



## Well-Being Scale for Support Group Participants

Box 1: Why ask your support group members to complete this questionnaire?

This well-being scale has been adapted from Ryff's Scale of Psychological Well-Being Scale. By asking support group members to complete this questionnaire at the beginning of the year and then at the end of the year, a support group leader can get an understanding of how much the group is helping its members.

You may not have provided everyone with the questionnaire at the beginning but that is OK. This is where you are starting. Doing it at the end of the year will still help you to understand how people are feeling and what a future program should contain to help meet people's needs.

If everyone prefers, the questionnaire can be completed anonymously. It is not important to know how individuals are feeling; just to get an overall idea of what the group can do to serve the members better.

Print out enough questionnaires from below for all the members and explain to people that they circle one of the numbers from one to six; one being "strongly disagree" and six being "strongly agree". If they are unsure or only want to agree or disagree less then they circle a number in between. If it is to be anonymous remind them not to put their names on it.

Well-being is about people's lives going well and it combines feeling good and having a sense of being in control of one's life. These questions have been taken from Ryff's Psychological Well-Being Scale because they help to demonstrate both how good a person feels as well as how much control they feel they have over their own lives. Social support has been shown to have an effect on people's well-being so we can see that support groups have the potential to improve the lives of people who have developed a long term, sometimes life-threatening illness.

(End Box1)

Questionnaire: Measuring Psychological Well-Being in Support Groups (adapted from Ryff's Psychological Well-Being Scale

	Strongly disagree					Strongly agree
1. In general I feel I am in charge of the situation in which I live	1	2	3	4	5	6
2. Most people see me as loving and affectionate						
3. The demands of everyday life get me down	1	2	3	4	5	6
4. Maintaining close relationships has been difficult and frustrating for me	1	2	3	4	5	6
5. I do not fit very well with the people and community around me	1	2	3	4	5	6
6. I often feel lonely because I have few close friends with whom to share my concerns	1	2	3	4	5	6
7. I am quite good at managing the many responsibilities of my daily life	1	2	3	4	5	6
8. I enjoy personal and mutual conversations with family members and friends	1	2	3	4	5	6
9. I often feel overwhelmed by my responsibilities	1	2	3	4	5	6
10. People would describe me as a giving person , willing to share my time with others	1	2	3	4	5	6
11. I have difficulty arranging my life in a way that is satisfying to me	1	2	3	4	5	6
12. I have been able to build a home and a lifestyle for myself that is much to my liking	1	2	3	4	5	6
13. I have not experienced many warm and trusting relationships	1	2	3	4	5	6
14. I know I can trust my friends and they can trust me	1	2	3	4	5	6

Now ask each person to circle their own age range

0-12	13-19	20- 30	31-45	46-60	61-75	76-85	86+
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Box 2.

Now it's time 'to add up each person's scores. If you add up the scores of questions 1,3, 5, 7, 9, 11 and 12 you will know that those with high scores out of 42 have good control in their lives.

If you add up the scores of questions 2, 4, 6, 8, 10, 13 and 14 you will know that those with high scores out of 42 have good and rewarding relationships.

If people have high overall scores they have high well-being. There might still be things they need help with such as information about their condition and about treatment as well as help and advice on daily living. They are also likely to be people who will help others in the group who are still struggling.

Use this table to enter everyone's Well-being scores from the questionnaire.

Table 1: Group Well-being scores.

Age group of each participant	0-12	13-19	20- 30	31-45	46-60	61-75	76-85	86+
No of participants in each age group								
Scores for each age group for control out of 42								
Scores for each age for rewarding relationships out of 42								

For example your scores might look like this:

There are 10 people in your group and they are aged between 46 and 85. Three people are 46-60, four people are 61-75 and three are aged from 76 to 85.

The three in the first group scored 39, 28 and 31 respectively which adds up to 98. Divide this by the number of people (3) and it is 33 approximately. A good score in this age group!

The same three in this group scored 28, 22 and 29 for relationships. When this is added up (79) and divided by 3 it shows an overall score of 26.

This age group is doing well on control but not so well in their relationships.

Example of a group's Well-being scores:

Age group of each participant	0-12	13-19	20- 30	31-45	46-60	61-75	76-85	86+
No of participants in each age group					3	4	3	
Scores for each age group for control out of 42					33	25	15	
Scores for each age for rewarding relationships out of 42					26	25	21	

You can repeat this for the other age groups. In the example above you will see that the scores have decreased and this may be due to some of these people being widowed or losing long term friendships or due to loss of physical abilities. You might decide that extra effort needs to be made to assist them (guest speakers presenting on independent living or retirement villages or community social activities) and when you repeat this survey after 12 months you might be rewarded to see their scores have remained stable or increased. However this might depend on what other circumstances affect their lives (perhaps decreased health, another loss or changes in financial circumstances).