

Health and Well-Being Index

Author:	<i>Carl J. Dunst</i>
Date:	1986
Construct:	Family Resiliency, Child and Family Health
Standardized:	Yes
Instrument Type(s):	Parent self-report
Uses of Information:	The <i>Health and Well-Being Index</i> (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:	Dunst, C. J., & Leet, H. E. (1987). Measuring the adequacy of resources in households with young children. <i>Child: Care, Health and Development</i> , 13, 111-125. Dunst, C. J., Leet, H. E., & Trivette, C. M. (1988). Family resources, personal well-being, and early intervention. <i>Journal of Special Education</i> , 22, 108-116.
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 and follow links to item #8620.
Instructions:	The parent or caregiver rates each item according to how they have felt during the <i>past several months</i> . 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 <i>Supporting and Strengthening Families: Methods, Strategies, and Practices</i> , published by Brookline Publishing.
Administration Time:	The scale takes less than a minute to complete.



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Respondents:	Parents or caregivers of children with a disability or developmental delay
Scales/ Item Options:	How would you say you feel about: <ul style="list-style-type: none">• 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 .
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.

