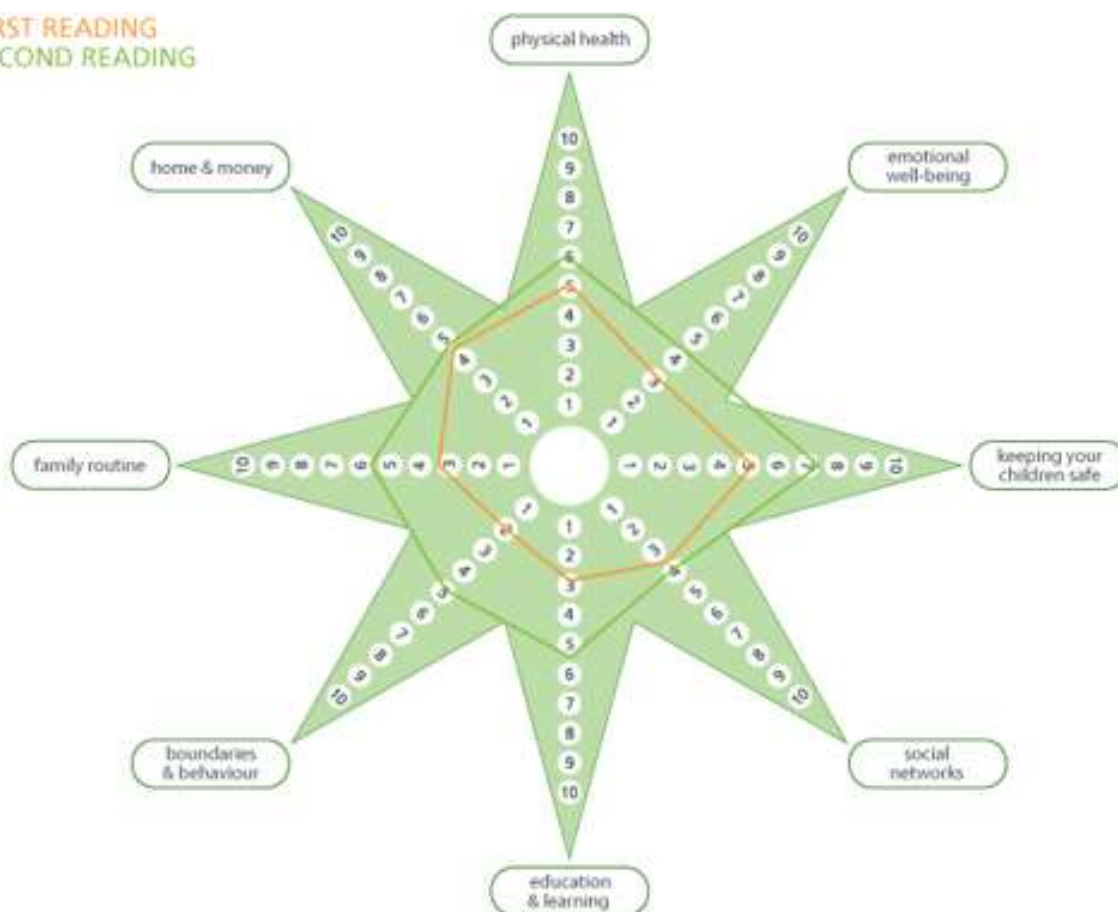


# Existing Methods to Measure Social Outcomes

## Outcomes Star

FIRST READING  
SECOND READING



Family Star™ (2nd Edition) © Triangle Consulting Social Enterprise Ltd

**For more information see;**

<http://www.outcomesstar.org.uk/>

# The Warwick-Edinburgh Mental Well-Being Scale (WENWBS)

WEMWBS questions about someone's thoughts and feelings to provide an indication of their mental health well-being status. The Short Warwick-Edinburgh Mental Well-Being Scale (SWENWBS) asks 7 questions about thoughts and feelings, with responses from none of the time, to all of the time available to each.

1. I've been feeling optimistic about the future
2. I've been feeling useful
3. I've been feeling relaxed
4. I've been dealing with problems well
5. I've been thinking clearly
6. I've been feeling close to other people
7. I've been able to make my mind about things

**For more information visit;**

<http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

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

## The Rosenberg Self-Esteem Scale

People are asked to respond to statements on a four-point scale, with responses from strongly agree to strongly disagree. This scale is often used as a measure of self-confidence. The statements are:

- I feel that I am a person of worth, at least on an equal plane with others
- I feel that I have a number of good qualities
- All in all, I am inclined to feel that I am a failure
- I am able to do things as well as most other people

- I feel I do not have much to be proud of
- I take a positive attitude toward myself
- On the whole, I am satisfied with myself
- I wish I could have more respect for myself
- I certainly feel useless at times
- At times, I think I am no good at all

**For more information visit;**

<https://www.wwnorton.com/college/psych/psychsci/media/rosenberg.htm>

## Loneliness Scales

There are a number of scales that help to measure loneliness. It is often advisable to use these scales, rather than asking people directly if they are lonely, as this is a particular difficult issue to accept.

### **The De Jong Gierveld 6-Item Loneliness Scale**

Asks for statements relating to emotional (wider social network) and social (intimate relationship) loneliness to be rated as yes, more or less, or no.

- I experience a general sense of emptiness
- I miss having people around me
- I often feel rejected
- There are plenty of people I can rely on when I have problems
- There are many people I trust completely
- There are enough people I feel close to

For more information visit; Campaign to end loneliness

[http://home.fsw.vu.nl/TG.van.Tilburg/manual\\_loneliness\\_scale\\_1999.html](http://home.fsw.vu.nl/TG.van.Tilburg/manual_loneliness_scale_1999.html)

and <http://www.campaigntoendloneliness.org/frequently-asked-questions/measuring-loneliness/>