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The W-BQ28: further development of the well-being questionnaire to include diabetes-specific as well as generic subscales and new stress subscales

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Background: The 12-item Well-being Questionnaire (W-BQ12) was designed to be suitable for people with diabetes, though is not diabetes-specific. The W-BQ12 provides subscales measuring Negative Well-being, Energy and Positive Well-being that minimise confounding of mood with diabetes control. Recent research and clinical experience have highlighted a need for stress items and diabetes-specific subscales to identify people depresses/anxious/stressed about their diabetes but not generally depressed/anxious/stressed. **Method:** An extended 64-item questionnaire, including new stress items and diabetes-specific items, was investigated using data from 789 outpatients with diabetes. Factor and reliability analyses on treatment subgroups and total samples guided item-selection.

Results: Seven 4-item subscales were identified: generic Positive Well-being, Negative Well-being, Energy and Stress, and Diabetes-Specific Positive Well-being, Negative Well-being and Stress. Internal reliabilities for all subscales were excellent (alpha coefficients: 0.80 to 0.87).

Conclusion: The W-BQ28 has good factor structure and is a reliable measure of generic and diabetes-specific well-being.