
The W-BQ28

Comment

The W-BQ was first developed in the early 1980s as a 22-item measure. The W-BQ22 was further developed in the early 1990s to form the W-BQ12 short-form with a balanced selection of positive and negative items. The W-BQ12 is widely used, particularly in clinical trials. It is available in more than 35 languages.

In the late 1990s, the W-BQ was further developed to include seven 4-item subscales to measure generic and diabetes-specific well-being in the W-BQ28. The following subscales were added to the existing generic W-BQ12 measure to form the W-BQ28: Generic Stress, Diabetes-Specific Negative Well-being, Diabetes-Specific Positive Well-being and Diabetes-Specific Stress.

Scoring of the W-BQ28 is as follows:

Subscales

- Generic Negative Well-being: item 1+item 2+item 3+item 4 (higher score = greater negative well-being).
- Generic Energy: item 5+item 6+item 7+item 8 (higher score= more energy)
- Generic Positive Well-being: item 9+item 10+item 11+item 12 (higher score = greater positive well-being).
- Generic Stress: item 13+item 14+item 15+item 16 (higher score =more stress).
- Diabetes-specific Negative Well-being: item 17+item18+item19+item 20 (higher score = more diabetes-specific Negative Well-being)
- Diabetes-specific Stress: item 21+item 22+item 23+item 24 (higher score = more diabetes-specific stress).
- Diabetes-specific Positive Well-being: item25+item 26+item 27+item 28 (higher score = more positive well-being)

Scales

- Standard W-BQ12 scale: 12- Generic Negative Well-being + Energy + Generic Positive Well-being (higher score = greater well-being)
- W-BQ16 scale: 24 – Generic Negative Well-being – Generic Stress + Energy + Generic Positive Well-being (higher score = greater well-being)
- Diabetes Specific W-BQ12: 24 – Diabetes-specific Negative Well-being – Diabetes-specific stress + Diabetes-specific Positive Well-being (higher score = greater diabetes-specific well-being)
- Generic W-BQ12 (for direct comparison with Diabetes-specific W-BQ12 we have substituted the stress subscale for the energy subscale that does not have a diabetes-specific equivalent): 24 - Generic Negative Well-being – Generic Stress + Positive Well-being (higher score = greater well-being).

Availability

The W-BQ12, W-BQ22 and W-BQ28 can be obtained from: Prof Clare Bradley [address below].

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Website: www.healthpsychologyresearch.com

Selected references

- Bradley C (1994) The Well-being Questionnaire. In Bradley C (Ed) *Handbook of Psychology and Diabetes: a guide to psychological measurement in diabetes research and practice*. Chur, Switzerland: Harwood Academic Publishers.
- Bradley C and Lewis KS (1990) Measures of psychological well-being and treatment satisfaction developed from the responses of people with tablet-treated diabetes. *Diabetic Medicine* **7**, 445-451.
- Riazii A, Bradley C, Barendse S and Ishii H (2006) Development of the Well-being questionnaire short-form in Japanese: the W-BQ12. *Health and Quality of Life Outcomes*, **4**:40. <http://www.hqlo.com/content/pdf/1477-7525-4-40.pdf>
- Speight J, Barendse S and Bradley C (2000) The W-BQ 28: further development of the Well-being Questionnaire to include diabetes-specific as well as generic subscales and new stress subscales. *Proceedings of the British Psychological Society* **8**(1), 21.