: WEMWBS Score Averages compared to the National Averages



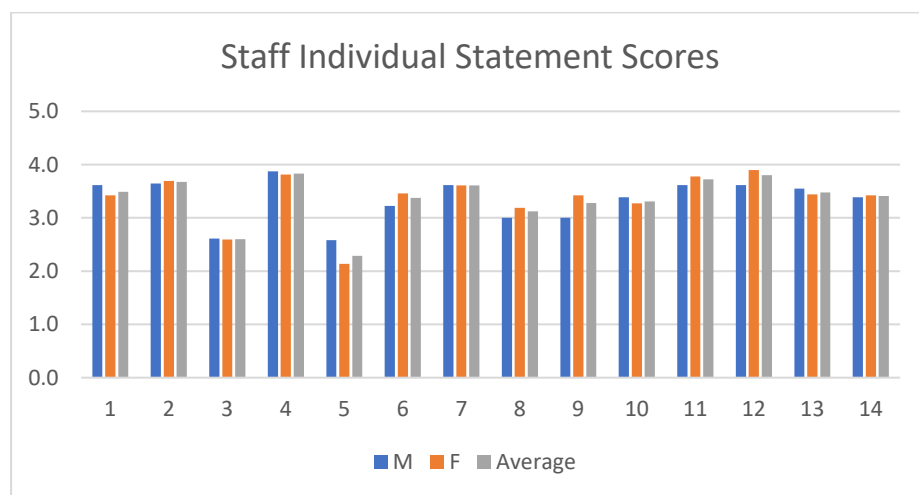


Individual Statement Scores

Table 2: Staff WEMWBS Average Score for Individual Statements

Statement		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Group	Sex	I've been feeling optimistic about the future	I've been feeling useful	I've been feeling relaxed	I've been feeling interested in other people	I've had energy to spare	I've been dealing with problems well	I've been thinking clearly	I've been feeling good about myself	I've been feeling close to other people	I've been feeling confident	I've been able to make up my own mind about things	I've been feeling loved	I've been feeling interested in new things	I've been feeling cheerful
STAFF	M	3.6	3.6	2.6	3.9	2.6	3.2	3.6	3.0	3.0	3.4	3.6	3.6	3.5	3.4
STAFF	F	3.4	3.7	2.6	3.8	2.1	3.5	3.6	3.2	3.4	3.3	3.8	3.9	3.4	3.4
AVERAGE		3.5	3.7	2.6	3.8	2.3	3.4	3.6	3.1	3.3	3.3	3.7	3.8	3.5	3.4

Graph 2: WEMWBS Average Score for Individual Statements



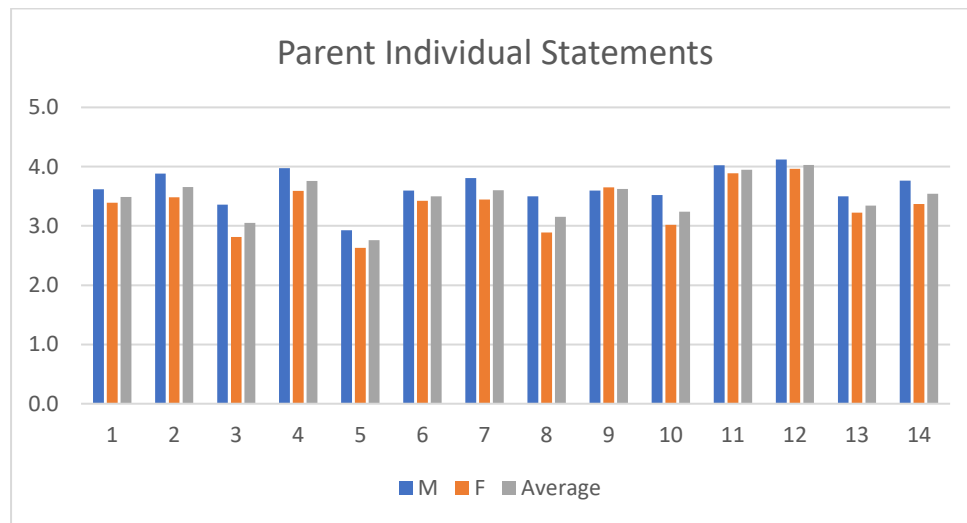
Comment: Individual statement score analysis shows that the highest scoring statements among the whole staff are statements 4 (“I’ve been feeling interested in other people”) and 12 (“I’ve been feeling loved”). The lowest scoring statement for the whole staff is statement 5, “I’ve had energy to spare”. The lowest score when sex is considered is the female staff response to statement 5. The largest difference between male and female staff responses is to statement 5, showing a 0.5-point difference in score.



Table 3: Parent WEMWBS Average Score for Individual Statements

Statement		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		I've been feeling optimistic about the future	I've been feeling useful	I've been feeling relaxed	I've been feeling interested in other people	I've had energy to spare	I've been dealing with problems well	I've been thinking clearly	I've been feeling good about myself	I've been feeling close to other people	I've been feeling confident	I've been able to make up my own mind about things	I've been feeling loved	I've been feeling interested in new things	I've been feeling cheerful
Group	Sex														
PARENTS	M	3.6	3.9	3.4	4.0	2.9	3.6	3.8	3.5	3.6	3.5	4.0	4.1	3.5	3.8
PARENTS	F	3.4	3.5	2.8	3.6	2.6	3.4	3.4	2.9	3.6	3.0	3.9	4.0	3.2	3.4
AVERAGE		3.5	3.7	3.1	3.8	2.8	3.5	3.6	3.2	3.6	3.2	3.9	4.0	3.3	3.5

Graph 3: WEMWBS Average Score for Individual Statements



Comment: Individual statement score analysis reveals that for parents, the highest scoring statement is statement 12, “I’ve been feeling loved”. The lowest scoring statement for parents is statement 5, “I’ve had energy to spare”. When sex is considered, the lowest score is the female parent responses to statement 5. The largest difference between male and female parent responses is 0.6 and is observed for statements 3 and 8.



Pupil Individual Statement Results

Table 4: Whole Year Group Independent Statement Results

Statement	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Year Group	I've been feeling optimistic about the future	I've been feeling useful	I've been feeling relaxed	I've been feeling interested in other people	I've had energy to spare	I've been dealing with problems well	I've been thinking clearly	I've been feeling good about myself	I've been feeling close to other people	I've been feeling confident	I've been able to make up my own mind about things	I've been feeling loved	I've been feeling interested in new things	I've been feeling cheerful
S1 Average	3.4	3.5	3.4	3.3	3.6	3.5	3.8	3.7	3.7	3.6	4.0	4.1	3.8	3.7
S2 Average	3.2	3.7	3.5	3.4	3.6	3.8	3.7	3.8	3.7	3.6	4.0	4.0	3.6	3.7
S3 Average	3.3	3.3	3.2	3.2	3.1	3.1	3.5	3.4	3.4	3.3	3.8	3.8	3.4	3.4
S4 Average	3.4	3.2	2.9	3.5	2.8	3.3	3.1	3.2	3.6	3.3	3.7	3.9	3.4	3.3
S5 Average	3.2	3.0	2.9	3.2	2.9	3.0	3.3	3.0	3.5	3.2	3.7	3.6	3.4	3.0
S6 Average	3.3	3.3	3.0	3.3	2.6	3.2	3.2	3.1	3.4	3.1	3.7	3.8	3.1	3.4
Statement Average	3.3	3.4	3.2	3.3	3.3	3.4	3.5	3.5	3.6	3.4	3.9	3.9	3.6	3.5

Comment: Individual statement score analysis reveals the highest scoring statements among pupils are statements 11 (“I’ve been able to make up my own mind about things”) and 12 (“I’ve been feeling loved”). The lowest scoring statement is statement 3, “I’ve been feeling relaxed”.



Table 5: Male Pupil Independent Statement Results

Statement		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		I've been feeling optimistic about the future	I've been feeling useful	I've been feeling relaxed	I've been feeling interested in other people	I've had energy to spare	I've been dealing with problems well	I've been thinking clearly	I've been feeling good about myself	I've been feeling close to other people	I've been feeling confident	I've been able to make up my own mind about things	I've been feeling loved	I've been feeling interested in new things	I've been feeling cheerful
Year Group	Sex														
S1	M	3.5	3.8	3.5	3.3	3.7	3.8	4.0	4.0	3.6	4.0	4.2	4.1	4.0	3.9
S2	M	3.2	3.7	3.7	3.3	3.7	3.9	3.8	3.9	3.6	3.7	4.0	4.1	3.7	3.8
S3	M	3.2	3.1	3.2	3.1	3.2	3.0	3.6	3.4	3.2	3.2	3.6	3.5	3.3	3.3
S4	M	3.5	3.3	3.1	3.5	3.2	3.4	3.3	3.5	3.6	3.5	3.7	3.9	3.6	3.3
S5	M	2.9	2.7	3.0	3.0	3.0	2.9	3.1	3.0	3.3	3.2	3.6	3.3	3.2	2.8
S6	M	3.4	3.6	3.1	3.5	3.0	3.4	3.4	3.5	3.5	3.5	3.9	3.9	3.4	3.6
Male Average		3.3	3.5	3.4	3.2	3.4	3.5	3.7	3.7	3.5	3.6	3.9	3.9	3.6	3.6

Table 6: Female Pupil Independent Statement Results

Statement		1	2	3	4	5	6	7	8	9	10	11	12	13	14
		I've been feeling optimistic about the future	I've been feeling useful	I've been feeling relaxed	I've been feeling interested in other people	I've had energy to spare	I've been dealing with problems well	I've been thinking clearly	I've been feeling good about myself	I've been feeling close to other people	I've been feeling confident	I've been able to make up my own mind about things	I've been feeling loved	I've been feeling interested in new things	I've been feeling cheerful
Year Group	Sex														
S1	F	3.3	3.2	3.2	3.3	3.4	3.2	3.4	3.3	3.8	3.2	3.8	4.1	3.6	3.4
S2	F	3.1	3.5	3.1	3.5	3.2	3.3	3.3	3.2	4.0	3.0	3.9	4.0	3.3	3.5
S3	F	3.5	3.6	3.1	3.4	3.0	3.5	3.4	3.4	3.8	3.4	4.2	4.3	3.7	3.6
S4	F	3.2	3.0	2.5	3.5	2.3	3.1	3.0	2.7	3.7	2.9	3.6	4.0	3.2	3.3
S5	F	3.6	3.5	2.9	3.6	2.7	3.2	3.5	3.0	3.9	3.1	3.8	4.3	3.8	3.3
S6	F	3.2	3.0	2.7	3.1	2.1	3.0	3.0	2.7	3.4	2.7	3.5	3.6	2.8	3.2
Female Average		3.3	3.3	3.0	3.4	3.0	3.2	3.3	3.1	3.8	3.1	3.8	4.0	3.5	3.4



Comment: The lowest score when sex is taken into account is the S6 female responses to statement 5, “I’ve had energy to spare”. Statement 5 also shows the largest difference in female responses across year groups with S1 scoring 3.4 and S6 scoring 2.1. For male responses, statements 2 and 14 show the largest difference across year groups with a 1.1-point difference seen in responses for S1 compared to S5.

Tables 7 and 8: Frequencies of pupils whose WEMWBS falls ≤ 40

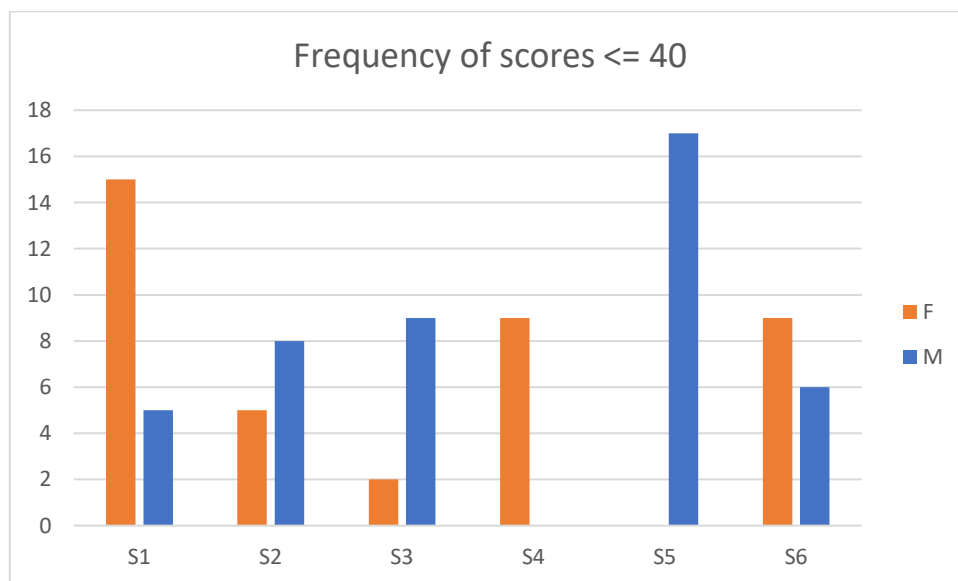
Table 7: Male Pupils

Year Group	Sex	Frequency of scores ≤ 40
S1	M	5
S2	M	8
S3	M	9
S4	M	0
S5	M	17
S6	M	6
Total		45

Table 8: Female Pupils

Year Group	Sex	Frequency of scores ≤ 40
S1	F	15
S2	F	5
S3	F	2
S4	F	9
S5	F	0
S6	F	9
Total		40

Graph 4: Frequencies of pupils whose WEMWBS falls ≤ 40





Tables 9 and 10: Frequencies of pupils whose scores are within the range 41-45

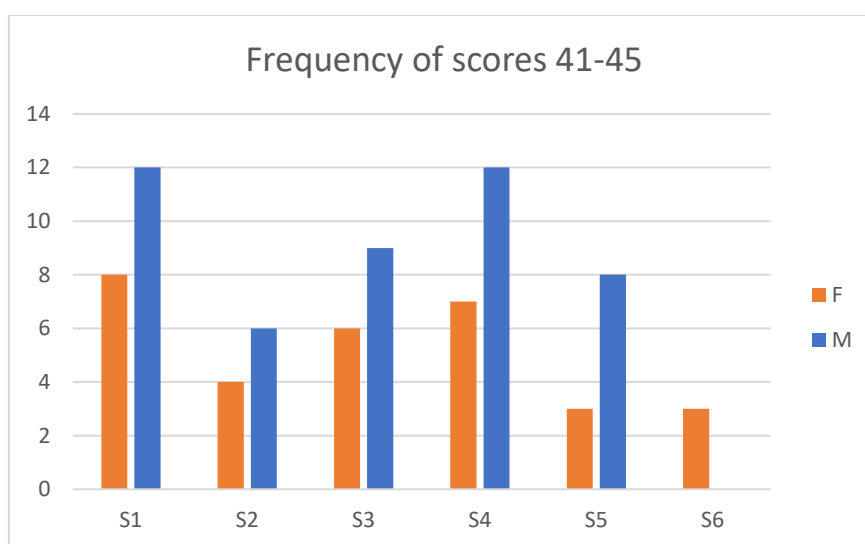
Table 9: Male pupils

Year Group	Sex	Frequency of scores within the range 41-45
S1	M	12
S2	M	6
S3	M	9
S4	M	12
S5	M	8
S6	M	0
Total		47

Table 10: Female pupils

Year Group	Sex	Frequency of scores within the range 41-45
S1	F	8
S2	F	4
S3	F	6
S4	F	7
S5	F	3
S6	F	3
Total		31

Graph 5: Frequencies of pupils whose WEMWBS falls within the range 41-45



Tables 11 and 12: Staff and Parent frequency tables of those whose WEMWBS score falls below or equal to 40 or within the range of 41-45

Table 11: Staff

Staff	Frequency of scores <=40	Frequency of scores 41-45
Male	4	5
Female	14	9

Table 12: Parents

Parents	Frequency of scores <=40	Frequency of scores 41-45
Male	4	4
Female	4	14



Overall Conclusions:

Based on the completed responses received, the school's overall WEMWBS score is below the national average based on the Scottish National Health Surveys. In most year groups, the female pupils' average WEMWBS score is lower than their male counterparts. Furthermore, several pupil group averages fall into the aforementioned 41-45 category that the WEMWBS authors have cautioned about. No staff or parent group average falls into this. As stated earlier, since this survey is anonymous, there is no way for TOK Wellbeing to individually identify those whose scores fall into these low categories, but we hope that the information we can report helps your school identify where there are areas of concern. Generally, statements 11 and 12 are the highest scoring across groups.

Areas for Consideration:

- S6 and S4 female overall mental wellbeing, particularly energy, relaxation, self-perception, and confidence levels
- Male S5 pupils' overall mental wellbeing, especially in the areas of feeling useful, optimistic, problem-solving, and positive mood
- Staff and parent energy and relaxation levels



Appendix 1.

Appendix 1 visualises the data shown in Tables 4, 5, and 6 by statement. It should be noted that these graphs have been generated purely to visualise trends in the data. These compare year groups at one point in time but are useful in identifying major differences between year groups and sex.

