Comparison between WEMWBS scores and scores for a measure of depression

General Health Questionnaire - 12 items (GHQ-12)

The Health Education Population Survey (HEPS) by NHS Health Scotland in 2007 (1) included the GHQ-12 measure alongside WEMWBS, allowing the two to be compared in the same group of people. Each item in GHQ-12 has 4 response options. It can be scored either as 1-4 or recoded so that the first two options score 0 and the last two score 1.

Figure 3a: Distribution of GHQ 12 scores for the HEPS 2007 dataset (n = 1,741)
Figure 3a shows the distribution of GHQ-12 scores scored 1-4 for each item thus giving a continuous range of scores from 12 to 48. WEMWBS showed a significant negative correlation with continuous GHQ 12 scores in this population ($r = -0.662, p < 0.01$, Spearman’s rank correlation), which persisted when the 0,0,1,1 dichotomous scoring method was used (Spearman’s rank, $r=-0.536, p < 0.01$). This correlation with GHQ-12 (scored 1-4) is also illustrated in the scatterplot shown in Figure 3b.

Figure 3b: WEMWBS and GHQ 12 scores for the HEPS 2007 dataset, scatter plot ($n = 1,741$)

Conclusion

The GHQ-12 scored as a continuous variable shows a good correlation with the WEMWBS ($r=-0.662$).

1. HEPS 2007 Survey is available from UK Data Archive. [http://www.data-archive.ac.uk/](http://www.data-archive.ac.uk/)