



MEASURE WELL
The Home of Best Practice

Do you offer wellbeing interventions in the wellness sector?



IMPROVE HOW YOU **HELP CLIENTS** BY **APPLYING** BEST PRACTICE

The way we manage health is changing. Wellbeing evaluation is increasingly based on 'patient-reported outcome measures' (PROMs) that capture client experiences in response to therapies and interventions. Are you capturing changes in your clients' health and wellbeing?

Introducing the Warwick Holistic Health Questionnaire

THE WARWICK HOLISTIC HEALTH QUESTIONNAIRE (WHHQ) MEASURES WELLBEING

The Warwick Holistic Health Questionnaire (WHHQ) is a patient-reported outcome measure (PROM) that gauges individual wellbeing. It's exclusively available in digital format through the Measure Well platform as a 25-item or 18-item questionnaire.

Each questionnaire version incorporates positive statements covering mental, physical, social and spiritual wellbeing. The tool uses new concepts in healthcare, making it an attractive resource for evaluating wellbeing across the entire wellness sector.

The WHHQ items are not symptom or illness focused and therefore capture benefits of treatment that other measures ignore.

Wellbeing
is feeling
good and
functioning
well



Key Features

The key features of the WHHQ include:

- ✓ User-friendly, easy-to-use digital format
- ✓ Five-minute completion time
- ✓ Applied in different settings
- ✓ Suitable for a multitude of therapies and wellness interventions
- ✓ Measures different types of presenting problems
- ✓ Evaluates longitudinal progress and change
- ✓ Responsive at individual and group level
- ✓ Ideal for individuals aged 16+

Benefits to using the WHHQ

AT AN ORGANISATION LEVEL, GATHERING EVIDENCE BY EVALUATING BEST PRACTICES OR SERVICES SYSTEMATICALLY AND RIGOROUSLY MAY

- ✓ Enable wider acceptance of an intervention as a valid treatment
- ✓ Increase the public profile of an intervention
- ✓ Improve the credibility of a profession
- ✓ Enhance funding applications

AT THE PRACTITIONER LEVEL, USING THE WHHQ ENABLES

- ✓ Consistent measurement to create reliable information for clients at an individual and group level
- ✓ Effective assessment of different treatments and interventions
- ✓ Demonstration of professionalism and commitment to ensure the best client outcomes
- ✓ Visible progress to demonstrate the value of therapies, activities and interventions

AT THE CLIENT LEVEL, USING THE WHHQ MAY ENHANCE THE THERAPEUTIC ENCOUNTER BY

- ✓ Enabling the client to share concerns of importance
- ✓ Improving communication
- ✓ Prompting discussion
- ✓ Monitoring change and effects of the session

The WHHQ broadens the conversation beyond illness, enables clients to think about self-care, and encourages preventive processes and mindset

To start using the WHHQ today visit
www.measurewell.co.uk



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The WHHQ is underpinned by academic research and was developed in conjunction with complementary medicine practitioners and clients by Dr Nicola Brough, Dr Helen Parsons & Professor Sarah Stewart-Brown at the University of Warwick © 2017.

