

## The W-BQ12

### Scoring

The W-BQ12 has 12 items and produces the following measures:

- Negative Well-being:* Items 1 to 4 are summed to produce a total Negative Well-being score (range: 0 to 12). The higher the score, the greater the sense of negative well-being.
- Energy:* Items 6 and 7 are reversed and then summed together with items 5 and 8 to produce a total Energy score (range: 0 to 12). The higher the score, the greater the energy level.
- Positive Well-being:* Items 9 to 12 are summed to produce a total Positive Well-being score (range: 0 to 12). The higher the score, the greater the sense of positive well-being.
- General Well-being:* The Negative Well-being scale score is reversed and then summed with the Energy and Positive Well-being scales to produce a General Well-being score (range: 0 to 36). The higher the score, the greater the sense of general well-being.

### 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. For further details on the W-BQ28, please contact Professor Clare Bradley.

### 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](http://www.healthpsychologyresearch.com)

### Selected references

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