Mental Wellbeing Assessment

Workplace Version

The MWA is a free tool is designed by Richard Daniel Curtis to help assess mental wellbeing across an organisation.

Please credit all use. For queries, please contact [hello@richarddanielcurtis.com](mailto:hello@richarddanielcurtis.com).

|  |  |  |
| --- | --- | --- |
| My sleep is affected by worry about my job. | WH | 0 1 2 3 4 5  All the time Not at all |
| I am respected. | E | 0 1 2 3 4 5  Not at all Definitely |
| I am productive in my job. | W | 0 1 2 3 4 5  Not at all Definitely |
| I am able to talk about my wellbeing with colleagues. | SN | 0 1 2 3 4 5  Not at all Definitely |
| I can relax. | WH | 0 1 2 3 4 5  Not at all Definitely |
| I feel able to learn from my mistakes. | G | 0 1 2 3 4 5  Not at all Definitely |
| My successes are recognised or celebrated. | CE | 0 1 2 3 4 5  Not at all Definitely |
| I feel safe in my workplace environment. | S | 0 1 2 3 4 5  Not at all Definitely |
| I feel motivated to achieve above and beyond my job role. | E | 0 1 2 3 4 5  Not at all Definitely |
| I experience intrusive thoughts about an aspect of my work (thoughts which interrupt other activities). | W | 0 1 2 3 4 5  All the time Not at all |
| I experience anxiety or worry about difficult or challenging tasks. | W | 0 1 2 3 4 5  All the time Not at all |
| I feel personal success in my role. | WH | 0 1 2 3 4 5  Not at all Definitely |
| I feel optimistic about the future. | G | 0 1 2 3 4 5  Not at all Definitely |
| I work in a bully-free environment. | S | 0 1 2 3 4 5  Not at all Definitely |
| I feel close to colleagues. | SN | 0 1 2 3 4 5  Not at all Definitely |
| I feel secure in my job. | S | 0 1 2 3 4 5  Not at all Definitely |
| I am able to enjoy social activities or hobbies. | WH | 0 1 2 3 4 5  Not at all Definitely |
| I often feel paralysed by my workload. | W | 0 1 2 3 4 5  All the time Not at all |
| I feel valued by my employer. | CE | 0 1 2 3 4 5  Not at all Definitely |
| I often feel energetic. | G | 0 1 2 3 4 5  Not at all Definitely |
| I access activities to keep me healthy. | WH | 0 1 2 3 4 5  Not at all Definitely |
| I know who I can turn to when I experience stress. | SN | 0 1 2 3 4 5  Not at all Definitely |
| I see potential for developing my career. | G | 0 1 2 3 4 5  Not at all Definitely |
| I can turn to my manager when I am struggling. | SN | 0 1 2 3 4 5  Not at all Definitely |
| I feel supported when I am experiencing reduced mental health. | WH | 0 1 2 3 4 5  Not at all Definitely |
| I feel part of a team. | CE | 0 1 2 3 4 5  Not at all Definitely |
| I am encouraged to generate ideas. | G | 0 1 2 3 4 5  Not at all Definitely |
| I feel able to make a contribution to the community. | CE | 0 1 2 3 4 5  Not at all Definitely |
| I am stress-free all or most of the time. | W | 0 1 2 3 4 5  Not at all Definitely |
| I feel confident in my ability to perform my role. | E | 0 1 2 3 4 5  Not at all Definitely |
| I feel supported when the unexpected happens. | S | 0 1 2 3 4 5  Not at all Definitely |
| I am able to solve problems in my role. | E | 0 1 2 3 4 5  Not at all Definitely |
| I am able to make decisions in my role. | CE | 0 1 2 3 4 5  Not at all Definitely |
| I have a support network outside work who I can turn to when I need. | WH | 0 1 2 3 4 5  Not at all Definitely |

**Total scores**

|  |  |  |
| --- | --- | --- |
| Growth | 25 |  |
| Community and Ethos | 25 |  |
| Support Network | 20 |  |
| Workload | 25 |  |
| Wellbeing and health | 25 |  |
| Safety | 20 |  |
| Efficacy | 20 |  |
| **Total** | **160** |  |