



The Prison Fellowship Well-being Index:

**A ROBUST INSTRUMENT FOR UNDERSTANDING
WELL-BEING WITHIN PRISON ENVIRONMENTS**

The Prison Fellowship® Well-being Index (PF-WBI) is a groundbreaking assessment tool designed for measuring the psychological well-being of both prisoners and corrections professionals on the facility/group level. Its development prioritized an understanding of the unique experiences and factors that shape well-being within correctional settings. Its development was also inspired by a known relationship between staff well-being and prisoner well-being and the form/status of prison culture.

KEY DIMENSIONS EXPLORED BY THE PF-WBI

The PF-WBI sheds light on various aspects of well-being, offering a comprehensive view through these carefully defined subdimensions:

- » **Relationship and Social/Community Functioning:** Examines the quality of connections; feelings of trust, support, belonging; and relationship impacts.
- » **Hope and Mood:** Assesses optimism about the future, feelings of purpose, sense of agency to improve life circumstances, and potential impacts on emotions and outlook due to negative experiences.
- » **Stress Detriments:** Measures the extent to which stress negatively impacts concentration, causes feelings of tension, triggers disturbing recollections, creates distance from others, and/or affects memory.
- » **Motivation and Self-Esteem:** Evaluates how people view themselves, including their sense of self-worth and levels of enthusiasm, fulfillment, and overall life satisfaction.
- » **Overall Well-being:** Provides a holistic score reflecting overall well-being across all of the above-described dimensions.

THE PF-WBI IN ACTION

- » **Employing Data-Driven Interventions:** Empowers corrections leadership with a consistent, data-driven method of monitoring well-being levels of both prisoner and staff.
- » **Evaluating Program Impact:** Offers quantitative evidence for the effectiveness of prison culture improvement initiatives upon all constituents of prison culture.
- » **Prioritizing Holistic Wellness:** Honors the interconnectedness among relationships, mood, stress, and self-esteem within the unique circumstances of prison environments.
- » **Connecting Companion Tools:** The PF-WBI works in tandem with the Prison Fellowship Prison Culture Assessment (PF-PCA) and Prison Fellowship Corrections Professionals Attitude Scale (PF-CPAS) to provide a 360-degree understanding of both corrections professional and prisoner subgroups of culture, guiding efforts toward creating the most supportive and rehabilitative environments possible.

THE PF-WBI DIFFERENCE

The PF-WBI excels because it was thoughtfully designed from the ground up, specifically for application within correctional settings. Unlike tools adapted from other contexts, its development utilized insights gained directly from incarcerated individuals and prison staff, making it intrinsically sensitive to the realities of prison life.