

How the WISE Wellbeing Assessment Works

The WISE Wellbeing programme is a comprehensive self-report tool developed by [Neurozone®](#), called the **WISE Wellbeing Assessment**. This assessment helps individuals understand two key things:

1. Their current level of **psychological resilience**, and
2. The degree to which they currently practice specific **resilience-boosting behaviours**

With this information, individuals receive **personalised recommendations** for the behaviours most likely to improve their psychological resilience at the current moment.

Measuring Psychological Resilience

At the heart of the assessment is a measure called the **WISE Wellbeing Index**. This is another name for the Neurozone® Resilience Index — a peer-reviewed psychometric scale published in the [International Journal of Testing](#). It is a valid and reliable measure of psychological resilience, suitable for people from a range of socio-economic backgrounds, including both low-to-middle-income and high-income groups.

The WISE Wellbeing (WWB) Index has been shown to have predictive relationships with well-established clinical measures of depression, anxiety, post-traumatic stress disorder (PTSD), burnout, and sleep disruption. In practical terms, this means that when resilience levels (as measured by the Index) go up, symptoms of these conditions tend to go down — and vice versa. So, a person's WISE Wellbeing Index score offers a meaningful indication of their **overall psychological wellbeing**.

Measuring Resilience-Boosting Behaviours

Alongside resilience, the assessment also evaluates how consistently a person currently engages in behaviours known (or hypothesised) to support resilience. Each behaviour is measured using a short subscale, usually 1–3 questions in length. These behaviours were selected by Neurozone® based on scientific evidence of their connection to resilience, or based on theoretical models suggesting that they might enhance it.

Through extensive data analysis, Neurozone® has shown that many of these behaviours have **statistically significant correlations** with the WISE Wellbeing Index. This means that when a person's score on one of these behaviours changes, their overall resilience score often shifts too, and vice versa. In some cases, including with WISE Wellbeing customers, **causal relationships** have been identified, confirming that increasing certain behaviours is what leads to increases in psychological resilience.

The behaviours assessed are wide-ranging and fall into five areas that Neurozone® calls the High Performance Domains:

- **Rhythms** (i.e. physical health behaviours like exercise, sleep, nutrition)

- **Energy** (i.e. adaptive emotional outlooks like optimism and gratitude)
- **Connectors** (i.e. relationship-supporting behaviours)
- **Transformers** (i.e. mindset-improving behaviours)
- **Innovators** (i.e. problem-solving strategies)

In the **Express version** of the Assessment, there are a possible 59 resilience-related behaviours assessed. In the **Full version**, an additional 22 behaviours are included, bringing the possible total to 81.

Personalised Recommendations Using the Behavioural Code

Once a person completes the WWB Assessment, their results are processed through Neurozone's intelligent data system, known as the **Neurozone® Behavioural Code**. This system ranks the assessed behaviours based on two factors:

1. **Impact:** How much improving that behaviour is likely to increase the person's resilience (as measured by the WWB Index)
2. **Effort:** How much effort is likely required to make the change

The rankings are based on both global data from Neurozone's entire user base and the individual's specific assessment responses. This ensures that recommendations are both evidence-based and personalised.

Because behaviours and resilience levels naturally fluctuate over time, each time a person completes the WWB Assessment, they may receive different recommendations and a new resilience score. This allows for ongoing support tailored to where the person is right now — helping them take the next best step toward greater wellbeing.