**The Stirling Children’s Wellbeing Scale**

Here are some statements or descriptions about how you might have been feeling or thinking about things over the past couple of weeks. For each one please put a tick in the box which best describes your thoughts and feelings; there are not right or wrong answers.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Statements** | **Never** | **Not much of the time** | **Some of the time** | **Quite a lot of the time** | **All of the time** |
| 1 | I think good things will happen in my life | 1 | 2 | 3 | 4 | 5 |
| 2 | I have always told the truth | 1 | 2 | 3 | 4 | 5 |
| 3 | I’ve been able to make choices easily | 1 | 2 | 3 | 4 | 5 |
| 4 | I can find lots of fun things to do | 1 | 2 | 3 | 4 | 5 |
| 5 | I feel that I am good at some things | 1 | 2 | 3 | 4 | 5 |
| 6 | I think lots of people care about me | 1 | 2 | 3 | 4 | 5 |
| 7 | I like everyone I have met | 1 | 2 | 3 | 4 | 5 |
| 8 | I think there are many things I can be proud of | 1 | 2 | 3 | 4 | 5 |
| 9 | I’ve been feeling calm | 1 | 2 | 3 | 4 | 5 |
| 10 | I’ve been in a good mood | 1 | 2 | 3 | 4 | 5 |
| 11 | I enjoy what each new day brings | 1 | 2 | 3 | 4 | 5 |
| 12 | I’ve been getting on well with people | 1 | 2 | 3 | 4 | 5 |
| 13 | I always share my sweets | 1 | 2 | 3 | 4 | 5 |
| 14 | I’ve been cheerful about things | 1 | 2 | 3 | 4 | 5 |
| 15 | I’ve been feeling relaxed | 1 | 2 | 3 | 4 | 5 |

**The Stirling Scale Key**

Wellbeing Sub-components and Related Items

|  |  |  |
| --- | --- | --- |
| **Wellbeing Sub-Component** | **Item** | **Related Item on the Stirling Scale** |
| **Positive Emotional State** | 9 | I’ve been feeling calm |
| 14 | I’ve been feeling cheerful about things |
| 15 | I’ve been feeling relaxed |
| 10 | I’ve been in a good mood |
| 12 | I’ve been getting on well with people |
| 11 | I enjoy what each new day brings |
| **Positive Outlook** | 8 | I think there are many things I can be proud of |
| 5 | I feel that I am good at some things |
| 1 | I think good things will happen in my life |
| 4 | I can find lots of fun things to do |
| 6 | I think lots of people care about me |
| 3 | I’ve been able to make choices easily |
| **Social Desirability Sub-Scale** | 2 | I have always told the truth |
| 7 | I like everyone I have met |
| 13 | I always share my sweets |

Each Item is scored 1 to 5.

Overall scores of 3 or 14/15 on the **Social Desirability Sub-Scale** would indicate that the participant’s wellbeing scores should be treated with caution.