



# The Centre For Male Psychology

## Wellbeing Benefits of Everyday Activities Scale

(Barry & Roper, 2016)

The Wellbeing Benefits of Everyday Activities Scale (WBEAS) is designed to measure how much satisfaction is gained from a wide range of everyday activities e.g. playing any kind of sport, engaging in any kind of social activity etc. It can easily be adapted to fit a wide variety of contexts and is simple enough to be used by a variety of researchers (students, psychologists, market researchers etc.).

In it's initial validation (Barry & Roper, 2016) the WBEAS shows good construct validity, and the Cronbach's  $\alpha$  reliability coefficient for all 17 items together was 0.95. The WBEAS has only been used in one published study ([Roper & Barry, 2016](#)) and concurrent validity has not so far been tested.

The WBEA scale is designed to be adapted to different activities by changing the latter part of each item, shown below in square brackets. For example, instead of "when I visit the barber/hairdresser", the item might state "when I play football" or "when I talk with my friends".

The stimulus question for participants is: *Please say how much you agree with the following statements. Please choose one answer: Strongly Disagree [score = 1]; Disagree - [score = 2]; Somewhat Disagree [score = 3]; Somewhat Agree [score = 4]; Agree [score = 5]; Strongly Agree [score = 6].* Scoring instructions: take the mean score for each subscale.

Subscale	Item



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Positive Outlook	I feel more optimistic when I <i>[insert description of activity]</i>
	I feel more stable when I <i>[insert description of activity]</i>
	I feel more motivated when I <i>[insert description of activity]</i>
	I feel more in control when I <i>[insert description of activity]</i>
	I feel more clear-minded when I <i>[insert description of activity]</i>
Socialise & Talk	I feel a greater sense of community when I <i>[insert description of activity]</i>
	I would miss the social connection if I didn't regularly <i>[insert description of activity]</i>
	I feel more connected with other people when I <i>[insert description of activity]</i>
	I can discuss my health when I <i>[insert description of activity]</i>
	<i>[Insert description of activity]</i> is a good place to meet other people
	I feel included when I <i>[insert description of activity]</i>
	I feel a sense of social engagement when I <i>[insert description of activity]</i>
	I enjoy the social aspect of <i>[insert description of activity]</i>
I can discuss personal issues more at <i>[insert description of activity]</i> than at other places	
Enjoyable	I enjoy it when I <i>[insert description of activity]</i>



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<i>Distraction</i>	I feel more happy when I <i>[insert description of activity]</i>
	<i>[Insert description of activity]</i> helps take my mind off things

## Citation

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