

Wellness Implementation Group Advisory Council

Wellness Screening Tools

The Organizational Well-Being Survey asked respondents to identify which wellness screening tools their organizations use (Question 29). The list below includes information about these tools and about additional assessments respondents named in the open-ended-response option for the question.

- Areas of Worklife Survey (AWS):
<https://www.mindgarden.com/274-areas-of-worklife-survey>
- Authentic Happiness Inventory (AHI):
<https://www.authentichappiness.sas.upenn.edu/>
- Brief Resilience Scale
 - <https://link.springer.com/article/10.1080/10705500802222972>
 - <https://measure.whatworkswellbeing.org/measures-bank/brief-resilience-scale/>
- Center for Epidemiologic Studies Depression Scale (CES-D):
<https://cesd-r.com/about-cesdr/>
- Connor-Davidson Resilience Scale (CD-25):
<http://www.connordavidson-resiliencescale.com/about.php>
- Copenhagen Burnout Inventory (CBI):
<https://nfa.dk/da/Vaerktoejer/Sporgeskemaer/Sporgeskema-til-maaling-af-udbraendthed/Copenhagen-Burnout-Inventory-CBI>
- EQi-2.0 Emotional Intelligence Quotient:
<https://www.eitrainingcompany.com/eq-i/>
- Gratitude Survey: <https://ppc.sas.upenn.edu/resources/questionnaires-researchers/gratitude-questionnaire>
- Grit Survey: <https://angeladuckworth.com/research/>
- Jefferson Scale of Physician Empathy:
<https://www.jefferson.edu/academics/colleges-schools-institutes/skmc/research/research-medical-education/jefferson-scale-of-empathy.html>
- Maslach Burnout Inventory (MBI)
 - <https://www.mindgarden.com/117-maslach-burnout-inventory-mbi>
- Mayo Clinic Well-Being Index: <https://www.mywellbeingindex.org>
- Meaning in Life Questionnaire:
http://www.michaelfsteger.com/?page_id=13
- Mindfulness Attention Awareness Scale:
<https://ppc.sas.upenn.edu/resources/questionnaires-researchers/mindful-attention-awareness-scale>
- Mini-Z 2.0 Survey
 - <https://www.professionalworklife.com/mini-z-survey>
 - <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2771447>
- Moral Distress Thermometer: <https://www.fairbankscenter.org/ethics-sub-specialties/fairbanks-program-in-nursing-ethics>
- Perceived Stress Scale (PSS):
<https://www.midss.org/content/perceived-stress-scale-pss>
- Physician Wellness Inventory
 - <https://pubmed.ncbi.nlm.nih.gov/28376519/>
 - <https://www.plasticsurgery.org/documents/medical-professionals/wellness/Physician-Wellness-Inventory.pdf>
- Postgraduate Hospital Education Environment Measure (PHEEM):
<https://www.tandfonline.com/doi/10.1080/01421590500150874>
- Quality of Life Scale:
<https://eprovide.mapi-trust.org/instruments/quality-of-life-scale2>
- Quality of Work-Life Questionnaire:
<https://www.cdc.gov/niosh/topics/stress/qwlquest.html>
- Social Network Index:
<https://www.midss.org/content/social-network-index-sni>
- Stanford Professional Fulfillment Model and Index
 - <https://wellmd.stanford.edu/about/model-external.html>
 - <https://wellmd.stanford.edu/wellbeing-toolkit/HowWeMeasureWell-Being.html>
 - <https://link.springer.com/article/10.1007/s40596-017-0849-3>
- WHO-5
 - <https://www.psykiatri-regionh.dk/who-5/about-the-who-5/Pages/default.aspx>
 - <https://pubmed.ncbi.nlm.nih.gov/22607094/>