

## **WEMWBS: Measuring mental well-being as an indicator for monitoring population health.**

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### **SUMMARY**

**Objectives:** The project aims to evaluate measurement properties of the Spanish Warwick Edimburgh Mental Well-Being Scale (WEMWBS) and its short version; to develop valid interpretation strategies for the WEMWBS for monitoring population health and evaluating prevention and health promotion interventions; and to advance knowledge on mental well-being in Catalonia and its determinants, trends over time and comparison with other European populations.

**Methods:** We will use data from the Catalan Health survey (ESCA), years 2011-2017 (n=18.312) and population Health surveys from other European populations: Denmark (year 2017), Iceland (year 2016) and England (year 2016). We will identify WEMWBS cut-off points of levels of mental well-being through ranking and bookmarking, with mixed qualitative and quantitative methods, including Item Response Theory (IRT) and focus groups with experts, to provide interpretation aids. We will conduct Scale linking of WEMWBS with General Health Questionnaire (GHQ-12) and Patient Health Questionnaire (PHQ-8) to facilitate direct comparability across measures. We will assess cross-cultural validity through the evaluation of differential item functioning across language versions. Trends of mental well-being, potential determinants and associated factors in the general population of Catalonia (2013-2017) will be studied by applying generalized linear models using WEMWBS as the dependent variable, as a function of the variables of interest and survey edition. Mental well-being of Catalonia and its correlates will be compared with those of other European populations.