



Well-Being Screen Validation Tool

The Well-Being Screening tool is based on the Schwartz Outcome Scale –10 which is a brief 10-item tool that measures psychological health and emotional distress. The SOS –10 items are rated on a 7- point Likert scale with higher scores reflecting greater psychological health.

The well-being screen is a snapshot of current time and can shift with stressors or changes in daily life. As your stress level or situations in your life change, we encourage you to retake this screen.

Questions include:

- Given my current physical condition, I am satisfied with what I can do.
- I have confidence in my ability to sustain important relationships.
- I am generally satisfied with my psychological health.
- I am able to forgive myself for my failures.

Individuals respond by indicating

- Never
- Sometimes
- Several days
- More than half the day
- Nearly all of the time
- All the time.

Scoring follows this pattern: The total SOS score can range from 0 to 60. Indications of emotional distress will result in lower scores. Greater psychological well-being will be associated with scores of 60 and higher. Scores at the extreme ends of the range (0 or 60) are rare. Scores can be interpreted in three distress ranges: Minimal (59-40), Moderate (39-33), Severe (22-1).

Interpretation:

59-40: Minimal level of emotional distress and high level of well-being, life satisfaction.

39-33: Moderate: May be experiencing some levels of emotional distress.

22-1: Score indicates severe emotional distress and low level of well-being

