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Well-being Questionnaire (W-BQ): Translation and Psychometric Development of a short form (W-BQ12) in Japanese.

The Well-being Questionnaire (W-BQ) was originally designed to measure depressed mood, anxiety, energy and positive well-being in evaluating new treatments for diabetes (Bradley, 1994). It has since been widely used in more than 20 languages. The 22-item W-BQ was translated into Japanese with backtranslations, retranslations and pilot-tested. The new translation's psychometric properties were investigated in data from 464 diabetes outpatients attending Tenri Hospital, Nara. Factor analysis and reliability analysis guided optimal item selection for a short form, the W-BQ12, which included three four-item subscales to measure negative well-being, energy, positive well-being balanced for positively-worded and negatively-worded items. The alpha coefficient of internal consistency reliability for the overall scale was 0.85, with four-item subscale alphas ranging from 0.69 to 0.80. Evidence of construct validity included reduced well-being in those with complications of diabetes. The W-BQ12 is now being evaluated in data from the USA and UK.