Review of the Five Factor Wellness Inventory (5F-WEL)
by Savita Abrahams, M.S. and Richard S. Balkin, Ph.D.

General Information:

Title: Five Factor Wellness Inventory
Author: Jane E. Myers and Thomas J. Sweeney
Publisher: Mind Garden, Inc.

Forms, groups to which applicable:

- 5F-Wel-A: maximum 9th grade reading level, use with adult populations
- 5F-Wel-T: maximum 6th grade reading level, use with adolescent populations
- 5F-Wel-E: maximum 3rd grade reading level, use with elementary age children

The instrument has been translated into Hebrew, Korean, and Turkish.

Practical Features: The Five Factor Wellness instruments are self-report inventories consisting of 95 to 98 items followed by a four point Likert response set: (a) strongly agree, (b) agree, (c) disagree, and (d) strongly disagree. Reading levels required for the adult, adolescent, and child versions are 9th grade, 6th grade, and 3rd, respectively.

General Type: Assessment on wellness as defined by the integration of mind, body, and spirit (Myers & Sweeney, 2005).

Date of Publication: 2005

Costs, booklets, answer sheets, scoring: The manual and sampler set, including a sample of the instrument, scoring sheet, and scoring directions are available for $40.00. Web-based administration and scoring are also available for $10.00 per administration or at bulk rates. Ranging from $160.00 for 20 reports to $400.00 for 100 reports.

Time required to administer: 10 to 20 minutes

Purpose for which evaluated: The instruments are designed to assist individuals in making healthier lifestyle choices based on a model for wellness, The Indivisible Self (Myers & Sweeney, 2004). Wellness is measured based on five general factors: (a) creative self, (b) coping self, (c) social self, (d) essential self, and (e) physical self.

Purpose and Nature of the Instrument:

Stated purpose: Assist individuals in making healthy lifestyle choices by learning more about their wellness in multiple areas of their lives.

Description of test, items, and scoring:

- 5F-Wel-A: 91 4-point Likert scale items and 7 demographic items
- 5F-Wel-T: 97 4-point Likert Scale items and 1 demographic item
5F-Wel-E: 94 4-point Likert scale items and 1 demographic item

Use in counseling: The 5F-Wel can be utilized as a screening instrument to assess where wellness interventions need to be targeted.

Practical Evaluation:

Usefulness of manual: The manual is user-friendly and contains a comprehensive guide to the test instrument, including its development. It also contains an introduction on the importance of wellness and its relationship to healthy living.

A strength of the manual is its thorough definitions of each of the factors and scales. This allows one to better understand what the instrument is evaluating. Clinicians will find the wealth of information available in the manual invaluable when communicating with clients.

The manual also contains counseling applications. Included in this section is a practice exercise that can be used a guide to learn how to maximize the information gathered from the instrument.

The instrument includes a client guide to assist interpretation. The guide helps clients understand what their scores mean. Clients also receive a detailed definition of the wellness scales.

Adequacy of directions for administering the instrument: The 5F-Wel-A and 5F-Wel-T are designed to be self-administered with instructions written on a third grade to ninth grade reading level. The instructions are well written in an easily understood format.

Qualifications of examiners: The 5F-Wel-A and 5F-Wel-T are designed for self-administration.

Scoring Provisions: Web-based administration and scoring along with a profile report is available from the publisher. For paper administration, the items can be entered onto the web forms to obtain profiles and scored data. Group profiles can also be prepared. Hand scoring directions are available.

Technical Considerations:

Normative sample: The 5F-WEL-A is based on a normative sample of 3,343 adult participants ranging from 18 to 70 years of age with 29% being traditional university students. Males are underrepresented in the normative sample (35%) with a high proportion having a graduate degree. African Americans are overrepresented (27.5%) but other ethnic minorities are underrepresented: 1.6% Hispanic, 2.4% Native American, 8.3% Asian, and 43.3% Caucasian.

The 5F-WEL-T is based on a normative sample of 1,142 adolescent participants ranging from 9th grade to 12th grade (14 to 18 years of age). Males comprised of 40.1% of the participants; females comprised of 41.2% of the participants with 18.7% not reporting. Ethnic minorities consisted of 33% of the sample, but no specific data on ethnic minorities was available.

At this time there is no normative sample available 5F-WEL-E. The authors indicated that this version may be used as a research version, and the items were adjusted to reflect a 3rd grade reading level.

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Reliability: Internal consistency measures for the five factors were available for the 5F-WEL-A \((n = 3,343)\). Alpha coefficients ranged from \(.89\) to \(.96\). The instrument yields a total wellness score with an alpha coefficient of \(.98\).

Validity: The 5F-WEL has been validated using structural equation modeling and further evidence of validity is provided by an extensive list of past research identified in the manual.

Generalizability: Overall, there is adequate sample size and data to generalize results across the adolescent and adult versions. Norm groups are large but some caution may be warranted with underrepresented minorities. Additionally, no norm group is available for the 5F-WEL-E.

Evaluation:

The 5F-WEL had sound psychometric qualities developed through an evidence-based model. The test is easy to use and has reasonable time limits. Additionally, a guide to discussion and interpretation of results is provided in the manual. At this time, there are no reviews of the 5F-WEL due to the recent publication of this instrument. Care should be taken in using the 5F-WEL-E as the research is quite limited with this version. Additionally, care should be taken with the interpretation of scores for minorities, especially the 5F-WEL-T, in which limited information was available regarding ethnic differences. Overall, 5F-WEL may be very useful in assessing client wellness and designing strategies to improve on wellness.

References


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