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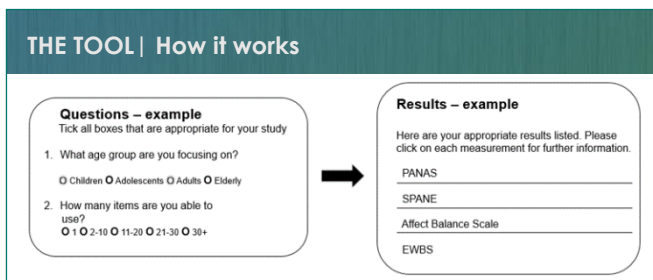
The Well-being Measurement Advisory Tool

AIMS | What we sought to achieve

- Develop a user-friendly tool for researchers and policymakers studying well-being
- Promote consistency across research in the field for better collaboration between science and practice in understanding as well as improving population well-being

Context There are many misalignments between the purpose of well-being studies and utilising appropriate measurement. To address this problem via helping researchers make informed decisions regarding appropriate measurement for the purposes of their study the *Well-Being Measurement Advisory Tool* was developed. WEBMAT is a free interactive tool running a simple database of validated well-being measurements that helps researchers find the measurement which suits their needs the most. It is also possible to do basic comparisons between different potential tools.

Development After a detailed search and screen of available measures of well-being, we focused on those tools that include psychological well-being or parts of it. Selection was based on use in studies published in English in the last 10 years as well as psychometric properties checked in more than one sample. Measures were divided into affect scales (e.g. happiness) and functioning scales (e.g. mindfulness) or both.



Current WEBMAT currently utilises eighty-three measures. These include tests for children, adolescents, adults and the elderly, all evaluated for quality. The tool asks for a short list of preferred elements, then

responds with the measures best fit to cover those aspects. The current version is a beta and seeks input from the user community in order to make it of best use for those interested.

M. Kos, K. Ruggeri

Further details on this project available in the following:

WEBMAT – The Well-Being Measurement Advisory Tool: <http://webmat.micsti.at>