

Develop a Wellness Measure (Well Scale™) for K-12 Students

Client. Vitae Wellness

The Challenge. Obesity and poor fitness have reached epidemic proportions. Vitae Wellness recognized that proper education at an early age is the key to wellness and that effective wellness education begins with proper Vitae Wellness asked SEG to help develop psychometrically a sound measure of wellness. .

The Solution. SEG defined the domain of wellness with subject matter experts and developed assessment questions to correspond to the definition. The items were field tested with a population of more than 1,000 students in k-12 schools in Florida, Pennsylvania and Arizona. Using both classical and Item Response Theory, SEG evaluated test and item performance and calibrated the bank of test items. Multiple parallel forms were developed and standards for wellness were identified.