# Health and Well-Being Index

**Author:** Carl J. Dunst  
**Date:** 1986  
**Construct:** Family Resiliency, Child and Family Health  
**Standardized:** Yes  
**Instrument Type(s):** Parent self-report  

## Uses of Information:

The *Health and Well-Being Index* (HWI) was designed for parents raising a child with a developmental delay or disability. It is a brief (five-item) survey that provides a broad measure of parents’ perceptions of their physical and emotional well-being (physical health; emotional & psychological health; coping with day-to-day demands; coping with rearing a child with a disability or delay; and stress management).

## Environment:

The parent completes the tool in a center or home setting with staff available to answer questions.

## Description:

Paper and pencil instrument. Five items are rated using a 5 point Likert scale.

## References:


## Cost:

$3.00 for a single-unit license or $13.00 for a 25 unit license download. Printed versions are available for order.

## Availability of Test Manual:

Unspecified. Contact Winterberry Press for technical information regarding the use of the Health and Well-Being Index. info@wbpress.com 1-800-824-1182

## Contact Information:

Please visit the author's site [http://www.wbpress.com](http://www.wbpress.com) and follow links to item #8620.

## Instructions:

The parent or caregiver rates each item according to how they have felt during the *past several months*. Administrators may assist the respondent to complete the scale in an interview format as needed.

## Administrator:

Home visitors, parent educators, family support program staff.

## Qualification:

Unspecified.

## Training Required:

No training requirement is specified by the developers. Some training support may be found in *Supporting and Strengthening Families: Methods, Strategies, and Practices*, published by Brookline Publishing.

## Administration Time:

The scale takes less than a minute to complete.
<table>
<thead>
<tr>
<th>Respondents:</th>
<th>Parents or caregivers of children with a disability or developmental delay</th>
</tr>
</thead>
</table>
| Scales/ Item Options: | How would you say you feel about:  
  - Your ability to deal with day-to-day demands  
  - Your ability to handle stressful situations |
| Scoring: | After the parent or caregiver has completed the scale, the administrator sums the responses on all five items provides a global measure of parental health and well-being. |
| Languages: | English: [http://www.wbpress.com](http://www.wbpress.com) |
| Psychometric Properties: | The reliability and validity of the scale were established in a study of 45 mothers of preschool aged children with disabilities or delays and children at risk for poor developmental outcomes. The Health and Well-Being Index scores were significantly related to overall adequacy of family resources ($r = 0.56, p < .001$), and both intrafamily ($r = 0.68, p < .001$) and extrafamily ($r = 0.75, p < .001$) support. Details of the scale’s psychometric properties are available with purchase of the scale. |