

DOMAIN	TOPIC	QUESTION	RESPONSE SCALE	SOURCE
General Wellbeing	Life satisfaction	Overall, how satisfied are you with your life nowadays?	0 (Not at all) - 10 (Completely)	ONS
	Worthwhile	Overall, to what extent do you feel the things you do in your life are worthwhile?	0 (Not at all) - 10 (Completely)	ONS
BE* (Mental and emotional wellbeing)	Optimism	I've been feeling optimistic about the future	1 (None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time) - 5 (Always)	SWEMWBS*
	Worth	I've been feeling useful	1 (None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time) - 5 (Always)	SWEMWBS*
	Peace of mind	I've been feeling relaxed	1 (None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time) - 5 (Always)	SWEMWBS*
	Resilience	I've been dealing with problems well	1 (None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time) - 5 (Always)	SWEMWBS*
	Competence	I've been thinking clearly	1 (None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time) - 5 (Always)	SWEMWBS*
	Autonomy	I've been able to make my own mind up about things	1 (None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time) - 5 (Always)	SWEMWBS*
	Relationships	I have been feeling close to other people	1 None of the time, 2 - rarely, 3 - Some of the time, 4 - Often, 5 - All of the time - 5 Always	SWEMWBS*

*The BE domain comprises questions from the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS). The Warwick–Edinburgh Mental Well-being Scale was developed with funding provided by the Scottish Government’s National Programme for Improving Mental Health and Well-being. It was commissioned by NHS Health Scotland, developed by the University of Warwick and the University of Edinburgh in 2006, and is jointly owned by NHS Health Scotland, the University of Warwick and the University of Edinburgh.

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DO - (Behavioural wellbeing)	Be Active	How often do you spend 30 minutes playing sports or physical exercise?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places
		How often do you spend 15 minutes walking or cycling?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places
	Keep Learning	How often do you attend courses of some kind?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places
		How often do you spend time informally learning about something new?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places
	Take Notice	I notice and appreciate the little things in life.	1- Disagree strongly, 2 - Disagree, 3 - Neither, 4 - Agree, 5 - Agree strongly	Centre for Thriving Places
		I can laugh and see the funny side of things	1- Disagree strongly, 2 - Disagree, 3 - Neither, 4 - Agree, 5 - Agree strongly	Centre for Thriving Places

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CONNECT - (Social wellbeing)	Connect	How often do you meet socially with friends, relatives or work colleagues?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places	
		How often do you participate in social activities of a club, society or an association?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places	
		How often do you feel lonely?	1- Always, 2- Often, 3 - Sometimes, 4 - Occasionally, 5 - Never	Centre for Thriving Places	
	Give	Give	How often do you help out informally with friends or neighbours?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places
			How often do you get involved in work for voluntary or charitable organisations?	1 - Never/almost never, 2 - Less than monthly, 3 - 1-3 times a month, 4 - 1-2 times a week, 5 - Everyday/almost everyday	Centre for Thriving Places
		Support	Do you have a friend/s or family member/s with whom you can discuss personal matters?	Yes/No	Centre for Thriving Places
			Community	I feel like I belong to this neighbourhood	1- Disagree strongly, 2 - Disagree, 3 - Neither, 4 - Agree, 5 - Agree strongly