



Treehouse Wellbeing Surveys Questions

Treehouse Wellbeing Surveys use the validated Stirling Children's Wellbeing Scale & Warwick Edinburgh Scale for Mental Wellbeing. The questions for each are listed below.

Warwick Edinburgh Scale for Mental Wellbeing Questions

- I've been feeling optimistic about the future.
- I've been feeling useful
- I've been feeling relaxed
- I've been feeling interested in other people
- I've had energy to spare
- I've been dealing with problems well I've been thinking clearly
- I've been feeling good about myself I've been feeling close to other people
- I've been feeling confident
- I've been able to make up my own mind about things
- I've been feeling loved
- I've been interested new things
- I've been feeling cheerful

Stirling Children's Wellbeing Scale Questions

- I think good things will happen in my life
- I have always told the truth
- I've been able to make choices easily I can find lots of fun things to do
- I feel that I am good at some things
- I think lots of people care about me
- I like everyone I have met
- I think there are many things I can be proud of
- I've been feeling calm I've been in a good mood
- I enjoy what each new day brings
- I've been getting on well with people
- I always share my sweets
- I've been cheerful about things
- I've been feeling relaxed

If you have any questions about the Treehouse Wellbeing Surveys and Reports, please get in touch at happy@treeof.com.