



what works
wellbeing

Wellbeing Cost Effectiveness Analysis

Mon 29th January 2018





What Works Centre for Wellbeing

An independent, collaborative organisation set up to develop and share robust, accessible and useful evidence about wellbeing.

We want a future where the wellbeing of people and communities improves year on year and wellbeing inequalities are reduced.



We develop and share useful evidence that governments, businesses, communities and people can use to improve wellbeing across the UK.

We believe that improving wellbeing should be the ultimate objective of policy and community action.

What Works
Network



and partners



HM Government



NATIONAL
LOTTERY FUNDED



UNIVERSITY OF
LIVERPOOL



THE LONDON SCHOOL
OF ECONOMICS AND
POLITICAL SCIENCE

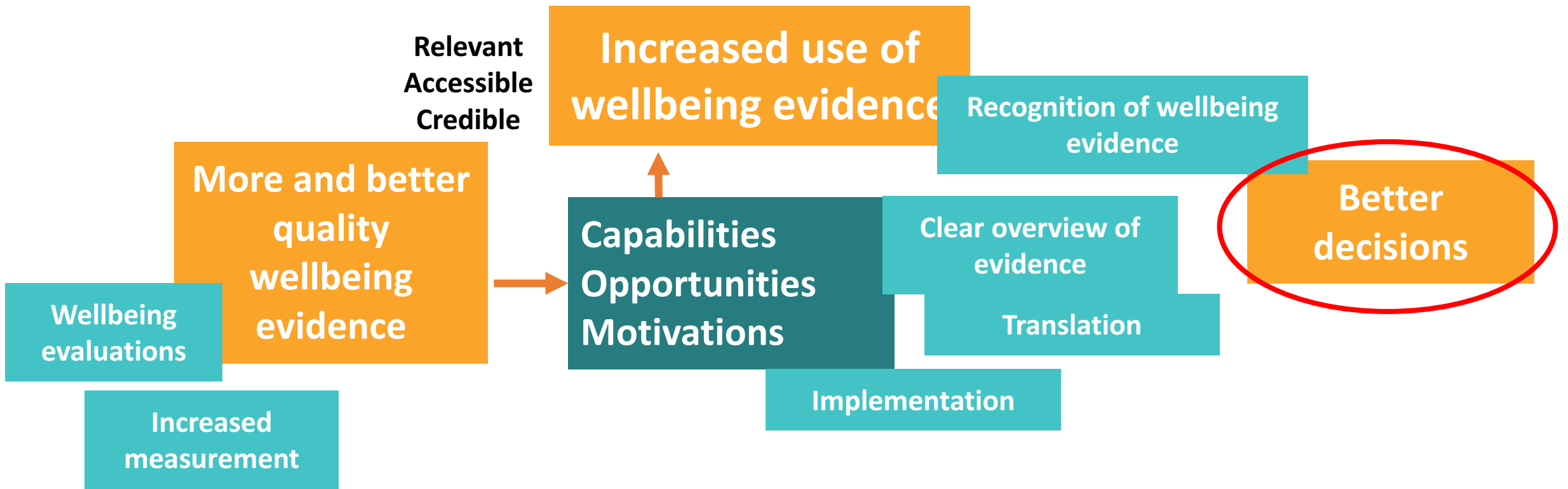


Brunel
University
London



Awareness – Engagement - Impact

“Increasing wellbeing in the UK and decreasing wellbeing inequalities”



Wellbeing evidence leads to different decisions

Strategic

Defining the objective: a focus on improving people's lives, improving wellbeing

Developing options

Designing in wellbeing: options which directly or indirectly improve wellbeing

Understanding and comparing options

Comparing wellbeing impact of options;
Improving the wellbeing **evidence**

By the end of the day... a better understanding of:

- The aims and principles of economic evaluation that is intended to inform evidence-based policy or practice discussion;
- How costs and outcomes (particularly wellbeing) can be measured in practice and then combined to examine 'value for money';
- How to conduct a new evaluation by learning from previous studies that have used a range of methods.

Follow-up half-day sessions

There will be up to four half-day sessions following the 29th January event (dates to be arranged). These will pick up on issues or topics suggested by course participants (face-to-face or online discussions, depending on level of interest and availability)

Timetable

1000 Introduction: aims of the day

1015 Why cost-effectiveness analysis is needed; and basic principles

1045 Measuring wellbeing; with examples

1115 Break

1145 Measuring costs; with examples

1215 Pulling outcomes and outcomes together; with examples

1300 Lunch

1345 Modelling cost-effectiveness: principles and applications

1515 Using the findings

1600 Arrangements for follow up sessions



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Measuring Wellbeing

Mon 29th January 2018



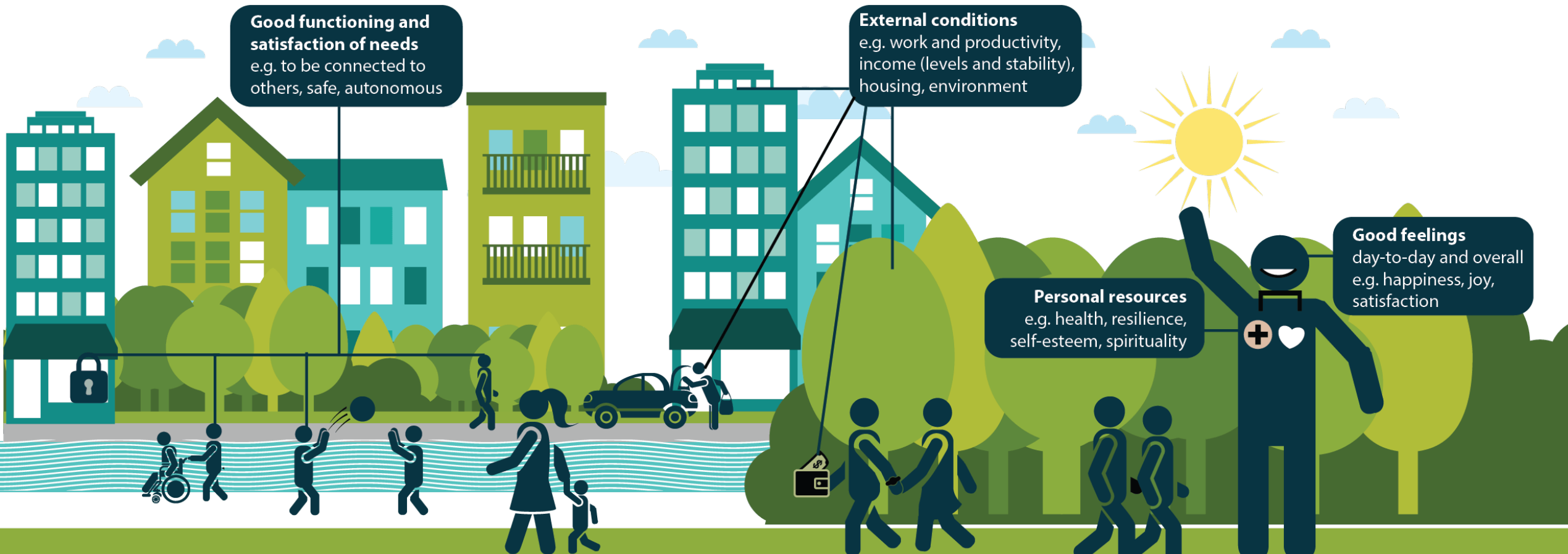


What is wellbeing?

What does google say?



What is wellbeing?



What is wellbeing?

Wellbeing vs determinants

Subjective vs objective

Individual, community, nation



Why would we want to measure subjective wellbeing?

Understand the impact on people's lives
...As experienced by themselves

Understand and communicate full impacts

- Cost Benefit Analysis
- Funders and other

Compare diverse programmes and projects

Can you trust it?

- Correlation with brain activity
- Explained by life circumstances
- Explains life circumstances
- **Not perfect**, but better than most other options





Which measures have **you** heard of?

Measures: Personal subjective wellbeing

What is important? <https://whatworkswellbeing.org/measure/>

Captures the concept

Easy to understand

Easy to administer

Tells us something – i.e. sensitive to change

Improving services: Why the change came about

Comparisons / Cost effectiveness: Consistent measure

Concepts: Personal subjective wellbeing

Overall

Evaluative

Eudaimonia

Affect: positive

Affect: negative

Domain specific

Job

Health

Confidence

etc

Inventory

Optimism

Competence

etc

Add up for score

Moment to moment

<https://whatworkswellbeing.org/measure/>

ONS4: Overall

“Next I would like to ask you four questions about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions I’d like you to give an answer on a scale of nought to 10, where nought is ‘not at all’ and 10 is ‘completely’”

Overall, how satisfied are you with your life nowadays?

Evaluative

Overall, to what extent do you feel that the things you do in your life are worthwhile?

Overall, how happy did you feel yesterday?

Positive
Experience

On a scale where nought is ‘not at all anxious’ and 10 is ‘completely anxious’, overall, how anxious did you feel yesterday?

Negative
Experience

Easy to understand

Easy to administer

Sensitive to change

Eudaimonia

Domains

Trust

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

Please tell me on a score of 0 to 10, where 0 means you can't be too careful and 10 means that most people can be trusted.



Volunteering

In the last 12 months, have you given any unpaid help or worked as a volunteer for any type of local, national or international organisation or charity?



Close Support

How much do you agree or disagree with the following statement?

"If I needed help, there are people who would be there for me."



Neighbourhood belonging

How much do you agree or disagree with the following statement?

"I feel like I belong to this neighbourhood"





(S)WEMWBS: Inventory

7 item short version includes:

- feeling optimistic about the future
- feeling useful
- feeling relaxed
- dealing with problems well
- thinking clearly
- feeling close to other people able to make up my own mind about things



Measuring wellbeing

...but there are many options

Staff Surveys

How satisfied are you with your job?
Strongly agree, agree, disagree, strongly disagree

How satisfied are you with your job?
Very satisfied, somewhat satisfied, neither satisfied nor unsatisfied...

How satisfied are you with your job, on a 7 point scale?



Accessible approaches



ASCOT

ICE-CAP

Health and Social Care

Adolescent Measure of Empathy and Sympathy
AMES

Affect and Arousal Scale for Children
AFARS

Basic Empathy Scale
BES

Brief Adolescent Prosocial Perceptions Scale S
Parent-report
BAPPS-S/BAPPS-P

KIDSCREEN-10- Proxy Version
KS-10 P

KIDSCREEN-10- Self-Report
KS-10 SR

KIDSCREEN-27
KS-27

Education

Lawrence's Self-Esteem Questionnaire
LAWSEQ

Measure of Adolescent Coping Strategies
MACS

Pattern of Adaptive Learning Survey
PALS

Peer Social Maturity Scale
PSMAT

Relationship and Motivation Scale
REMO

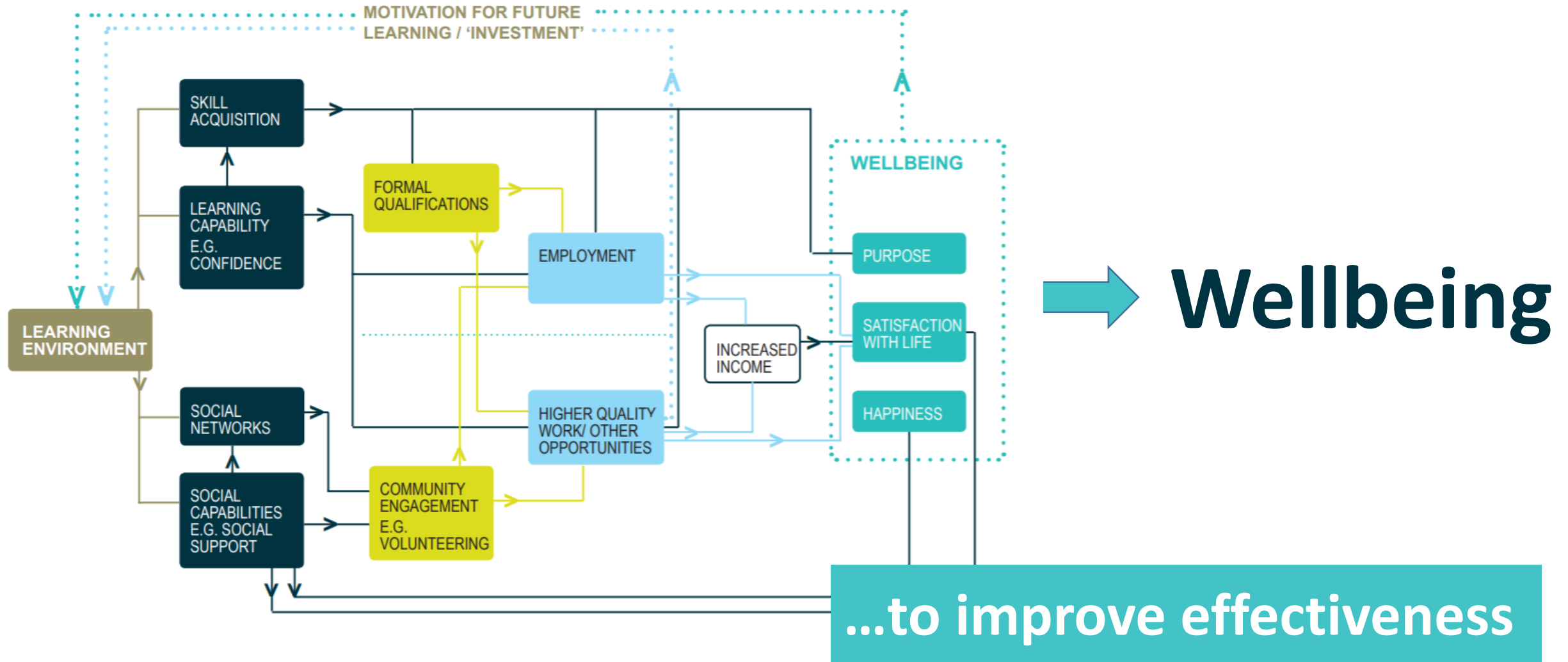
Rosenberg Self-Esteem Scale
RSES

School Children's Happiness Inventory
SCHI

Social Skills Improvement System-Rating Scales
SSIS-Rating Scales (3 forms - st

Stirling Children's Well-being Scale
SCWBS

Understanding the intermediate steps



Why you want to measure influences what you measure

What to measure	Why measure it	What it means for your questions and survey design
The wellbeing of people when they join your activity (this is your baseline)	It might help you: <ul style="list-style-type: none"> • understand if you're 'targeting' in the way you intended • get a bigger picture of the people who use your service and how the changes your activity is making fit into their lives. 	<p>To compare your new starters with others around the UK, you need consistent questions. Like those by the Office of National Statistics (ONS) or the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (see Section 5).</p> <p>To understand different aspects of people's lives, you can ask domain-specific questions, for example about their relationships or work. You can compare the answers with the national results as well (see Section 9).</p> <p>Using open questions will mean people can answer in their own words.</p>
Whether people's wellbeing has improved since they started your activity	It might help you understand your full impact – how the way people feel or function has changed ('soft' outcomes) even if there's been no 'hard' outcome, like getting a job.	You'll need to ask your wellbeing questions before and after your activity, in exactly the same way. This is to make sure you can compare the answers and get reliable results.
How different people improve their wellbeing in different ways. For	It might help you tailor your services or activities better. For example, you might find the impact you have differs	You'll need to include questions on demographics (for example, age gender and ethnicity). See Section 8 for some options.

Things to think about when running your survey

Choosing your questions

- Be sensitive
- Be realistic

How to run your survey

- Format
- Different groups / languages
- Reliable answers

Data protection and ethics

Many evaluations are using wellbeing questions



Example: the Children's Society and Spark Inside

Wellbeing as overarching framework for programmes and projects

- When are the questions appropriate?
- Time and resources
- Bias
- Support when needed



Spark Inside








- Choosing the questions for those with complex histories
- Making the questions accessible



...but it is too challenging for my group?

The Arts Observation scale (ArtsObs)

- evaluation of performing arts activities in healthcare settings

						
1 (visibly expressed)	2 (moderate)	3 (mild)	4 (neutral / unresponsive)	5 (mild)	6 (moderate)	7 (visibly expressed)
Angry	Frustrated	Sad	Calm	Satisfied	Happy	Excited
Depressed	Restless	Bored	Reserved	Focused	Receptive	Delighted
Aggressive	Anxious	Listless	Quiet	Alert	Entertained	Appreciative
Distressed	Irritated	Tense	Still	Relaxed	Interested	Enthusiastic
Hostile	Upset	Distracted	Passive	Content	Amused	Friendly

- The 'Measuring Wellbeing Creatively' project





Which questions are most suitable in your case?



Measures for Community, National and Workplace wellbeing

What is community wellbeing?

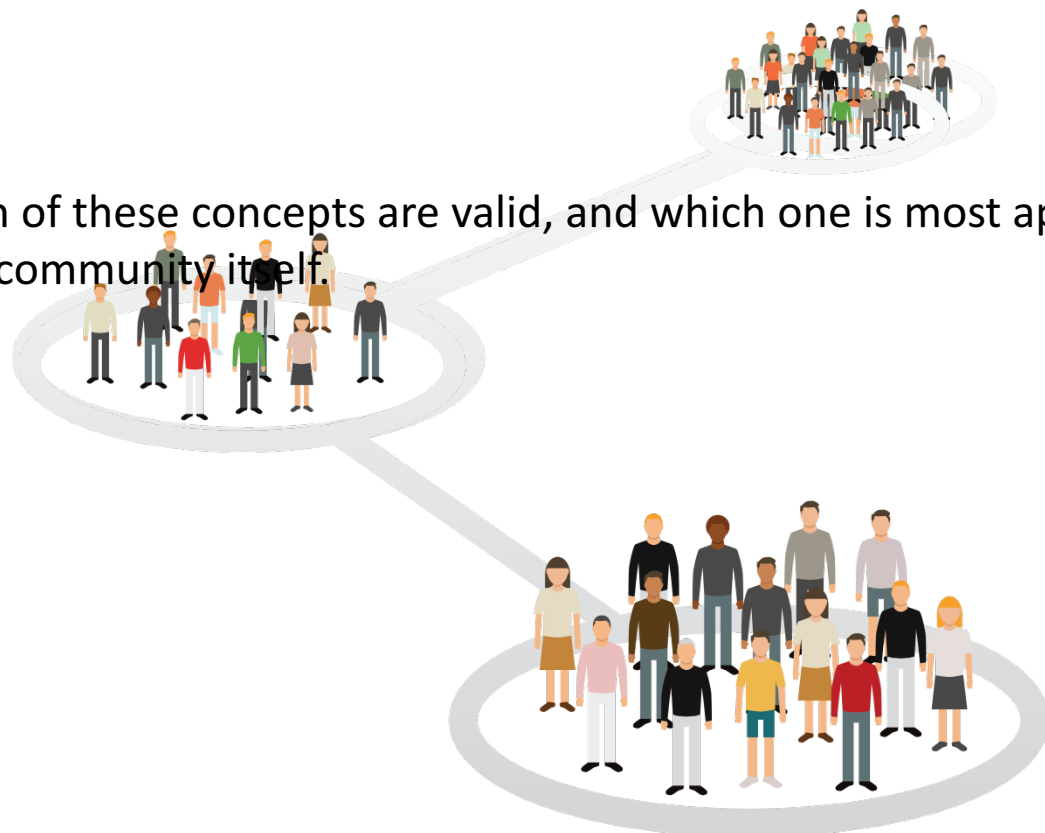


It's something more than the sum of peoples' individual wellbeing (which can be thought as 'population wellbeing').

What is community wellbeing?

There are two ways we can think about community wellbeing:

Both of these concepts are valid, and which one is most appropriate will depend on ideology, politics and the community itself.

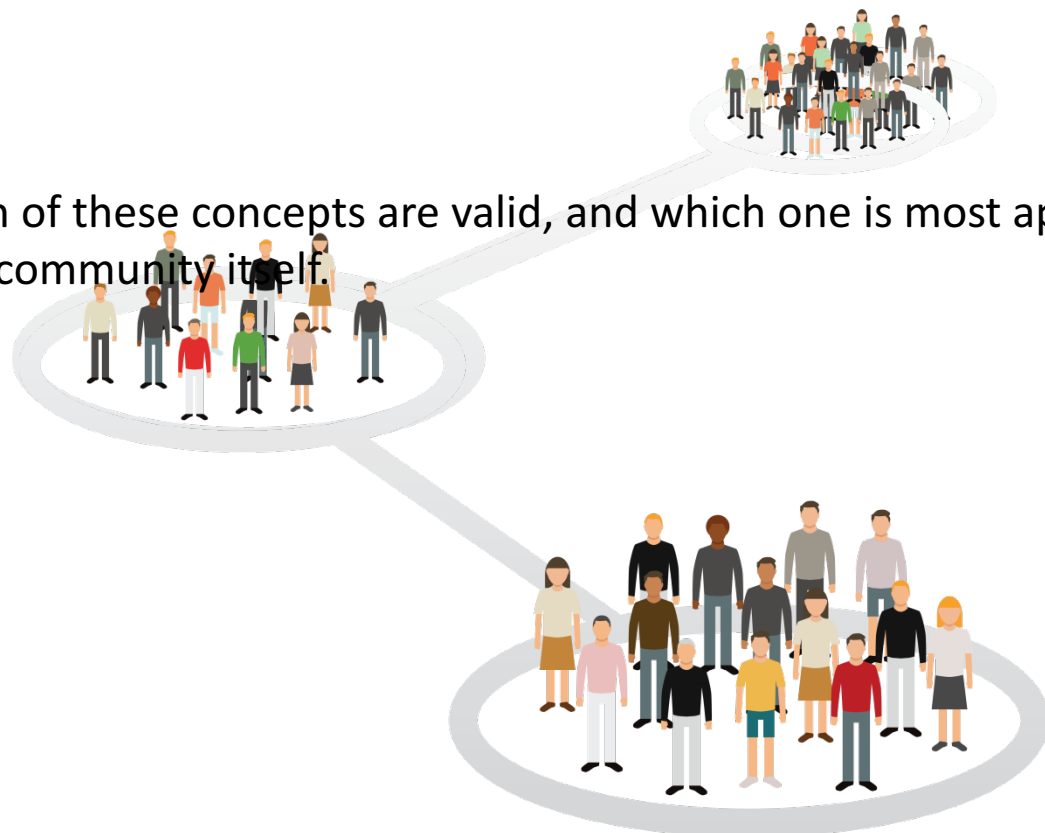


1 The wellbeing of the community itself is an individual's wellbeing. The individual focuses on how they are feeling together to fit with the social norms, practices and expectations. The individual's sense of wellbeing is the individual's own sense of wellbeing. The individual's sense of wellbeing is the individual's own sense of wellbeing.

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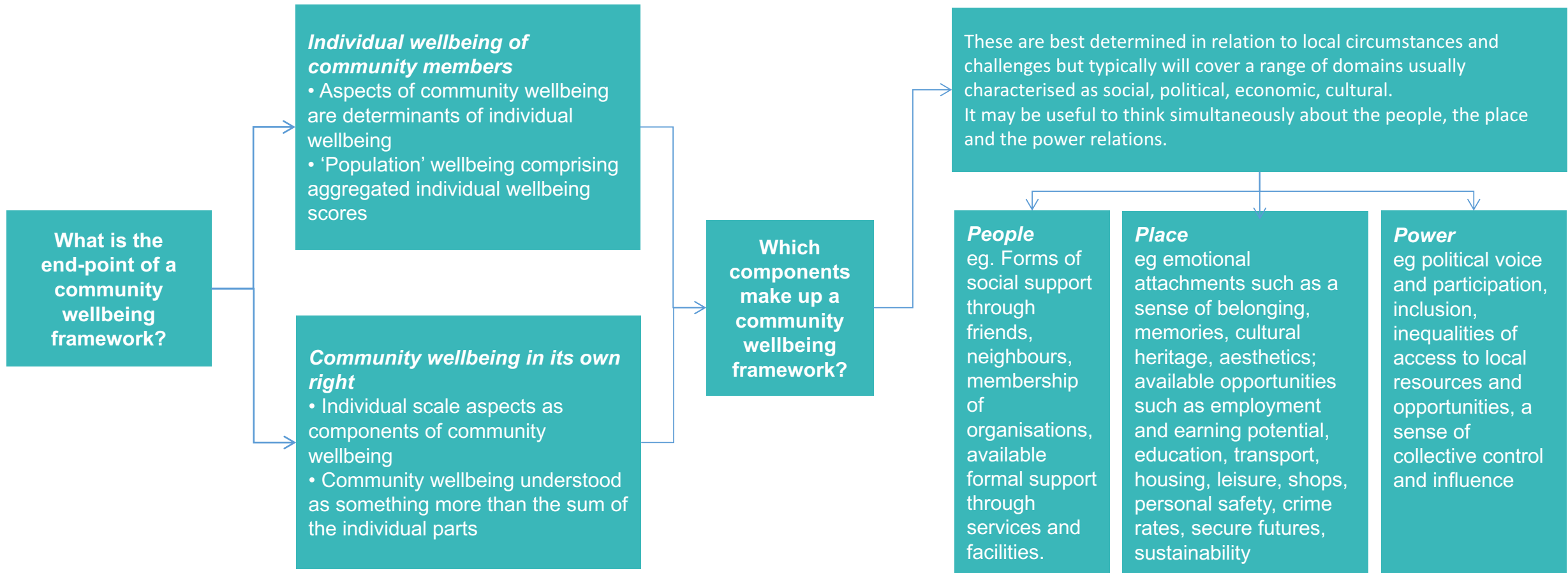
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Developing your own framework for community wellbeing: guiding questions



Measuring community wellbeing

Community wellbeing is greater than the sum of the individual wellbeing of all the people living in an area

But what is that extra 'something' that makes community wellbeing?

We can understand community wellbeing as a 'middle-scale' measure of wellbeing that sits between individual and national wellbeing.

Being well together



Individual wellbeing

What is it?

How we subjectively feel about our life, and objectively whether our human needs are being met.

How can we measure it?

Objective data, such as education level and employment status. Subjective data, like life satisfaction and anxiety levels.



Community wellbeing

What is it?

Includes (and impacts) individual wellbeing, but is more than just aggregating individual wellbeing in an area.

How can we measure it?

Individual assessments of community scale factors; group data collection; individual stories or case studies of community institutions; group discussions; local media; social media; local policy documents; local cultural fora.



National wellbeing

What is it?

Includes (and impacts) individual and community wellbeing, and covers some national-level indicators not captured at local or individual scale.

How can we measure it?

Data from the Office for National Statistics, national indices, international benchmarks

'Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfil their potential.'



National Wellbeing

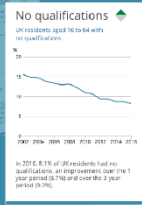


Measuring Wellbeing

ONS Wellbeing Framework – informed by public debate

Education and Skills

In 2016, 8.1% of UK residents had no qualifications, an improvement over the 1 year period (8.7%)



Source: Measures of National Well-being



Environment

8.3% of energy consumption came from renewable sources in 2015. This has improved over both the short term (7.1% in 2014) and the long term (4.6% in 2012)

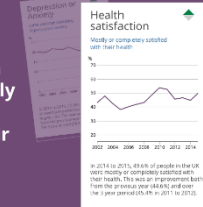


Source: Measures of National Well-being



Health

In 2014 to 2015, 49.6% of people in the UK were mostly or completely satisfied with their health.

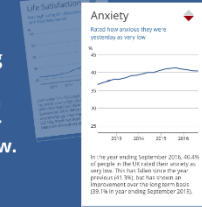


Source: Measures of National Well-being



Personal Well-being

In the year ending September 2016, 40.4% of people in the UK rated their anxiety as very low.



Source: Measures of National Well-being



Our Relationships

The proportion of people in England who reported feelings of loneliness often or always in the UK was 4.1%



Source: Measures of National Well-being



Economy

The real net national disposable income per head in the UK was £24,244 in 2016, an improvement from the previous year (£23,890)

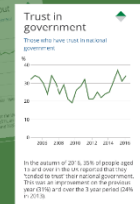


Source: Measures of National Well-being



Governance

In the autumn of 2016, 35% of people aged 15 and over in the UK reported that they 'tended to trust' their national government.

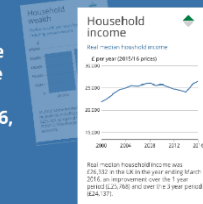


Source: Measures of National Well-being



Personal Finance

Real median household income was £26,332 in the UK in the year ending March 2016, an improvement over the 1 year period (£25,768)

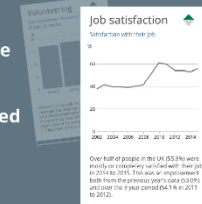


Source: Measures of National Well-being



What we do

Over half of people in the UK (55.8%) were mostly or completely satisfied with their job in 2014 to 2015.



Source: Measures of National Well-being



Where we live

In the year ending March 2016, 87.9% of men and 61.7% of women in England and Wales reported that they felt fairly or very safe walking alone after dark.

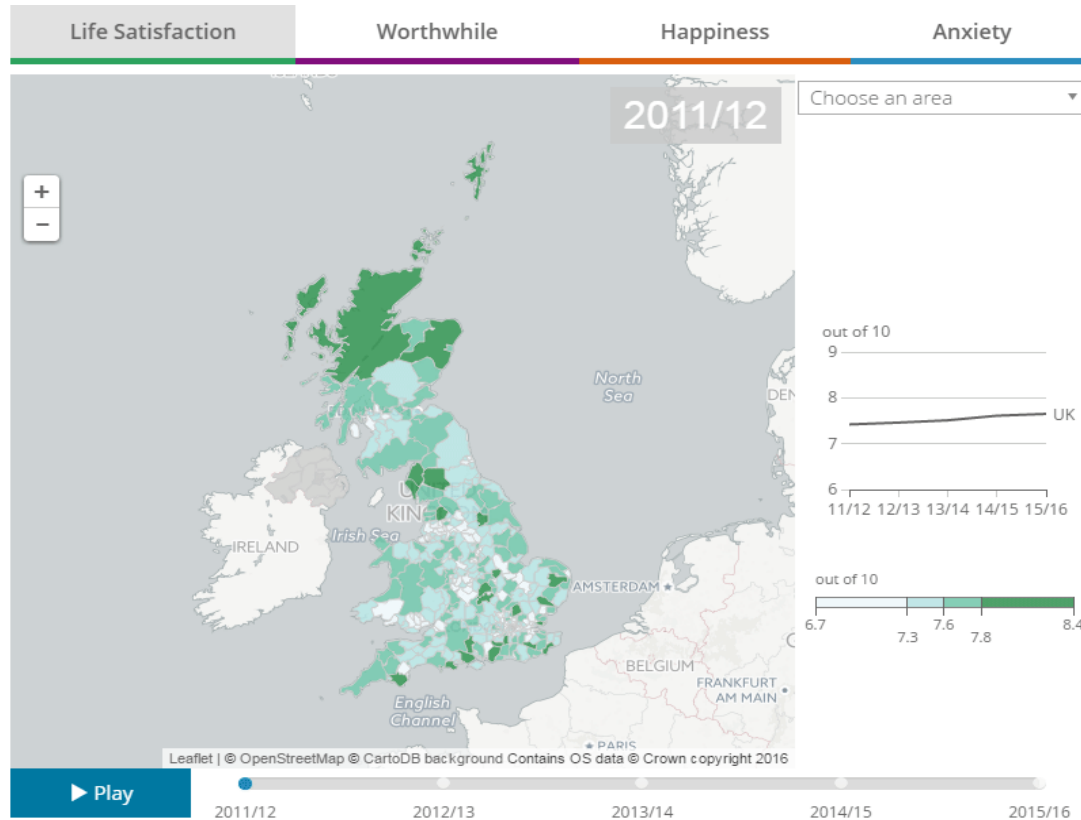


Source: Measures of National Well-being



‘how we are doing’
as individuals, communities and as a nation
and how sustainable this is for the future

Interactive dashboard tracking UK change



Source: Annual Population Survey, ONS

Office for
National Statistics

[Interactive Maps](#)



[NEW INTERACTIVE DASHBOARD](#)

With devolved approaches for Scotland and Wales

NATIONAL PERFORMANCE FRAMEWORK

THE GOVERNMENT'S PURPOSE

To focus government and public services on creating a more successful country, with opportunities for all of Scotland to flourish, through increasing sustainable economic growth

HIGH LEVEL TARGETS RELATING TO THE PURPOSE

Growth Productivity Participation Population Solidarity Cohesion Sustainability

STRATEGIC OBJECTIVES

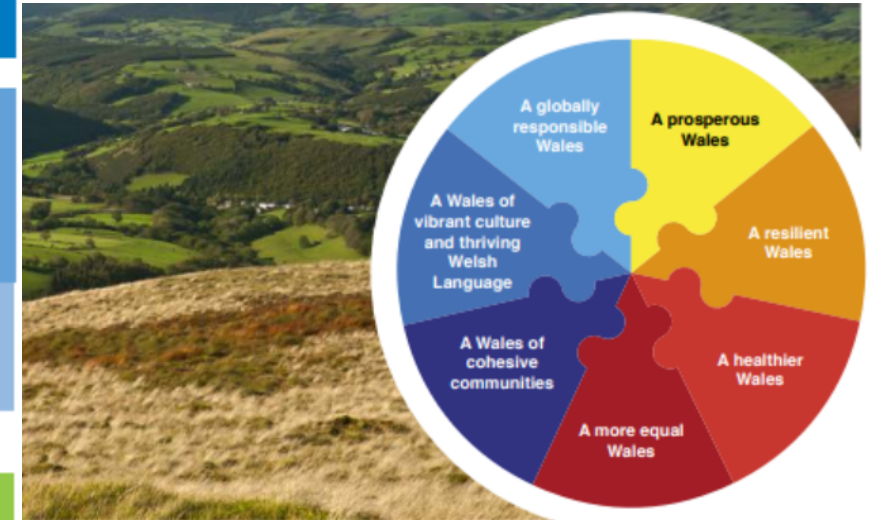
WEALTHIER
& FAIRER

SMARTER

HEALTHIER

SAFER &
STRONGER

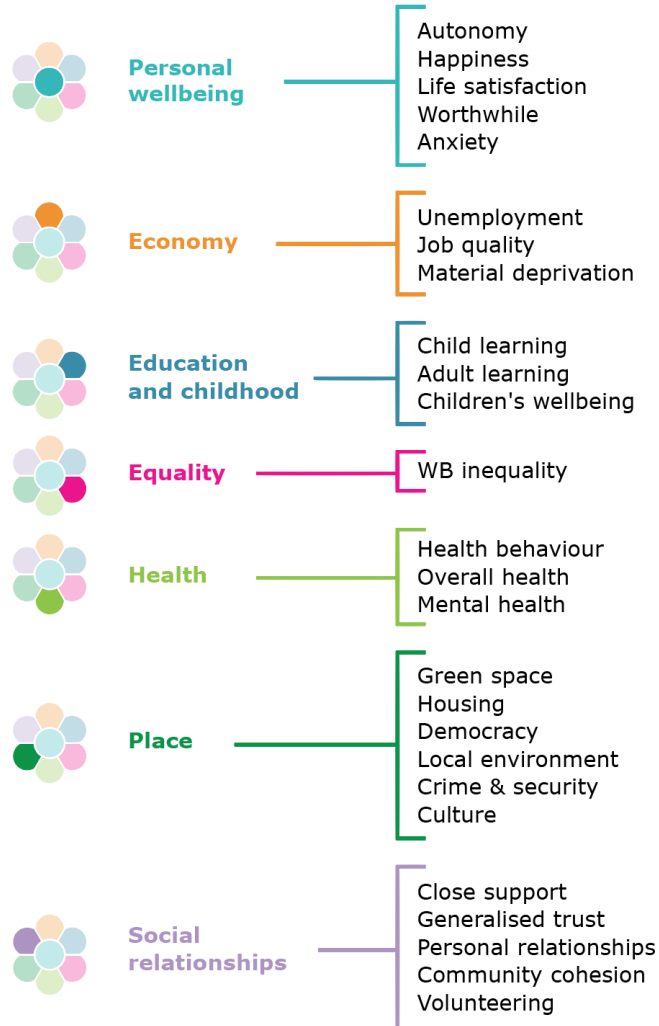
GREENER





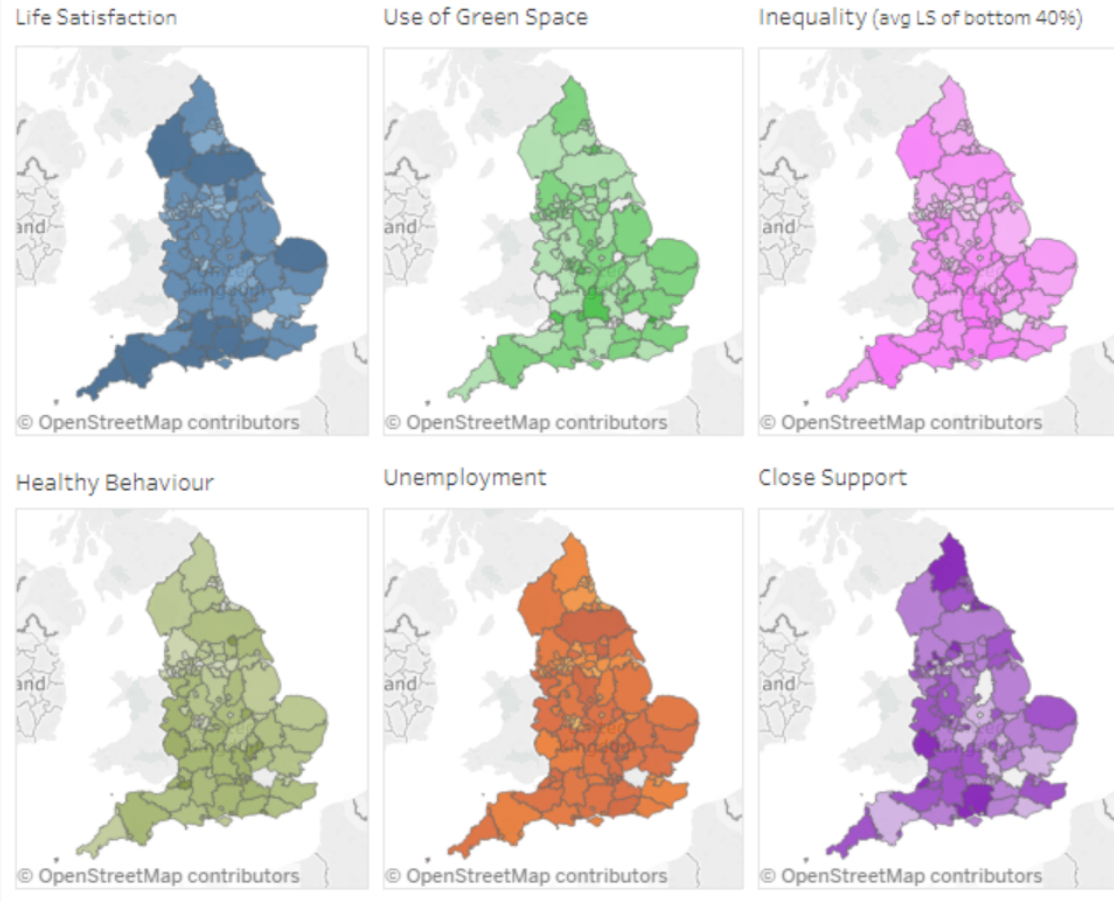
Indicator sets as a diagnostic tool

What is important for wellbeing at a LA Level?



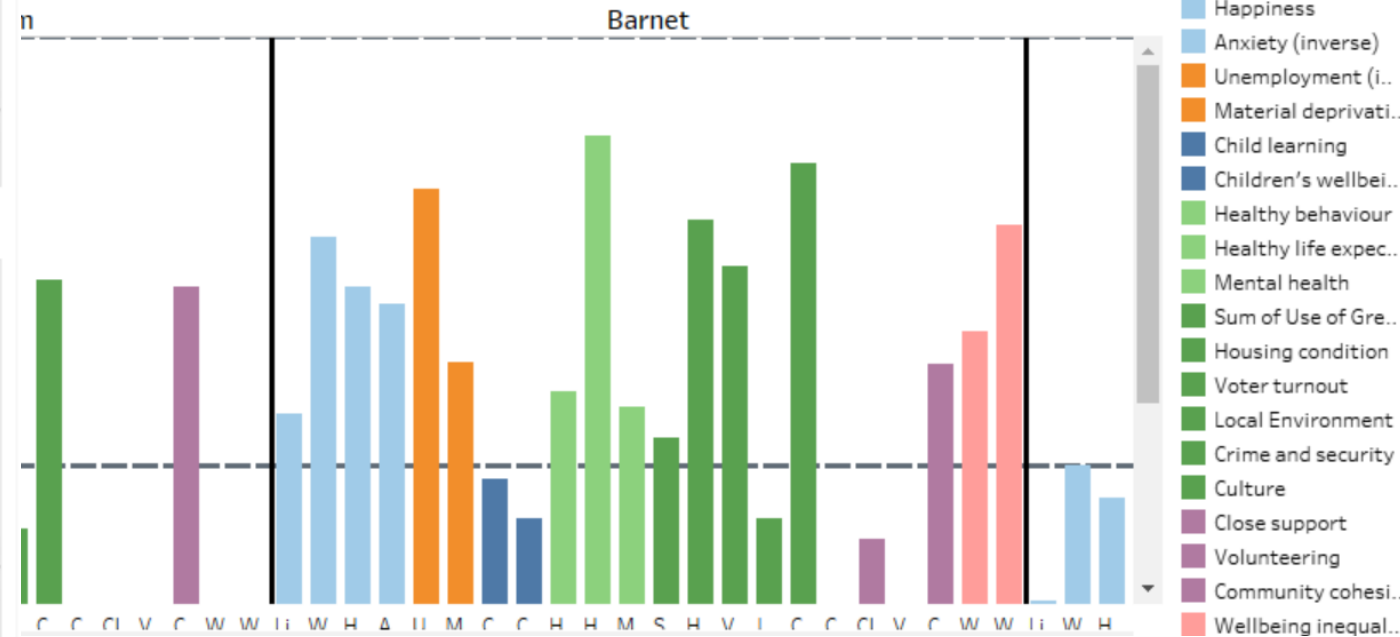
- Based on consultation with data users
- Finding indicators which are already available
- Most important factors will vary by Local Authority: core plus additional indicators

Comparing across Local Authorities

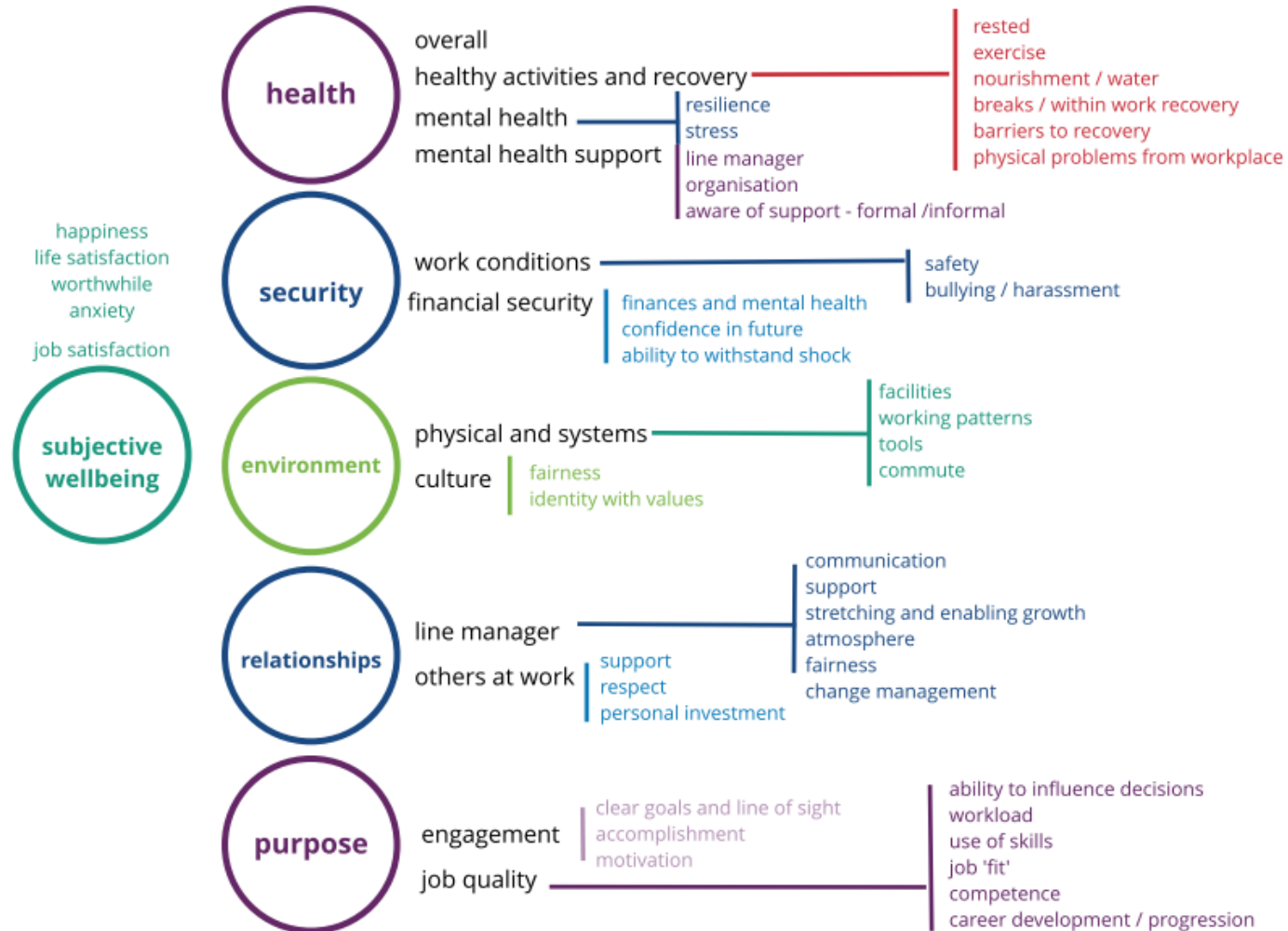


...to understand which determinants of wellbeing may be most important for each area

g Local Authorities



What is important for workplace wellbeing?





Recap

Measuring personal subjective wellbeing: recap

Wellbeing: ask people to understand what matters

Useful for understanding impacts, comparing and improving

Measuring:

- Consistent and Tested
- Creative approaches to challenges

ONS4

(S)WEMWBS

Intermediate steps

<https://whatworkswellbeing.org/measure/>