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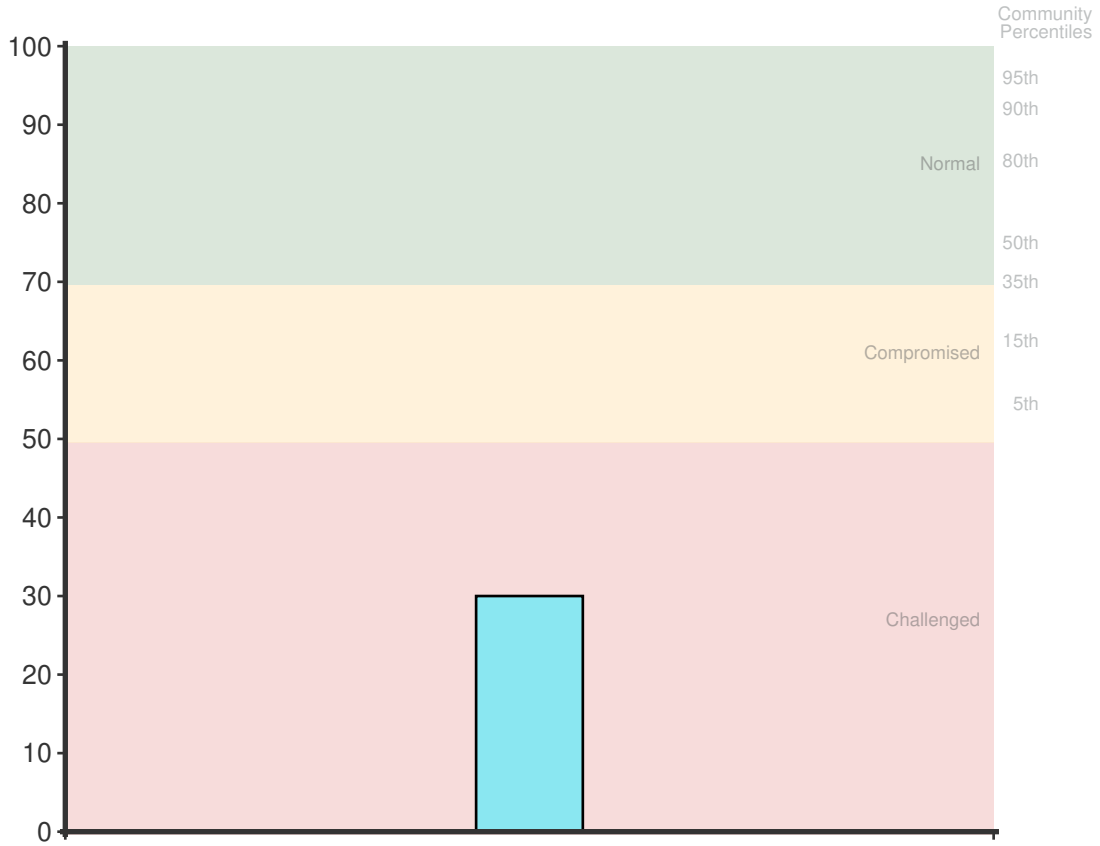
Personal Wellbeing Index – Adult - 5 (PWI-A)

Client Name	Generic Client	*Date administered*	6 Jan 2026
Date of birth (age)	1 Jan 1999 (27)	*Time taken*	14s
Assessor	Dr Emerson Bartholomew		

PWI-A Results

	Standard Score (0-100)	Community Percentile	Wellbeing Category
Personal Wellbeing Index	30	1	Challenged

PWI-A Total Score



Interpretation

The Personal Wellbeing Index – Adult (PWI-A) was administered on 06 January 2026.
The client obtained a total score of 30 out of 100, which falls at the 1st percentile compared to a community adult sample. This score suggests markedly reduced subjective wellbeing relative to typical adult population levels. The client reported substantial dissatisfaction across multiple life domains. Scores in this range are consistent with significant life strain or psychological distress. At this level, subjective wellbeing is likely to be substantially impacted, and the client may be

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experiencing elevated distress and/or difficulty maintaining usual wellbeing in the context of current stressors.
Research suggests that individuals scoring in this range may show the greatest capacity for meaningful improvement in wellbeing when provided with appropriate, targeted intervention. Lowest-scoring domain areas highlight dissatisfaction with: community connectedness, spirituality/religion, standard of living, health, future security.

The client rated their satisfaction with life as a whole (Item 1) as 2 out of 10 (20 on the 0–100 scale). This global rating is consistent with the domain-based composite score, suggesting that the client's overall self-assessment of life satisfaction aligns with the pattern of satisfaction reported across individual life domains.

Scoring and Interpretation Information

The PWI-A uses a standardised composite scoring system, which converts raw scores from the 0–10 response scale to a 0–100 scale by multiplying by 10. Higher scores indicate greater satisfaction across life domains and therefore higher levels of subjective wellbeing.

The composite score is calculated as the average of the 7 core domain items. The first item (satisfaction with life as a whole) is optional and not included as part of the scoring, and the final item (religion/spirituality) is also optional and only included in scoring if it was completed. When the optional spirituality/religion item is completed, it is included as an 8th domain in the composite score.

The PWI-A composite score is presented as a percentile compared to an Australian adult population (Khor et al., 2020). The percentile represents how an individual scored compared to peers. For example, a percentile of 50 indicates average wellbeing and a percentile of 10 represents wellbeing in the bottom 10th percentile of the population. Note: Published Australian normative data are based on the 7-item version of the PWI-A. When the spirituality/religion item has been included in the composite, comparisons to population norms should be interpreted with this in mind.

PWI-A Wellbeing Threshold Categories

-Normal - 70–100 - Well - Wellbeing is maintained within the typical functioning range in adult population samples; reflects homeostatic integrity.

-Compromised - 50–69 - UnderWell - Wellbeing below typical levels; may reflect reduced resilience or increased life strain.

-Challenged - 0–49 - NoWell - Wellbeing substantially below typical levels; may reflect homeostatic failure, where subjective wellbeing is substantially reduced and associated with increased likelihood of psychological distress.

PWI-A Tracking Treatment Progress

Change is assessed using the Reliable Change Index (RCI; Jacobson & Truax, 1991), based on test–retest reliability of .84 (Lau & Cummins, 2005) and SD = 12.6 (Khor et al., 2020). A change of 14 or more points exceeds measurement error at the 95% confidence level. Given that subjective wellbeing is theoretically maintained by homeostatic processes and tends to be

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relatively stable, changes exceeding this threshold are particularly noteworthy.

The following guidelines help determine whether changes in PWI-A scores over time reflect meaningful improvement or deterioration rather than normal score fluctuation.

Increase of 14 or more points: Reliable improvement – change is large enough that it is unlikely to be due to measurement error and reflects meaningful improvement in wellbeing.

Change of less than 14 points: No reliable change – change is within the range of normal score fluctuation and may reflect stable wellbeing or minimal intervention effect.

Decrease of 14 or more points: Reliable deterioration – change is large enough that it is unlikely to be due to measurement error and reflects meaningful worsening in wellbeing.

PWI-A Graphs

On first administration, results are displayed as a standard score bar graph and community percentile labels.

For repeat administrations, a line graph displays the total score over time with wellbeing category bands, allowing clinicians to track wellbeing trajectory. Small item-level graphs display domain satisfaction scores permitting tracking of these areas over time.

Client Responses

		0 - No satisfaction at all	1	2	3	4	5	6	7	8	9	10 - Completely Satisfied
1	[OPTIONAL] Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?	0	1	**2**	3	4	5	6	7	8	9	10
2	How satisfied are you with your standard of living?	0	1	**2**	3	4	5	6	7	8	9	10
3	How satisfied are you with your health?	0	1	**2**	3	4	5	6	7	8	9	10
4	How satisfied are you with what you are achieving in life?	0	1	2	3	**4**	5	6	7	8	9	10
5	How satisfied are you with your personal relationships?	0	1	2	3	4	**5**	6	7	8	9	10
6	How satisfied are you with how safe you feel?	0	1	2	3	**4**	5	6	7	8	9	10
7	How satisfied are you with feeling part of your community?	0	**1**	2	3	4	5	6	7	8	9	10
8	How satisfied are you with your future security?	0	1	2	3	**4**	5	6	7	8	9	10

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Client Responses (cont.)

		0 - No satisfaction at all	1	2	3	4	5	6	7	8	9	10 - Completely Satisfied
9	[OPTIONAL] Do you have spiritual or religious beliefs? If YES, then answer this: How satisfied are you with your spirituality or religion?	**0**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**