The South Wales Social Wellbeing Scale (SWSWBS)

PROF CAROLYN WALLACE, PROF STEVE SMITH, DR JUPING YU,

MR ROHIT VISHWAKARMA

Reminder - Recording

We are recording this session – We use the constructive discussion within these events to develop our research ideas and refine our ongoing work.

Consent forms must be returned to wsspr@southwales.ac.uk

Please use the Microsoft Teams chat function & raise your hands

PROGRAMME, 26th February, 2025 TITLE: The South Wales Social Wellbeing Scale (SWSWBS)	
11.30	Introduction – Prof Carolyn Wallace, University South Wales
11.45	What is wellbeing? Prof. Steve Smith, University of South Wales
12.10	Developing the concept of social wellbeing and SWSWBS. Prof. Carolyn Wallace
12.35	Validation of the SWSWBS. Dr Juping Yu, University of South Wales
13.00	How to use the e-SWSWBS in practice: Rohit Vishwakarma, University of South Wales
13.25	Question & Answer session/Discussion
13.30	Close

Developing the concept of Social Wellbeing

- Well-being refers to what helps lives go better for people (Fletcher, 2015; 2016; Galvin, 2018)

- Well-being involves mental and emotional states & social environments.

- Both mental and social well-being are distinct & important for social prescribing

- Need a tool to assess social well-being to combine with measures of mental well-being

- In 2022 we published [Conceptualising social wellbeing using an international Group Concept Mapping study | International Journal of Wellbeing](#)

Method

- International group concept mapping study in summer 2020

- Invitations distributed by gatekeeper organisations

- 158 expressions of interest, 96 returned consent form

- Main research question: '*How may a social conception of wellbeing be coherently defined in order to capture the complex and multi - dimensional aspects of the social resources and the various 'social worlds' people inhabit?'*

- Participants take part in three stages

1.   Brainstorm statements to a focus prompt

    When I think of the things that have made up my social world over the last year, I include…

2.   Sort statements into piles and give piles label

3. Rate statements on scales of *importance, access* and *enjoyment*

Data Analysis

- GCM data were reviewed, cleaned and accepted by the study team.

- 4 data analysis steps

  - Demographic questions were analysed

  - A similarity matrix was created by using the data from the sorting stage to identify statements that were commonly sorted together.

  - Multi-dimensional –scaling analysis of the similarity matrix produced a statement point map.

  - Ward algorithm was used to create a cluster map and cluster labels, cluster rating maps, pattern match reports and go-zone reports.

Findings – who were the participants?

Q1: Which of the following describes how you think of yourself?

Single Choice · · ·
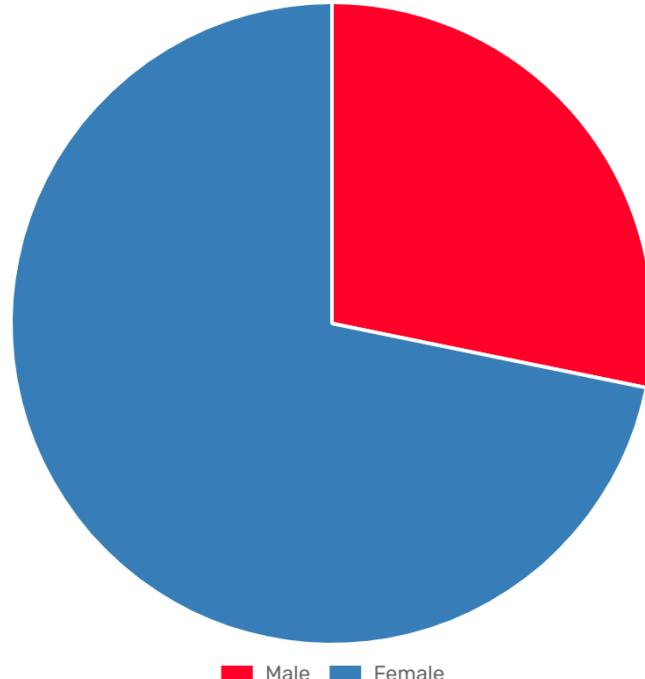
OPTION	FREQUENCY	%
🟥 Male	22	**28.21** %
🟦 Female	56	**71.79** %
Total	78	

☑ Show Legend
☑ Hide did not respond totals
☑ Hide rows with no responses

🟥 Male 🟦 Female

Findings – who were the participants?

Findings – who were the participants?

Q3: Where do you live?

Single Choice   ···   ⌃

OPTION	FREQUENCY	%
🟥 England	12	**15.38** %
🟦 Wales	57	**73.08** %
🟩 Scotland	0	**0.00** %
🟪 Northern Ireland	0	**0.00** %
🟦 Republic of Ireland	1	**1.28** %
🟧 Outside of the United Ki...	8	**10.26** %
Total	**78**	

☑ Show Legend

☑ Hide did not respond totals
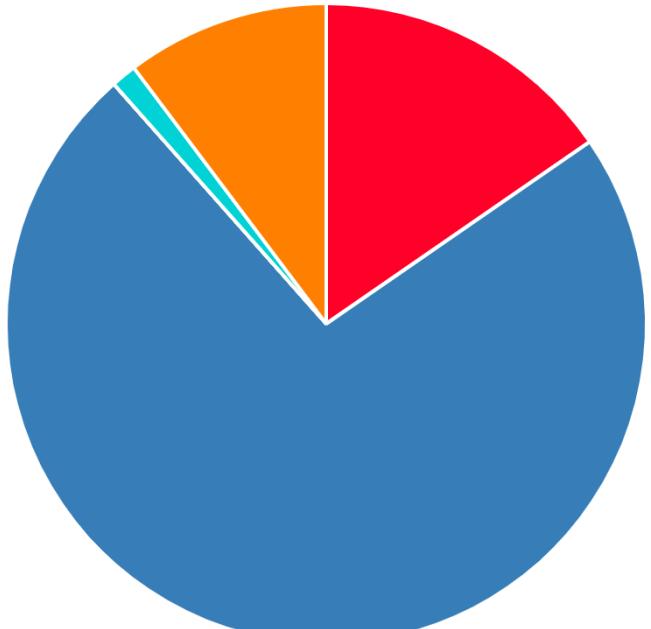
🟥 England 🟦 Wales 🟩 Scotland 🟪 Northern Ireland 🟦 Republic of Ireland 🟧 Outside of the United Kingdom

Findings – who were the participants?

Q4: **Which of the following best describes you?**

Single Choice

OPTION	FREQUENCY	%
I do not have a disability	58	**77.33** %
I have a social/communication impairment such as Asp...	1	**1.33** %
I am blind or have serious visual impairment uncorrecte...	0	**0.00** %
I am deaf or have a serious hearing impairment	0	**0.00** %
I have a long-standing illness or health condition, such ...	1	**1.33** %
I have a mental health condition, such as depression, sc...	8	**10.67** %
I have a specific learning difficulty, such as dyslexia, dys...	1	**1.33** %
I have a physical impairment or mobility issues, such as ...	2	**2.67** %
I have a disability, impairment or medical condition that ...	3	**4.00** %
I have two or more impairments and/or disabling medic...	1	**1.33** %
Total	75	

- I do not have a disability
- I have a social/communication impairment such as Asperger's syndrome/other autistic spectrum disorder
- I am blind or have serious visual impairment uncorrected by glasses
- I am deaf or have a serious hearing impairment
- I have a long-standing illness or health condition, such as cancer, HIV, diabetes, chronic heart disease or epilepsy
- I have a mental health condition, such as depression, schizophrenia or anxiety disorder
- I have a specific learning difficulty, such as dyslexia, dyspraxia or AD(H)D
- I have a physical impairment or mobility issues, such as difficulty using your arms or using a wheelchair or crutches
- I have a disability, impairment or medical condition that is not listed above
- I have two or more impairments and/or disabling medical conditions

Findings – who were the participants?

Q5: Which phrase best describes the area that you live in?

Single Choice

···
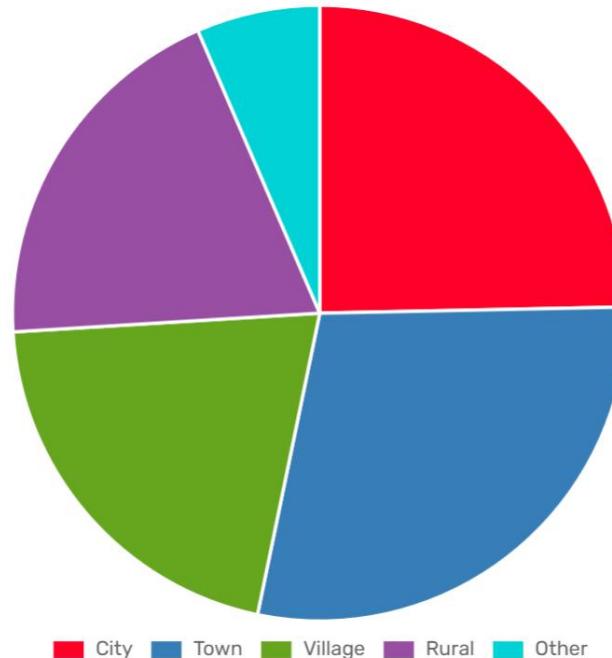
OPTION	FREQUENCY	%
City	19	**24.68 %**
Town	22	**28.57 %**
Village	16	**20.78 %**
Rural	15	**19.48 %**
Other	5	**6.49 %**
Total	77	

☑ Show Legend
☑ Hide did not respond totals
☐ Hide rows with no responses

Legend: City ■ Town ■ Village ■ Rural ■ Other ■

Figure 1. Computer generated point map of 125 statements. Each numbered point corresponds to the relevant statement number.
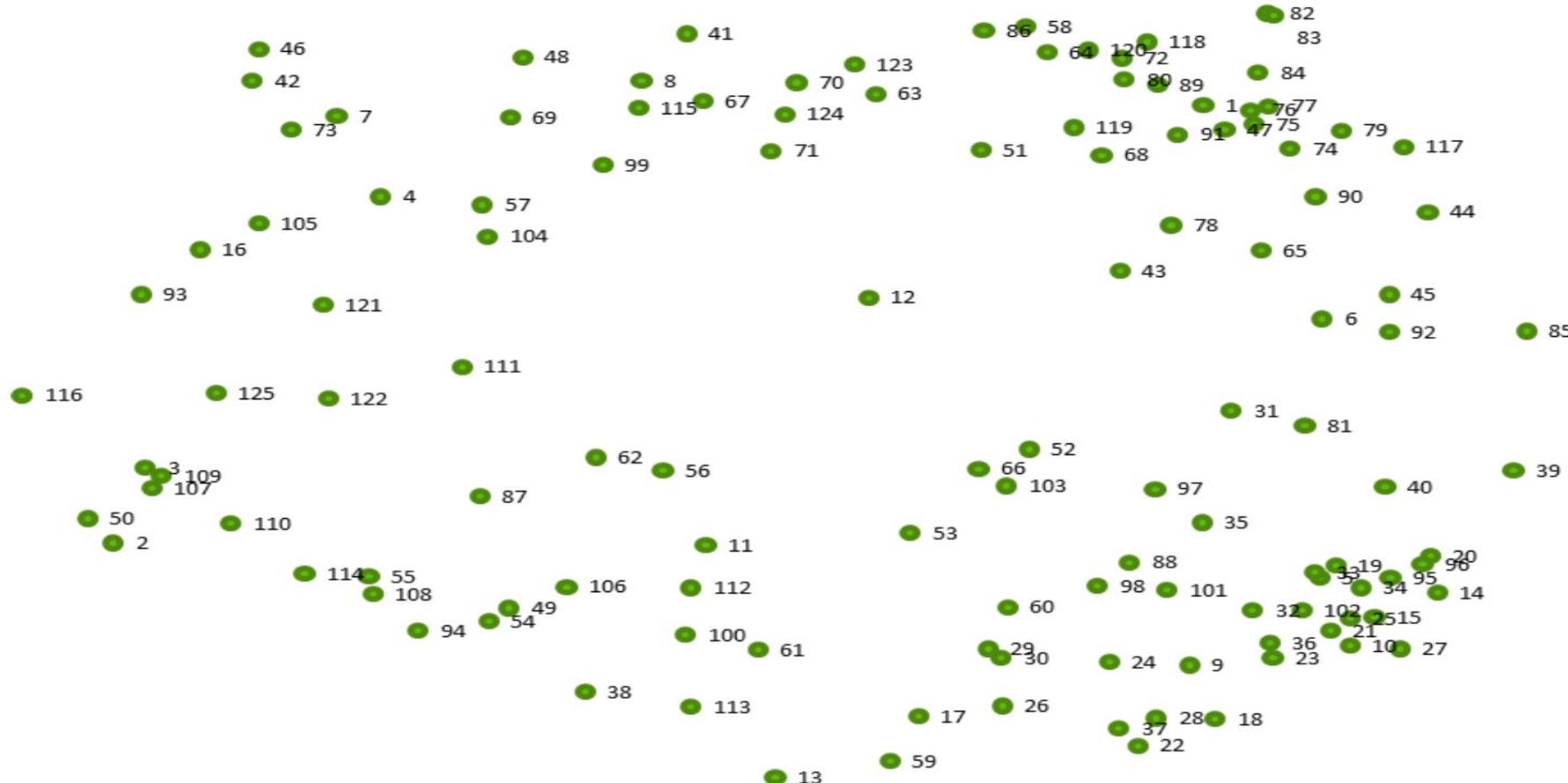
Table 1. Example statements generated from brainstorming.

Statement No.	Statement
19	Going out with family and friends to restaurants, cafes and bars
37	Supporting family members, e.g. taking them shopping every week
81	Greeting people I meet when exercising and feeling part of an unofficial club when others say hello
115	Thinking about what I really want from my employment, work life balance
121	The ability to use government services, e.g. health, community

Findings – Cluster map
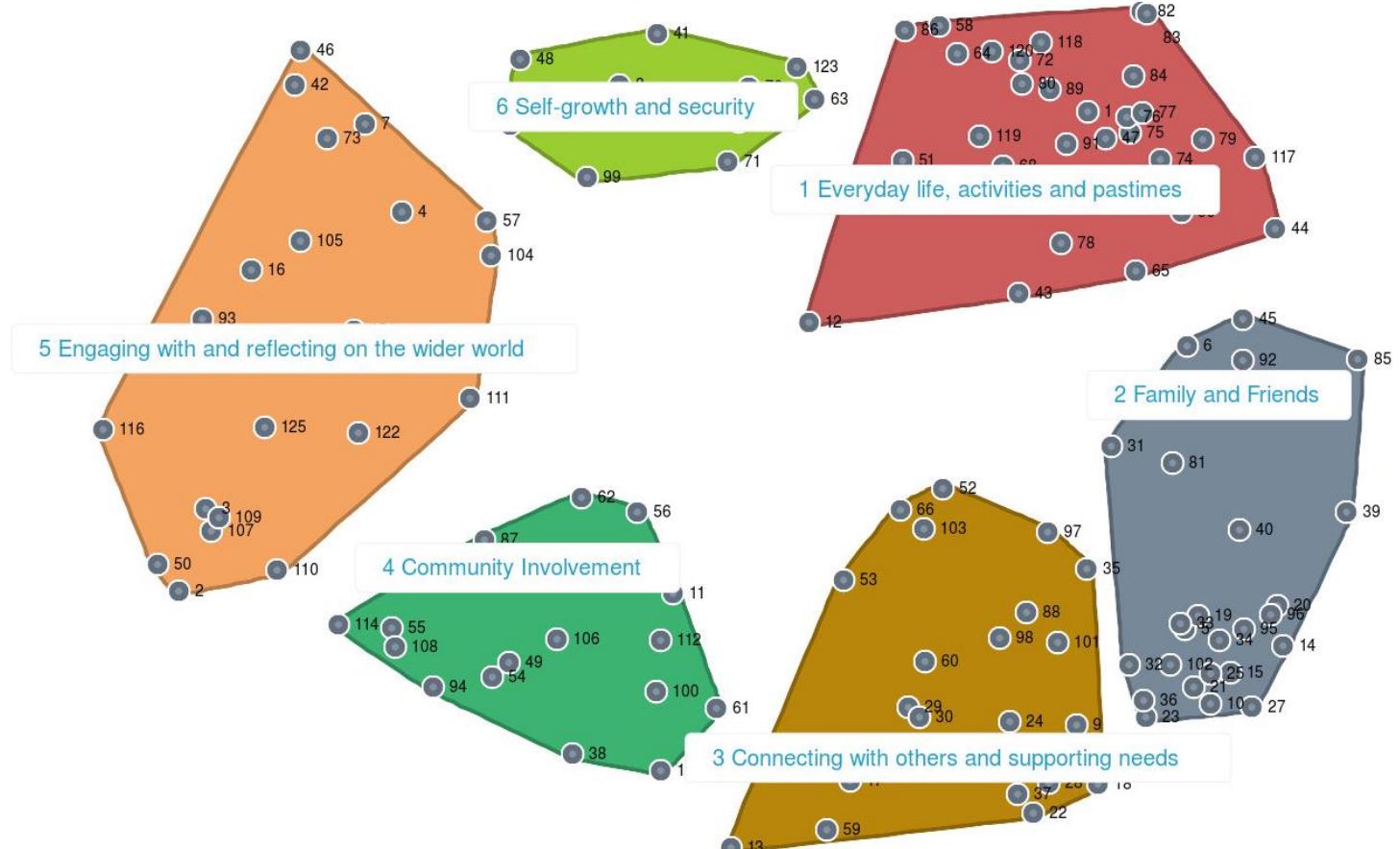
Findings – pattern match
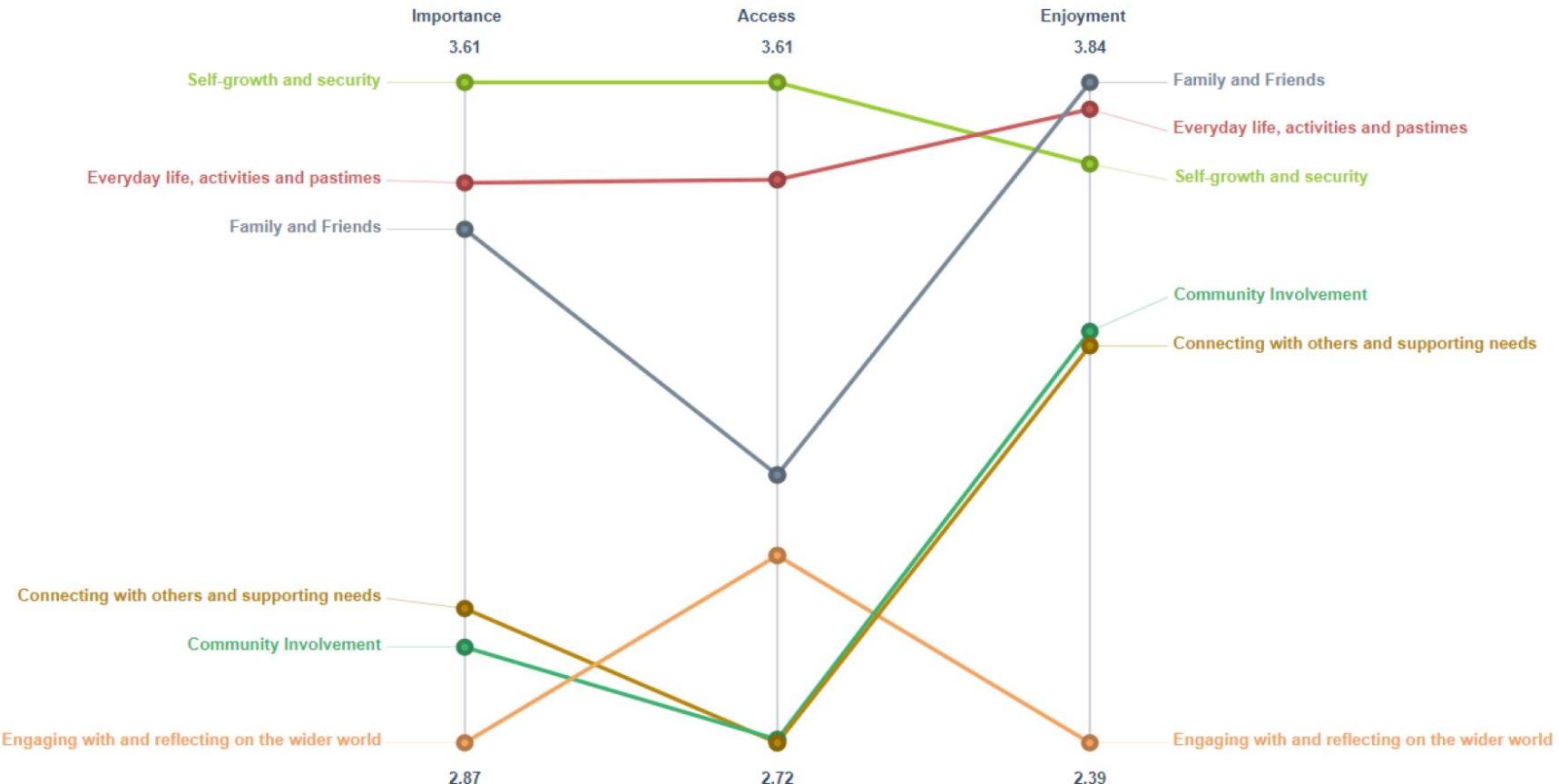
Findings – Go Zones
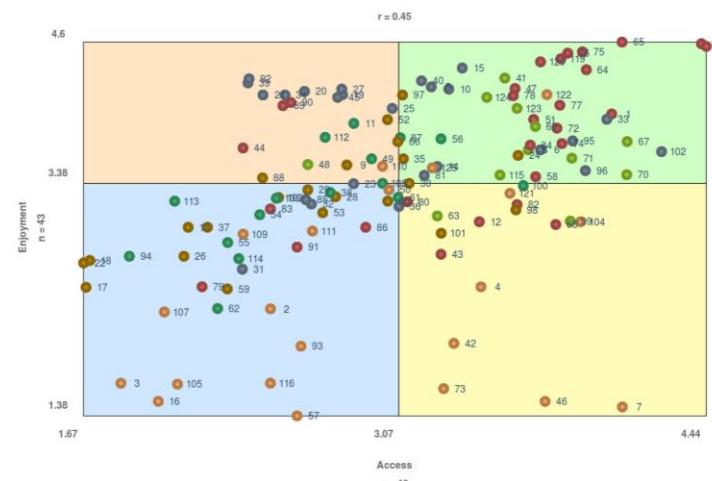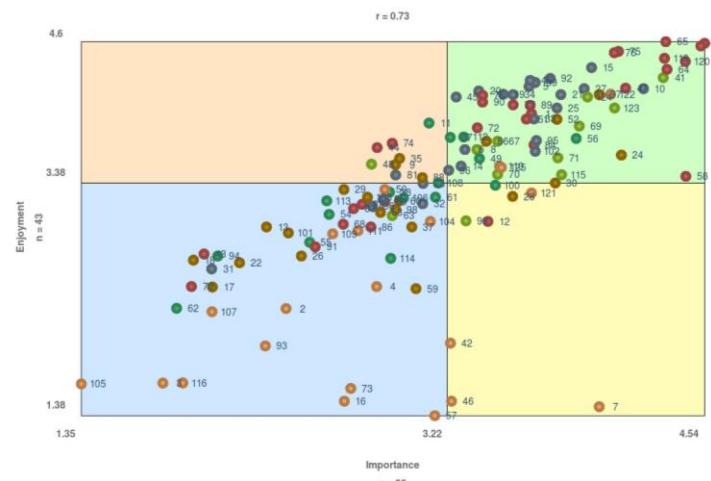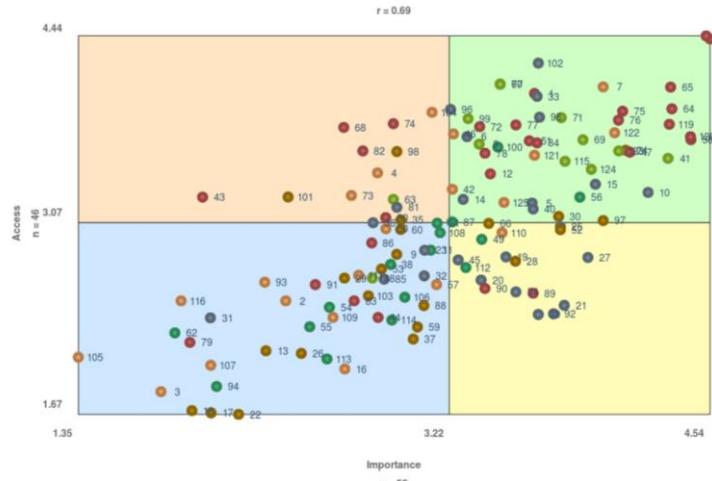
Using the Go-Zones we can identify:

1. The most important, accessible & enjoyable statements (Green segments)

2. The most important & enjoyable, but least accessible statements (Orange segments)

SOUTH WALES SOCIAL WELL-BEING SCALE (SWSWBS)

Below are some statements about your 'social world' and what you have been able to do for yourself and have been able to do with or for others.
Please tick the box that best describes your experience of each over the last two weeks.

|	None of the time	Rarely	Some of the time	Often	All of the time
I've been living in a safe and healthy home environment	1	2	3	4	5
I've been able to enjoy a safe and healthy environment outside my home	1	2	3	4	5
I've been financially secure and so have had enough income to meet my needs	1	2	3	4	5
I've been doing worthwhile activities (paid/unpaid) when I've wanted	1	2	3	4	5
I've been able to carry out what I've set out to do when I've wanted	1	2	3	4	5
I've met up with family and friends and we have done things together when I've wanted	1	2	3	4	5
I've been free from harassment and discrimination	1	2	3	4	5
I've been able to use local services and facilities when I've needed	1	2	3	4	5
I've felt useful when I help and support other people	1	2	3	4	5
I've had my opinions taken seriously	1	2	3	4	5
I've interacted with others in person when I've wanted	1	2	3	4	5
I've interacted with others digitally, online and/or using a phone when I've wanted	1	2	3	4	5
I've been involved with community groups and/or activities when I've wanted	1	2	3	4	5
I've learnt about the world	1	2	3	4	5

ARTICLE

Conceptualising social wellbeing using an international Group Concept Mapping study

Megan Elliott · Steven R. Smith · David Pontin · Carolyn Wallace

Abstract: Physical, mental and social components of wellbeing are known to be important to health. However, in health research and practice much of the focus has been on physical and mental wellbeing with less attention paid to social components, which we assert detrimentally affects the development of health policies and practices. A systematic measure of wellbeing, which captures both mental (internal) and social (external) wellbeing is needed to offer a richer, nuanced, and more complex multi-dimensional account of wellbeing. We report on using Group Concept Mapping (GCM) to define a social conception of wellbeing. The aim was to capture the complex multi-dimensional aspects of the 'social resources' that people access, and the 'social worlds' they inhabit. We highlight why it is necessary to separate and promote different components of wellbeing simultaneously, and why a multi-dimensional definition of social wellbeing is needed. We discuss the importance of promoting social wellbeing in health and social care settings, with reference to social prescribing. The paper demonstrates how a theoretically coherent and workable conception of social wellbeing may support scale development i.e., the South Wales Social Wellbeing Scale (SWSWBS). It is anticipated that such a tool would measure the quality of respondents' overall experience of social wellbeing via the external social resources they possess, their perceived ability to engage in and enjoy the social world in which they live, and, as a result, their capacity for human functioning and flourishing.

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Any Questions?

Thank you for joining

- Any suggestions for the focus of future forum sessions?

- Feedback forms

- Reminder – return consent form

- Don't forget we offer pre-booked clinic sessions to provide 1-1 support on your specific evaluations.

- Any queries – e-mail wsspr@southwales.ac.uk

Publication available

[View of Conceptualising social wellbeing using an international Group Concept Mapping study](#)

[Development and preliminary validation of the South Wales Social Well-being Scale (SWSWBS) | BMC Public Health | Full Text](#)

Smith, S. (2022). *The Ontology of Well-Being in Social Policy and Welfare Practice*. (Library of Public Policy and Public Administration ed.) (Library of Public Policy and Public Administration; Vol. 18). Springer. [The Ontology of Well-Being in Social Policy and Welfare Practice | SpringerLink](#)

Diolch am wrando/Thank you for listening

QUESTIONS WELCOME – WSSPR@SOUTHWALES.AC.UK