

SAHMRI Wellbeing and Resilience Centre

BE WELL TRACKER MEASUREMENT METHODOLOGY

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Background

Our work focuses on scientifically measuring mental *health*. In other words, we set out to measure the way individuals and organisations *thrive or flourish*. We take a comprehensive approach to measurement, where we not just capture potential symptoms of distress or illness but also capture positive states of mental health.

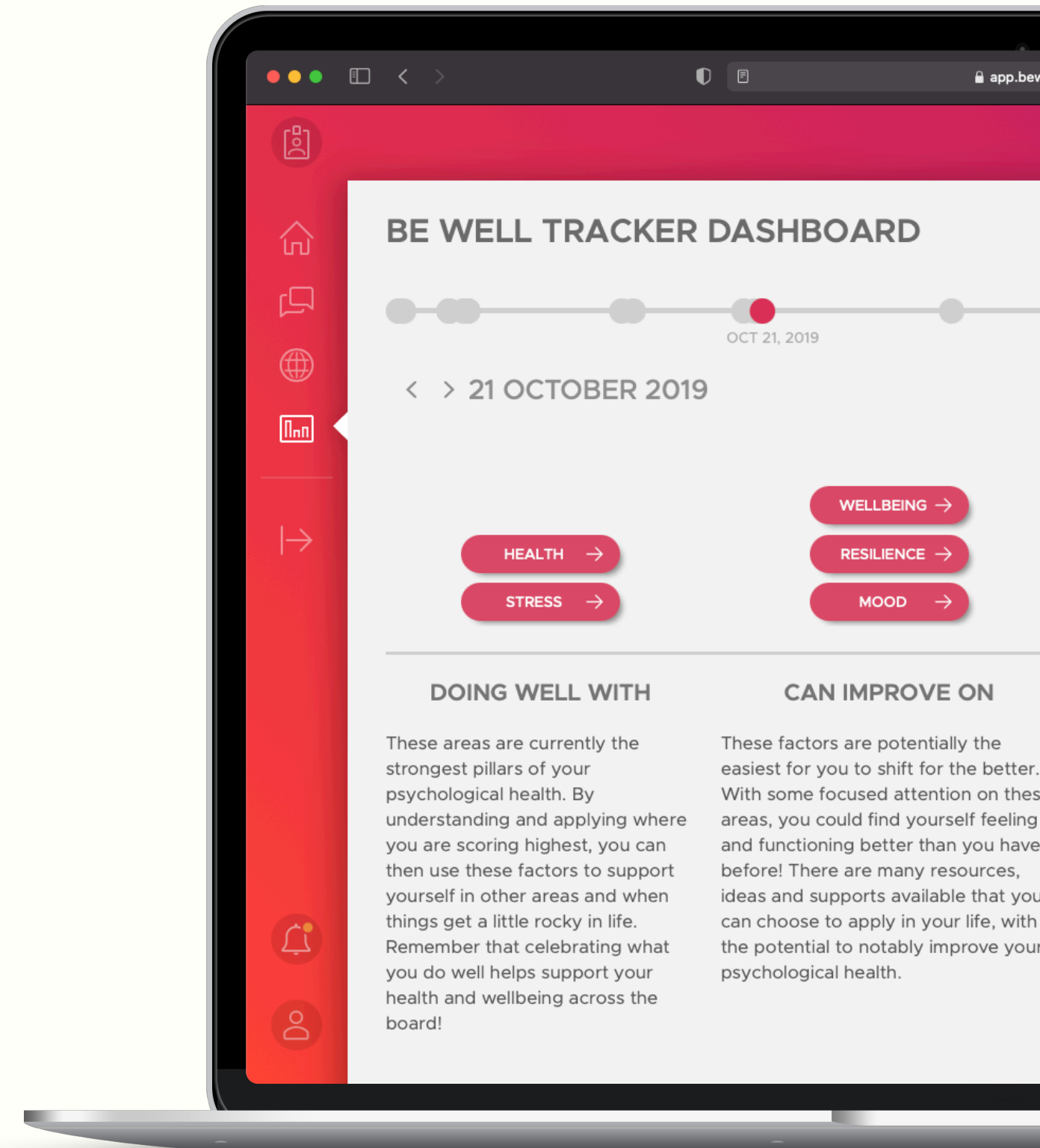
Two big contributing factors that feed mental health are having high levels of **mental wellbeing** and having high levels of **resilience**; that is, living and trying to grow towards the most optimal life possible, and being able to respond to and grow after facing adversity or stress. These two outcomes strengthen each other: having high levels of resilience positively influences mental wellbeing and vice versa. While there are plenty more outcomes positively influencing mental health, for instance Optimism and Hope, we focus on Wellbeing and Resilience as its core outcomes of positive mental health.

Although Wellbeing and Resilience are two different but positively related constructs, both are influenced in very similar ways. They are states that are caused by the interplay of resources (or promotive factors) that can help people thrive, and challenges (or risk factors) that can lower positive mental health, which if prolonged can increase the risk of mental illness.

There are numerous resources an individual can develop, on the mental and the physical level, and similarly as many on the relational, community and societal level. A big influence is your **physical health** and the quality of your **sleep**, your **nutrition** and your levels of **physical activity**; factors that are scientifically proven to be positive influences of your wellbeing in the scientific literature: a good enough reason for us to measure them

Whether we have good Mental health is however also influenced by states that typically are seen as 'negative'. These negative states, for instance signs of a **low mood**, **anxious feelings** or high levels of **stress**, can decrease your mental health, and if prolonged can result in mental illness such as depression and anxiety. These states happen to all of us, and only when they become too overpowering, they can become a more serious problem. Similar to wellbeing and resilience, they are fuelled by challenges and reduced by building resources.

It is these outcomes (wellbeing, resilience, physical health and distress due to mood problems, anxiety and stress) that get most attention in the scientific literature for the reason that they are relevant to all of us. And it is this reason why they form the core for the Be Well Tracker Measurement



Approach to measurement

Our measurement contains measures of both positive and adaptive states of mental health and indicators of distress (symptoms typically associated with mental illness). The questionnaire provides people with the opportunity to find out more information about their Mental Health Profile and the platform uses this information to provide tips about things people can do to build their positive mental health. We specifically measure:

- **Subjective (hedonic) wellbeing** – how good do you feel?
- **Psychological (eudaimonic) wellbeing** – how well are you functioning?
- **Social wellbeing** – how are your relationships with others and your community?
- **Work wellbeing (for people in a job)** – how high is your wellbeing in the workplace?
- **Resilience** – how prepared are you to bounce back from stress and tough times?
- **Mood symptoms** – Are you experiencing mood problems?
- **Anxiety symptoms** - Do you worry or feel anxious a lot?
- **Levels of stress and burnout** - Are your stress levels too high?

Users get invited to an easy-to-use tool that takes approximately 10 to 15 minutes to complete. This tool uses scientifically validated scales to give insight into the scores for each of the above domains. The online portal has been designed to the highest international standards of data security, the measurement is checked by an official research ethics board, and individual data will never be shared with anyone other than the user.

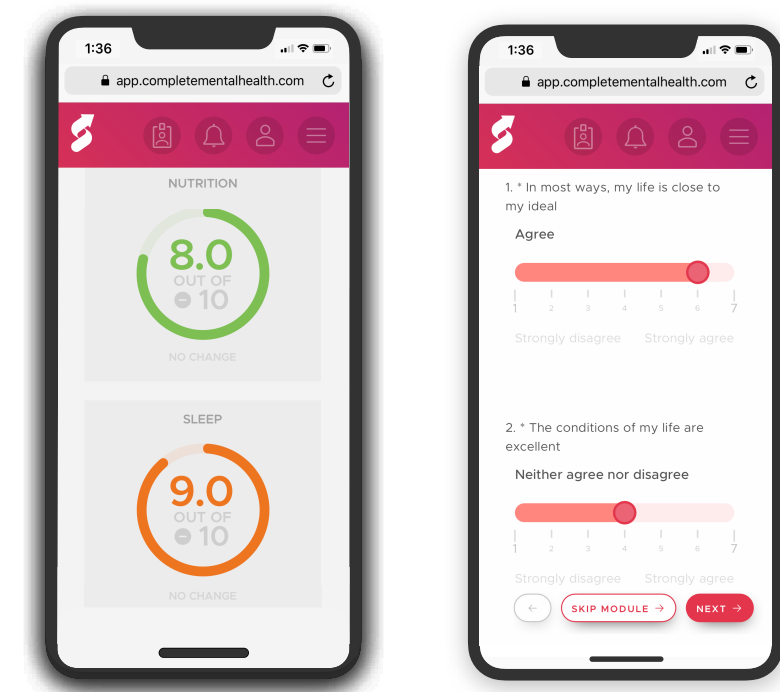
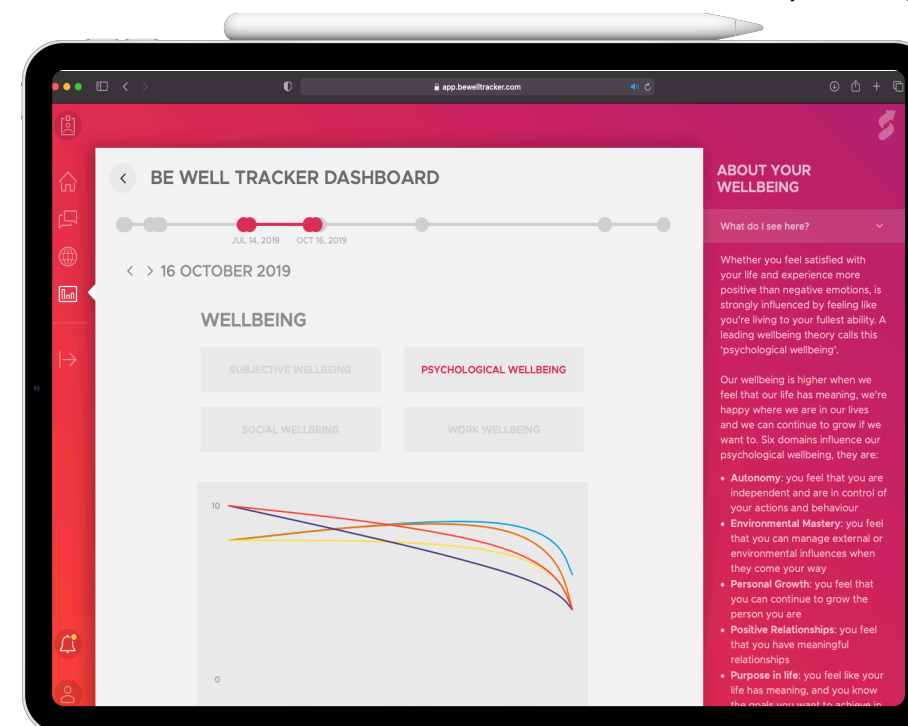
Individual reports

Most of us do not regularly check in with their mental health and most of us are not really aware of how we are tracking wellbeing-wise. That's why we believe strongly that we need to provide clear feedback on the measurement results when people are so generous to share their data with us.

Each measurement therefore results in an online report that gives people immediate insight into how they score on each of the mental health outcomes. For ease-of-use, we grouped all scores into scores that you are doing well with, scores that can improve, and scores you need to take action with. All scores are transformed to simple to understand values (e.g. ranging from 0 to 10) and are presented with short explanations of what the score actually means. This report is only provided to individuals & is completely

confidential and personal. If you share your data as part of an organisational project, you can rest assured: we do not share individual data with any of our project partners.

Organisations however can receive de-identified aggregate reports if they wish, summarising the scores for all participants belonging to an organisation. If you are part of an organisation, you may notice that you get some additional questions to the core measures mentioned on the left. This is because our platform allows us to tailor our measurement to specific project needs. The tool houses a multitude of scientific questionnaires on just about any topic that may be related to positive mental health.



The Measurement Tools

Our core questionnaire consists of 50-56 items (depending on whether you work or not). The questionnaire is made up of a compiled set of evidence-based, validated and reliable sub-questionnaires that have been extensively tested. The questionnaires are chosen for the following reasons:

- They have an extensive evidence-base testing their validity and reliability, in both Western and non-Western populations
- They measure our core constructs in the least number of items possible, reducing questionnaire burden for participants while still being reliable
- They are license-free for research purposes and have been translated in a range of languages other than English.
- They all have clear cut-offs and indicators of severity, making it easy to provide individual risk assessments
- They are readily used and accepted in professional settings, making it easier to compare scores and benchmark within the Australian Setting
- The tool can educate users on areas they can work on. It serves the purpose of building agency to seek further change. The distress tools (mood, anxiety & stress) therefore are focused on assessing distress, not on facilitation of diagnosis or assessment of mental illness symptoms.
- They are readily accepted in scientific circles, thereby ensuring they can be used for scientific public more easily

We, in addition to our core measurement, have access to 50+ scientifically validated measures which measure mental health and quality of life measures that can be added to our measurement. We will consult with organisations or researchers to determine the exact needs that underpin the mental health and wellbeing of their population and use this to craft a tailored measurement plan fit for each individual project.

Mental wellbeing: The main tool used to determine mental wellbeing is the *Mental Health Continuum Short-form (MHC-SF)* (1), as it measures all three aspects of mental wellbeing (Hedonia, eudaimonia and social wellbeing) within 14 items. It provides a categorical and a continuous scoring method. We also added the *Satisfaction With Life Scale (SWLS)* to provide more granular detail into mental wellbeing, particularly hedonia.

Resilience: Resilience is measured using the Brief Resilience Scale (BRS), which assesses the ability to bounce back from stress in 6 items(2). It captures resilience as an outcome, rather than a trait. The BRS comes with cut-offs indicating low, normal or high resilience

Distress: Distress due to Mood, Anxiety and Stress is measured using the Depression, Anxiety and Stress Scale (DASS-21)(3, 4), a widely used 21 item tool to screen for potential distress issues. The DASS-21 provides sub-scores for the three domains and comes with cut-offs for each of them. It was preferred over the K10 and a supplement perceived stress scale due to its sub-score provision.

Health: Health is assessed using 4 items that measure perceived satisfaction with sleep, nutrition, physical activity and general health. Detailed assessment of physical health indicators is out of scope for the large majority of our projects, but can be considered as part of a supplement to the core measure. Items are sourced from scientific papers that have reliably used the items to assess each domain in the general population.

CONTACT US

FOR QUESTIONS AND CLARIFICATIONS

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