
APPENDIX 30.1: Well-Being Scale (Baseline and Follow-Up)

Code Name: _____ Date: _____

Time (circle): Baseline or Follow-Up

Instructions: Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the past week.

Statement	None of the time 1	Rarely 2	Some of the time 3	Often 4	All of the time 5
1. I've been feeling optimistic about the future. _____					
2. I've been feeling useful. _____					
3. I've been feeling relaxed. _____					
4. I've been feeling interested in other people. _____					
5. I've had energy to spare. _____					
6. I've been dealing with problems well. _____					
7. I've been thinking clearly. _____					
8. I've been feeling good about myself. _____					
9. I've been feeling close to other people. _____					
10. I've been feeling confident. _____					
11. I've been able to make up my own mind about things. _____					
12. I've been feeling loved. _____					
13. I've been interested in new things. _____					
14. I've been feeling cheerful. _____					

Note. Adapted from "The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): Development and UK Validation," by R. Tennant, L. Hiller, R. Fishwick, S. Platt, S. Joseph, S. Welch, J. Parkinson, J. Secker, and S. Stewart-Brown, 2007, *Health and Quality of Life Outcomes*, 5, Article 63 (<https://doi.org/10.1186/1477-7525-5-63>). Copyright 2006 by University of Warwick. Adapted with permission. This is not the validated version of the WEMWBS because the timeframe of recall has been changed from the original "last 2 weeks" to "over the past week" to fit this teaching activity with the permission of the developer. The WEMWBS items are reprinted with permission for pedagogical purposes only. If using the WEMWBS in research, you must obtain a license at <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/using>. Licenses are free to the public sector, but there is a charge for licenses issued to private or commercial organizations. If using the WEMWBS in research, use the validated version with the "last 2 weeks" timeframe because every validation study of the WEMWBS is based on the 2-week timeframe.

WEMWBS Scoring:

Add the responses, varying from 1 to 5, for all 14 items to get the total score. The possible range of total scores is from 14 (*lowest possible*) to 70 (*highest possible*). The median score is typically around 50 (Tennant et al., 2007). Higher total scores indicate more positive psychological functioning.

Total score: _____

APPENDIX 30.2: Fruit and Vegetable Scale (Baseline and Follow-Up)

Code Name: _____ Date: _____ Time (circle): Baseline or Follow-Up

Instructions: Think about your past week. Please select the response that best describes your daily consumption of fruit and vegetables in the past week.

1. How many servings of fruit (raw, frozen, or cooked) did you typically eat each day? A serving is equal to one medium apple, banana, orange, or pear; two small apricots, kiwifruits, or plums; ½ cup berries (fresh or frozen); or one cup diced or canned fruit (no added sugar). *Do not include* fruit juice or dried fruit.

Circle your answer:	0 Servings/day	1 Serving/day	2 Servings/day	3 Servings/day	4 Servings/day	5+ Servings/day
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2. How many servings of vegetables (raw, cooked, frozen, canned, or tinned) did you typically eat each day? A serving is equal to ½ cup cooked green or orange vegetables (e.g., broccoli, spinach, carrots, or pumpkin); ½ cup cooked, dried, or canned beans, peas, or lentils; one cup green leafy or raw salad vegetables (lettuce, kale, cabbage); ½ cup corn; or ½ medium potato or other starchy vegetables. *Do not include* vegetable juice, French fries/hot chips, or potato chips/crisps.

Circle your answer:	0 Servings/day	1 Serving/day	2 Servings/day	3 Servings/day	4 Servings/day	5+ Servings/day
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Scoring:

Add the responses, varying from 0 to 5, for both items to get the total score. Total scores can range from 0 to 10 servings/day of fruit and vegetables (FV). The recommended total intake is five or more servings/day of FV.

Total score: _____ servings/day of FV.