



Warwick Edinburgh Mental Well Being Scale Results: January 2011 through April 2014
N=943

Summary of Results:

39% reported very poor wellbeing (score of =<45) on presenting to our service

59% of people coming to us reported poor mental well-being (score =<50)

The results show an unequivocal positive change in almost all scores across the full range of results, from those very unhappy right the way across to those who started out in the normal range of being happy.

The most significant change was from the very lowest well-being scores, *which were halved* (52% change) in 4-6 months of Claremont attendance. Claremont has clearly had a profoundly positive impact for these people, some of whom have not been able to find services that they can engage with elsewhere and who may have long-term/chronic issues.

There was a 27% improvement in scores in the next range up, 31-35, which is still a very low range of scores and a significant change.

Another big shift was in the range just beneath the average range, 41-45, with a 31% improvement.

The other overall large shift was in the Above Average score category, where people with low or average scores increased their scores into the Above Average range – a percentage change of 80%. This is an extraordinary change and suggests that for some people (6% of those responding), Claremont may have been extraordinarily uplifting.

The following table shows the percentage of people scoring within certain score ranges. The first line for example shows the percentage of people who scored 30 or less, which is the poorest of scores possible. The Scottish Average/Normal for adults (16+) in 2006 was 51.

Range (=<)	Before	After	% Change
30	6%	3%	52%
35	6%	4%	27%
40	10%	8%	11%
45	17%	12%	31%
50	20%	21%	3%
55	17%	21%	29%
60	14%	16%	18%
65	8%	8%	0%
70	3%	6%	80%