

Teacher Subjective Wellbeing Questionnaire

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

	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

TSWQ User Guide

v.03-28-20

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 no cost for using the TSWQ and no need to obtain permission 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
 - Subscale example: 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
 - Composite scale example: 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>

