

The W-BQ28

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Comment

The W-BQ was first developed in the early 1980s as a 22-item measure. The W-BQ22 was further developed in the 1990s to form the W-BQ12 short-form with a balanced selection of positive and negative items. The W-BQ12 is widely used, particularly in clinical trials. It is available in more than 50 languages.

In the late 1990s, the W-BQ was further developed to include a total of seven 4-item subscales to measure generic and diabetes-specific well-being in the W-BQ28. The following subscales were added to the existing generic W-BQ12 measure to form the W-BQ28: Generic Stress, Diabetes-Specific Negative Well-being, Diabetes-Specific Positive Well-being and Diabetes-Specific Stress.

The W-BQ28 subscales are designed to be scored separately and used in various combinations. However, it would not be sensible to sum all 28 items together as this would produce a mixture of generic and diabetes-specific items. It is more informative and interpretable to keep the diabetes-specific items separate from the generic items. See notes on scoring the “Scales” for comparing diabetes-specific well-being with generic well-being

Scoring of the W-BQ28 is as follows:

Subscales

- **Generic Negative Well-being:** item 1+item 2+item 3+item 4 (higher score = greater negative well-being).
- **Generic Energy:** item 5+item 6+item 7+item 8 (higher score= more energy)
- **Generic Positive Well-being:** item 9+item 10+item 11+item 12 (higher score = greater positive well-being).
- **Generic Stress:** item 13+item 14+item 15+item 16 (higher score =more stress).
- **Diabetes-specific Negative Well-being:** item 17+item18+item19+item 20 (higher score = more diabetes-specific Negative Well-being)
- **Diabetes-specific Stress:** item 21+item 22+item 23+item 24 (higher score = more diabetes=specific stress).
- **Diabetes-specific Positive Well-being:** item25+item 26+item 27+item 28 (higher score = more positive well-being)

Scales

- **Standard generic W-BQ12 scale:** 12- Generic Negative Well-being + Energy + Generic Positive Well-being (higher score = greater well-being)
- **Extended generic scale, W-BQ16:** 24 – Generic Negative Well-being – Generic Stress + Energy + Generic Positive Well-being (higher score = greater well-being)
- **Adapted generic W-BQ12 – ‘W-BQ12-NegPosStress’ :** 24 - Generic Negative Well-being – Generic Stress + Positive Well-being (higher score = greater well-being).
For direct comparison with the Diabetes-specific W-BQ12 we have substituted the Stress subscale for the Energy subscale. The Energy subscale does not have a diabetes-specific equivalent because of the difficulty of determining whether energy, or the lack of it, is due to the diabetes or not.
- **Diabetes Specific W-BQ12:** 24 – Diabetes-specific Negative Well-being – Diabetes-specific Stress + Diabetes-specific Positive Well-being (higher score = greater diabetes-specific well-being)

Availability

The W-BQ28 is made available to users by formal arrangement with Health Psychology Research Ltd. Requests should be made to info@healthpsychologyresearch.com. A user agreement is necessary to avoid breach of copyright and to ensure that the latest and most appropriate version of the questionnaire is used.

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Contact Information

For permission to use the W-BQ28 and to ensure that you have the most up-to-date version, please contact:

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Selected References

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