Teacher Subjective Wellbeing Questionnaire

Below are some questions about your experiences as a teacher. Read each sentence and choose the <u>one</u> response that best describes how you felt <u>in the past month</u>.

		Almost Never	Some-times	Often	Almost Always
1.	I feel like I belong at this school.	1	2	3	4
2.	I am a successful teacher.	1	2	3	4
3.	I can really be myself at this school.	1	2	3	4
4.	I am good at helping students learn new things.	1	2	3	4
5.	I feel like people at this school care about me.	1	2	3	4
6.	I have accomplished a lot as a teacher.	1	2	3	4
7.	I am treated with respect at this school.	1	2	3	4
8.	I feel like my teaching is effective and helpful.	1	2	3	4

OVERVIEW

- The Teacher Subjective Wellbeing Questionnaire (SSWQ) is a 8-item, self-report, evidence-based rating scale for assessing teachers' work-related wellbeing
- The TSWQ is comprised of two subscales: (1) **Teaching Efficacy** + (2) **School Connectedness**
- Subscale scores can be used as standalone wellbeing measures or summed to create a general **Teacher Wellbeing** composite measure
- The TSWQ is intended for use in school mental health research and practice for multiple assessment purposes: screening, outcome measurement, and progress monitoring
- You are welcome to reformat and adapt this PDF copy of the TSWQ to fit your research or practice needs

LICENSE & USE

- The TSWQ is a "free cultural work," licensed under a Creative Commons–Attribution 4.0 International license (CC BY 4.0)
- There is <u>no cost</u> for using the TSWQ and <u>no need to obtain permission</u> prior to use
- You can learn more about the terms of the CC BY 4.0 licensing agreement here: https://creativecommons.org/licenses/by/4.0/
- The reference for this free version of the SSWQ with accompanying User Guide is:
  - Renshaw, T. L. (2020). *Teacher Subjective Wellbeing Questionnaire (TSWQ): Measure and user guide.* Open Science Framework. https://osf.io/6548v

SCORING

- No reverse-scoring necessary
- TSWQ scale scores are calculated by summing item responses as follows:
  - **Teaching Efficacy** subscale: items 2 + 4 + 6 + 8
  - **School Connectedness** subscale: items 1 + 3 + 5 + 7
  - **Teacher Wellbeing** composite scale: all items
- Interpretation of scale scores can be anchored to response options by dividing the total scores by the number of items in each scale
  - <u>Subscale example:</u> If the **Teaching Efficacy** subscale score = 8, then 8 (total score) / 4 (# items in subscale) = an average-item response of "2", which can be interpreted as "sometimes" experiencing teaching efficacy at school
  - <u>Composite scale example:</u> If the Teacher Wellbeing composite score = 28, then 28 (total score) / 8 (# items in composite scale) = an average-item response of "3.5", which can be interpreted as experiencing teacher wellbeing within the "often" to "almost always" range

- If total scale scores are interpreted instead of average-item scale scores, then higher and lower total scale scores should be understood as representing relatively greater or poorer levels of teacher wellbeing
- No large-scale normative data are available for interpreting scale scores (neither total nor average-item) in comparison to national, regional, or local populations
- It is recommended that local-norming logic be used to aid interpretation of scale scores; local norms might be established at state, regional, district, or school-building levels

SUPPORT

- Questions regarding the TSWQ should be addressed to Tyler Renshaw, PhD, at tyler.renshaw@usu.edu
- Several other free, brief, evidence-based measures that might be useful in school mental health research or practice are available through the **School Mental Health Lab @ Utah State University**: https://smhlab.org/resources