



Project name:

**"Mild Health Conditions Optimization through Vital  
Exercise and Unwind Program"**

Project number and acronym:

**101184444 – MOVE UP**

## **D2.3 Questionnaire for Wellbeing and Fitness Data**

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In the context of health promotion programs like the **MOVE UP project**, which integrates **adaptive sports** such as walking football, walking basketball, and catchball for individuals with chronic health conditions, the use of **Warwick-Edinburgh Mental Well-being Scale (WEMWBS)** offers significant benefits. Assessing participants' mental well-being **before implementing** these physical activity plans helps establish a **baseline** understanding of their psychological state. This information is crucial for several reasons.

Firstly, it allows program facilitators to **tailor interventions** more effectively to meet participants' emotional and motivational needs. Individuals with chronic conditions often face not only physical limitations but also **mental health challenges** such as isolation, anxiety, or low self-esteem. A baseline assessment with WEMWBS enables the MOVE UP team to design sessions that are not only physically accessible but also emotionally supportive.

Secondly, using WEMWBS helps track **progress and impact** over time. By comparing pre- and post-intervention scores, the MOVE UP project can evaluate how engagement in adaptive sports contributes to improvements in mental well-being. This is especially valuable when justifying program effectiveness to stakeholders, healthcare providers, and potential funders.

Thirdly, the focus on positive well-being helps shift the narrative around chronic illness from one of limitation to one of **capability and empowerment**. Participants who see improvements in their WEMWBS scores may feel more confident, socially connected, and motivated to stay active. Adaptive sports like walking football and catchball foster a **sense of community, inclusion, and achievement**, all of which are key components of mental wellness.

The **Warwick-Edinburgh Mental Well-being Scale (WEMWBS)** is a validated and widely used tool designed to assess mental well-being in a positive and holistic way. Developed by researchers at the Universities of Warwick and Edinburgh, the scale was introduced in 2007 as a response to the growing need for a reliable measure that focuses on **positive mental health**, rather than solely on mental illness or distress. The scale includes **14 positively worded items**, such as "I've been feeling optimistic about the future" and "I've been feeling useful." Participants respond using a **5-point Likert scale** ranging from "None of the time" to "All of the time," reflecting their experience over the previous two weeks.

WEMWBS is grounded in both **hedonic well-being** (emotional happiness and life satisfaction) and **eudaimonic well-being** (positive functioning, autonomy, and personal growth). Its simplicity, brevity, and focus on strengths rather than deficits make it a popular choice in public health, research, and community settings. The scale is also **sensitive to changes** over time, making it particularly useful for evaluating the impact of interventions on mental well-being.

The link is here :

[https://docs.google.com/forms/d/e/1FAIpQLSffH\\_IzLID8irEEV0SI0KWb\\_YT8vrXjhnjeMEdiK-p2JilvZQ/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSffH_IzLID8irEEV0SI0KWb_YT8vrXjhnjeMEdiK-p2JilvZQ/viewform?usp=header)