

**Positive Psychological Assessment:
A practical introduction to empirically validated
research tools for measuring wellbeing.**



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Note: Always check copyright of scales before use!

The Happiness Measures

- The Happiness Measures (HM) (Fordyce, 1988), also known as the Fordyce Emotion Questionnaire, is a measure of emotional wellbeing that provides an indication of a person's perceived happiness, and measures the affective component of SWB.
- The HM consists of two questions on happiness. The first item measures happiness on a 'happiness/unhappiness scale'. Respondents choose from 11 descriptive phrases on a 0 to 10 scale. These descriptors range from (0) 'extremely unhappy', to (5) 'neutral', to (10) 'extremely happy', and measure perceived quality of general happiness. The second item is an estimate of the percentages of time respondents feel happy, unhappy, and neutral.
- With both items, the HM assesses both intensity and frequency of affect; the first question measuring intensity, and the second item's percentage estimates measuring frequency.
- In scoring the HM, the scale score (item one) and three percentage estimates (item two) are used directly as raw scores. A combination score can also be calculated, which combines the scale score and percentage happy score in equal weights (combination score = [scale score * 10 + happy%]/2). However, this score is seldom reported in the literature. As an example, reported norms for community college students with a mean age of 26 years include a HM scale mean score of 6.92 (SD = 1.75), a percentage happy mean score of 54.13 (SD = 21.52), a percentage unhappy mean score of 20.44 (SD = 14.69), and a percentage neutral mean score of 25.43 (SD = 16.52).
- Fordyce commented that "it would be safe to classify the HM as the most thoroughly analyzed wellbeing measure developed in the field" (1988, p. 81), including over 1,500 administrations, and that it is "considered by some to be the 'granddaddy' of them all [of happiness measures]" (1988, p. 65). Fordyce further noted that "from the collected data, it would appear that the Happiness Measures demonstrates strong reliability; remarkable stability; relative freedom from response, sex, age, and race bias; and an exceptionally wide background of evidence supporting it's convergent, construct, concurrent, and discriminative validity" (1988, p. 81-82). Diener reviewed 20 happiness and wellbeing instruments and concluded that the HM, in comparison to other measures of wellbeing, has the strongest correlations with daily affect and life satisfaction (1984), and is a reliable and valid test that "should receive more widespread use" (1984, p. 549).
- The HM takes approximately 2 minutes to complete.
- Key Reference
 - Fordyce, M. W. (1988). A review of research on The Happiness Measures: A sixty second index of happiness and mental health. *Social Indicators Research*, 20, 63-89.
- More Information
 - <http://www.gethappy.net> (the key 1988 articles is available on this website as well)

The Happiness Measures

DATE _____

NAME _____

AGE _____ SEX _____

EMOTIONS QUESTIONNAIRE

PART I DIRECTIONS: Use the list below to answer the following question: **IN GENERAL, HOW HAPPY OR UNHAPPY DO YOU USUALLY FEEL?** Check the *one* statement below that best describes *your average happiness*.

- Check just one of these boxes!
- 10. Extremely happy (feeling ecstatic, joyous, fantastic!)
 - 9. Very happy (feeling really good, elated!)
 - 8. Pretty happy (spirits high, feeling good.)
 - 7. Mildly happy (feeling fairly good and somewhat cheerful.)
 - 6. Slightly happy (just a bit above neutral.)
 - 5. Neutral (not particularly happy or unhappy.)
 - 4. Slightly unhappy (just a bit below neutral.)
 - 3. Mildly unhappy (just a little low.)
 - 2. Pretty unhappy (somewhat "blue," spirits down.)
 - 1. Very unhappy (depressed, spirits very low.)
 - 0. Extremely unhappy (utterly depressed, completely down.)

PART II DIRECTIONS: Consider your emotions a moment further. *On the average*, what percent of the time do you feel happy? What percent of the time do you feel unhappy? What percent of the time do you feel neutral (neither happy nor unhappy)? Write down your best estimates, as well as you can, in the spaces below. Make sure the three figures add-up to equal 100%.

ON THE AVERAGE:

The percent of time I feel happy _____ %

The percent of time I feel unhappy _____ %

The percent of time I feel neutral _____ %

TOTAL: _____ %

The Satisfaction with Life Scale

- The Satisfaction with Life Scale (SwLS) (Diener et al., 1985) is a five item measure that assesses an individual's global judgement of life satisfaction as a whole. The SwLS measures the cognitive component of SWB, and provides an integrated judgement of how a person's life as a whole is going. In completing the SwLS, participants rate five statements ("In most ways my life is close to my ideal", "the conditions of my life are excellent", "I am satisfied with my life", "so far I have gotten the important things I want in life", and "If I could live my life over, I would change almost nothing") on a seven point Likert scale, ranging from (1) "strongly disagree", to (4) "neither agree nor disagree", to (7) "strongly agree".
- The five items are keyed in a positive direction so that responses can be added to calculate a total score, which ranges from 5 to 35. Pavot and Diener (2008) report that scores from 5 to 9 indicate that an individual is extremely dissatisfied with life, from 10 to 14 dissatisfied with life, from 15 to 19 slightly dissatisfied with life, that a score of 20 indicates neutral life satisfaction, from 21 to 25 slight satisfaction with life, from 26 to 30 satisfaction with life, and from 31 to 35 extreme satisfaction with life.
- The SwLS has been used in hundreds of studies and has demonstrated good psychometric properties (Pavot & Diener, 2008; Pavot, Diener, Colvin, & Sandvik, 1991). Hayes and Joseph (2003) reported an adult mean score of 24.1 (SD = 6.9), Chang and Sanna (2001) reported mean scores for adults in international and cross-cultural samples of 23.0 (SD = 6.8) for males and 23.7 (SD = 6.7) for females, and Gannon and Ranzijn (2005) reported an adult mean of 24.9 (SD = 6.0).
- For a complete review of psychometric properties and a full discussion of associated issues, see Pavot and Diener (1993, 2008).
- The SwLS takes approximately 2 minutes to complete.

- Key Reference
 - Diener, E., Emmons, R. A., Larson, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49, 71-75.

- More Information
 - <http://s.psych.uiuc.edu/~ediener/SWLS.html>

The Satisfaction with Life Scale

Below are five statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

7 = Strongly agree

6 = Agree

5 = Slightly agree

4 = Neither agree nor disagree

3 = Slightly disagree

2 = Disagree

1 = Strongly disagree

_____ In most ways, my life is close to my ideal.

_____ The conditions of my life are excellent.

_____ I am completely satisfied with my life.

_____ So far, I have gotten the most important things I want in life.

_____ If I could live my life over, I would change nothing.

_____ **TOTAL**

The Temporal Satisfaction with Life Scale

- Different from the more well-known Satisfaction with Life Scale.
- Assesses past, present and future life satisfaction.
- Simply, it provides an integrated judgement of how a person's life as a whole has gone, is going, and will go. Measures the cognitive component of subjective wellbeing.
- Useful for assessing affective forecasting ability – See Daniel Gilbert's work here.
- Scoring = Sum first 5 items for Past Life Satisfaction, next 5 items for Present Life Satisfaction, and last 5 items for Future Life Satisfaction. Component scores range from 5 to 35.

- Key Reference
 - Pavot, W., Diener, E., & Suh, E. (1998). The Temporal Satisfaction with Life Scale. *Journal of Personality Assessment*, 70, 340-354.

The Temporal Satisfaction with Life Scale

These statements concern either your past, present, or future. Using the scale, indicate your agreement with each statement.

- 7 = Strongly agree
- 6 = Agree
- 5 = Slightly agree
- 4 = Neither agree nor disagree
- 3 = Slightly disagree
- 2 = Disagree
- 1 = Strongly disagree

1. If I had my past to live over, I would change nothing. _____
2. I am satisfied with my life in the past. _____
3. My life in the past was ideal for me. _____
4. The conditions of my life in the past were excellent. _____
5. I had the important things I wanted in my past. _____
6. I would change nothing about my current life. _____
7. I am satisfied with my current life. _____
8. My current life is ideal for me. _____
9. The current conditions of my life are excellent. _____
10. I have the important things I want right now. _____
11. There will be nothing that I will want to change about my future. _____
12. I will be satisfied with my life in the future. _____
13. I expect my future life will be ideal for me. _____
14. The conditions of my future life will be excellent. _____
15. I will have the important things I want in the future. _____

Pa = _____ Pr = _____ Fu = _____

Subjective Happiness Scale

- The Subjective Happiness Scale (SHS) (Lyubomirsky & Lepper, 1999) is a four item measure of global subjective happiness. Whilst other measures assess the affective (e.g., the HM) and cognitive (e.g., the SwLS) components of SWB, the SHS measures SWB as a whole. Lyubomirsky and Lepper claim that the SHS reflects “a broader and more molar category of wellbeing and taps into more global psychological phenomena” (1999, p. 139).
- In completing the SHS, respondents rate four items on different Likert scales, each ranging from 1 to 7. Participants are asked to ‘circle the point on the scale that you feel is most appropriate in describing you’. The first item asks respondents whether, in general, they consider themselves to be (1) ‘not a very happy person’ to (7) ‘a very happy person’. The second item asks if, compared to their peers, they consider themselves to be (1) ‘less happy’ to (7) ‘more happy’. Both the third and fourth items give descriptions and ask ‘to what extent does this characterization describe you?’, with responses ranging from ‘not at all’ to ‘a great deal’. For item three, the description is ‘some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything’, and item four is ‘some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be’.
- Scores are totalled for the four items, and range from 4 to 28. An average of the four items provides a composite score for global subjective happiness; most research reports this score.
- Seligman (2002) reported an adult US mean score of 4.8, and that two-thirds of people score between 3.8 and 5.8. Lyubomirsky and Lepper (1999) report mean scores for 14 studies, ranging from 4.02 (SD = 0.93) to 5.62 (SD = 0.96). As examples, a US adult city community sample mean was 5.62 (SD = 0.96), a US female adult town community sample mean score was 4.80 (SD = 1.12), and a US public college student sample mean score was 4.89 (SD = 1.11). Lyubomirsky and Lepper also noted that the SHS is “suited for different age, occupational, linguistic, and cultural groups” (1999, p. 150).
- The SHS takes approximately 2 minutes to complete.
- “Permission granted for all non-commercial use” – From Lyubomirsky’s webpage.

- Key Reference
 - Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.

- More Information
 - <http://www.faculty.ucr.edu/~sonja/papers.html>

Subjective Happiness Scale

Subjective Happiness Scale (SHS)

By Sonja Lyubomirsky, Ph.D.

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself

1	2	3	4	5	6	7
not a very happy person						a very happy person

2. Compared to most of my peers, I consider myself:

1	2	3	4	5	6	7
less happy						more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all						a great deal

Note: Item #4 is reverse coded.

Gratitude Questionnaire

- The Gratitude Questionnaire (GQ-6) is a short, self-report measure of the disposition to experience gratitude.
- Participants answer 6 items on a 1 to 7 scale (1 = "strongly disagree", 7 = "strongly agree"). Two items are reverse-scored to inhibit response bias.
- The GQ-6 has good internal reliability, with alphas between .82 and .87, and there is evidence that the GQ-6 is positively related to optimism, life satisfaction, hope, spirituality and religiousness, forgiveness, empathy and prosocial behaviour, and negatively related to depression, anxiety, materialism and envy.
- The GQ-6 takes about 2 minutes to complete.
- Scoring Instructions:
 1. Add up your scores for items 1, 2, 4, and 5.
 2. Reverse your scores for items 3 and 6. That is, if you scored a "7," give yourself a "1," if you scored a "6," give yourself a "2," etc.
 3. Add the reversed scores for items 3 and 6 to the total from Step 1. This is your total GQ-6 score. This number should be between 6 and 42.
- Interpretation:
 - Based on a sample of 1,224 adults who took the GQ-6 as part of a feature on the Spirituality and Health Web Site, here are some benchmarks for making sense of your score.
 - 25% Percentile: Someone who scored a 35 out of 42 on the GQ-6 scored higher than 25% of the people who took it. If you scored below a 35, then you are in the bottom 1/4th of our sample of Spirituality and Health Visitors in terms of gratitude.
 - 50th Percentile: Someone who scored a 38 out of 42 on the GQ-6 scored higher than 50% of the people who took it. If you scored below a 38, then you are in the bottom one-half of people who took the survey.
 - 75th Percentile: Someone who scored a 41 out of 42 on the GQ-6 scored higher than 75% of the 1, 224 individuals who took the GQ-6 on the Spirituality and Health web site one year ago. If you scored a 42 or higher, then you scored among the top 13% of our Spirituality and Health Sample.
- Key Reference
 - McCullough, M. E., Emmons, R. A., & Tsang, J. (2002). The Grateful Disposition: A conceptual and Empirical Topography. *Journal of Personality and Social Psychology*, 82, 112-127.
- More Information
 - <http://www.psy.miami.edu/faculty/mmccullough/gratitude/2-Page%20Blurb%20on%20the%20Gratitude%20Questionnaire.pdf>

Gratitude Questionnaire

The Gratitude Questionnaire-Six Item Form (GQ-6)

By Michael E. McCullough, Ph.D., Robert A. Emmons, Ph.D., Jo-Ann Tsang, Ph.D.

Using the scale below as a guide, write a number beside each statement to indicate how much you agree with it.

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neutral
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

- ___ 1. I have so much in life to be thankful for.
- ___ 2. If I had to list everything that I felt grateful for, it would be a very long list.
- ___ 3. When I look at the world, I don't see much to be grateful for.*
- ___ 4. I am grateful to a wide variety of people.
- ___ 5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- ___ 6. Long amounts of time can go by before I feel grateful to something or someone.*

* Items 3 and 6 are reverse-scored.

Adult Hope Scale

- The adult hope scale (AHS) measures Snyder's cognitive model of hope which defines hope as "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals)" (Snyder, Irving, & Anderson, 1991, p. 287).
- The adult hope scale contains 12 items. Four items measure pathways thinking, four items measure agency thinking, and four items are fillers.
- Participants respond to each item using an 8-point scale ranging from definitely false to definitely true and the scale takes only a few minutes to complete.
- See Snyder (2002) for a review of hope theory and research.

- Key Reference
 - Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., et al.(1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585.

Adult Hope Scale

The Trait Hope Scale

Directions: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

- 1. = Definitely False
- 2. = Mostly False
- 3. = Somewhat False
- 4. = Slightly False
- 5. = Slightly True
- 6. = Somewhat True
- 7. = Mostly True
- 8. = Definitely True

- ___ 1. I can think of many ways to get out of a jam.
- ___ 2. I energetically pursue my goals.
- ___ 3. I feel tired most of the time.
- ___ 4. There are lots of ways around any problem.
- ___ 5. I am easily downed in an argument.
- ___ 6. I can think of many ways to get the things in life that are important to me.
- ___ 7. I worry about my health.
- ___ 8. Even when others get discouraged, I know I can find a way to solve the problem.
- ___ 9. My past experiences have prepared me well for my future.
- ___ 10. I've been pretty successful in life.
- ___ 11. I usually find myself worrying about something.
- ___ 12. I meet the goals that I set for myself.

Note. When administering the scale, it is called The Future Scale. The agency subscale score is derived by summing items 2, 9, 10, and 12; the pathway subscale score is derived by adding items 1, 4, 6, and 8. The total Hope Scale score is derived by summing the four agency and the four pathway items.

Meaning in Life Questionnaire

- The Meaning in Life Questionnaire (MLQ) assesses two dimensions of meaning in life using 10 items rated on a seven-point scale from “Absolutely True” to “Absolutely Untrue.”
- The Presence of Meaning subscale measures how full respondents feel their lives are of meaning. The Search for Meaning subscale measures how engaged and motivated respondents are in efforts to find meaning or deepen their understanding of meaning in their lives.
- The MLQ has good reliability, test-retest stability, stable factor structure, and convergence among informants.
- Presence is positively related to well-being, intrinsic religiosity, extraversion and agreeableness, and negatively related to anxiety and depression. Search is positively related to religious quest, rumination, past-negative and present-fatalistic time perspectives, negative affect, depression, and neuroticism, and negatively related to future time perspective, close-mindedness (dogmatism), and wellbeing. Presence relates as expected with personal growth self-appraisals, and altruistic and spiritual behaviors as assessed through daily diaries.
- The MLQ takes about 3 minutes to complete.

- Key Reference
 - Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology, 53*, 80-93.

Meaning in Life Questionnaire

MLQ

Please take a moment to think about what makes your life and existence feel important and significant to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

Absolutely Untrue 1	Mostly Untrue 2	Somewhat Untrue 3	Can't Say True or False 4	Somewhat True 5	Mostly True 6	Absolutely True 7
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1. _____ I understand my life's meaning.
2. _____ I am looking for something that makes my life feel meaningful.
3. _____ I am always looking to find my life's purpose.
4. _____ My life has a clear sense of purpose.
5. _____ I have a good sense of what makes my life meaningful.
6. _____ I have discovered a satisfying life purpose.
7. _____ I am always searching for something that makes my life feel significant.
8. _____ I am seeking a purpose or mission for my life.
9. _____ My life has no clear purpose.
10. _____ I am searching for meaning in my life.

MLQ syntax to create Presence and Search subscales:

Presence = 1, 4, 5, 6, & 9-reverse-coded

Search = 2, 3, 7, 8, & 10

Flourishing Scale

- The Flourishing Scale consists of eight items describing important aspects of human functioning ranging from positive relationships, to feelings of competence, to having meaning and purpose in life. The scale was called Psychological Well-being in an earlier publication, but the name was changed to more accurately reflect the content because the scale includes content that goes beyond psychological well-being narrowly defined.
- Permission for Using the Scales: “Although copyrighted, the SPANE and Flourishing Scale may be used as long as proper credit is given. Permission is not needed to employ the scales and requests to use the scales will not be answered on an individual basis because permission is granted here. This article (ref below) should be used as the citation for the scales, and this note provides evidence that permission to use the scales is granted”.
- Scoring: Sum the 8 items.
- Key Reference
 - Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, DW., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicator Research*, 97, 143-156.

Flourishing Scale

Below are eight statements with which you may agree or disagree. Using the scale provided, indicate your agreement with each statement by choosing the appropriate score.

7 = Strongly agree

6 = Agree

5 = Slightly agree

4 = Neither agree nor disagree

3 = Slightly disagree

2 = Disagree

1 = Strongly disagree

1. I lead a purposeful and meaningful life _____
 2. My social relationships are supportive and rewarding _____
 3. I am engaged and interested in my daily activities _____
 4. I actively contribute to the happiness and well-being of others _____
 5. I am competent and capable in the activities that are important to me _____
 6. I am a good person and live a good life _____
 7. I am optimistic about my future _____
 8. People respect me _____
- Total** _____

Scale of Positive and Negative Experience

- The Scale of Positive and Negative Experience (SPANE) consists of a 12-item questionnaire which includes six items to assess positive feelings and six items to assess negative feelings. For both the positive and negative items, three of the items are general (e.g., positive, negative) and three per subscale are more specific (e.g., joyful, sad).
- Permission for Using the Scales: “Although copyrighted, the SPANE and Flourishing Scale may be used as long as proper credit is given. Permission is not needed to employ the scales and requests to use the scales will not be answered on an individual basis because permission is granted here. This article (ref below) should be used as the citation for the scales, and this note provides evidence that permission to use the scales is granted”.
- Scoring: The measure can be used to derive an overall affect balance score, but can also be divided into positive and negative feelings scales.
 - Positive Feelings (SPANE-P): Add the scores, varying from 1 to 5, for the six items: positive, good, pleasant, happy, joyful, and contented. The score can vary from 6 (lowest possible) to 30 (highest positive feelings score).
 - Negative Feelings (SPANE-N): Add the scores, varying from 1 to 5, for the six items: negative, bad, unpleasant, sad, afraid, and angry. The score can vary from 6 (lowest possible) to 30 (highest negative feelings score).
 - Affect Balance (SPANE-B): The negative feelings score is subtracted from the positive feelings score, and the resultant difference score can vary from -24 (unhappiest possible) to 24 (highest affect balance possible). A respondent with a very high score of 24 reports that she or he rarely or never experiences any of the negative feelings, and very often or always has all of the positive feelings.
- Key Reference
 - Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, DW., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicator Research*, 97, 143-156.

Scale of Positive and Negative Experience

Please think about what you have been doing and experiencing during the past four weeks. Then report how much you experienced each of the following feelings, using the scale below. For each item, select a number from 1 to 5, and indicate that number on your response sheet.

1 = Very Rarely or Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Very Often or Always

Positive _____

Negative _____

Good _____

Bad _____

Pleasant _____

Unpleasant _____

Happy _____

Sad _____

Afraid _____

Joyful _____

Angry _____

Contented _____

SPANE-P _____

SPANE-N _____

SPANE-B _____

Grit Scale

- Grit is defined as perseverance and passion for long-term goals.
 - Scoring:
 - First reverse score items 3, 5, 7, 9, 10, 13, and 16.
 - Grit is calculated as the average score for items 2, 3, 5, 6, 7, 8, 9, 10, 11, 14, 16, and 17.
 - The Consistency of Interest subscale is calculated as the average score for items 3, 5, 7, 9, 10, and 16.
 - The Perseverance of Effort subscale is calculated as the average score for items 2, 6, 8, 11, 14, and 17.
 - The Brief Grit Scale score is calculated as the average score for items 3, 6, 7, 8, 9, 10, 11, and 17.
 - Ambition is calculated as the average score for items 1, 4, 12, 13, and 15.
-
- Key Reference
 - Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101.

Grit Scale

Please respond to the following 17 items. Be honest – there are no right or wrong answers!

5 = Very much like me

4 = Mostly like me

3 = Somewhat like me

2 = Not much like me

1 = Not like me at all

1. I aim to be the best in the world at what I do. _____
2. I have overcome setbacks to conquer an important challenge. _____
3. New ideas and projects sometimes distract me from previous ones. _____
4. I am ambitious. _____
5. My interests change from year to year. _____
6. Setbacks don't discourage me. _____
7. I have been obsessed with a certain idea or project for a short time but later lost interest. _____
8. I am a hard worker. _____
9. I often set a goal but later choose to pursue a different one. _____
10. I have difficulty maintaining my focus on projects that take more than a few months to complete. _____
11. I finish whatever I begin. _____
12. Achieving something of lasting importance is the highest goal in life. _____
13. I think achievement is overrated. _____
14. I have achieved a goal that took years of work. _____
15. I am driven to succeed. _____
16. I become interested in new pursuits every few months. _____
17. I am diligent. _____

Grit _____
Perseverance of Effort _____
Ambition _____

Consistency of Interest _____
Brief Grit Scale _____

Curiosity and Exploration Inventory-II

- The CEI-II is a self-report instrument assessing individual differences in the recognition, pursuit, and integration of novel and challenging experiences and information.
- The CEI is a 10-item scale with two factors. Items 1, 3, 5, 7, and 9 are Stretching. Items 2, 4, 6, 8, and 10 are Embracing.
- Scoring: Sum items for factors.

- Key Reference
 - Kashdan, T. B., Gallagher, M. W., Silvia, P., Breen, W. E., Terhar, D., & Steger, M. F. (2009). The Curiosity and Exploration Inventory-II: Development, factor structure, and initial psychometrics. *Journal of Research in Personality, 43*, 987-998.

Curiosity and Exploration Inventory-II

Curiosity and Exploration Inventory (CEI-II)		Very Slightly or Not At All	A Little	Moderately	Quite a Bit	Extremely
<i>Instructions:</i> Rate the statements below for how accurately they reflect the way you generally feel and behave. Do not rate what you think you should do, or wish you do, or things you no longer do. Please be as honest as possible.						
1.	I actively seek as much information as I can in new situations.	1	2	3	4	5
2.	I am the type of person who really enjoys the uncertainty of everyday life.	1	2	3	4	5
3.	I am at my best when doing something that is complex or challenging.	1	2	3	4	5
4.	Everywhere I go, I am out looking for new things or experiences.	1	2	3	4	5
5.	I view challenging situations as an opportunity to grow and learn.	1	2	3	4	5
6.	I like to do things that are a little frightening.	1	2	3	4	5
7.	I am always looking for experiences that challenge how I think about myself and the world.	1	2	3	4	5
8.	I prefer jobs that are excitingly unpredictable.	1	2	3	4	5
9.	I frequently seek out opportunities to challenge myself and grow as a person.	1	2	3	4	5
10.	I am the kind of person who embraces unfamiliar people, events, and places.	1	2	3	4	5
Stretching: 1,3,5,7 / Embracing: 2,4,6,8,10.						
©2009 Kashdan, T. B., Gallagher, M. W., Silvia, P. J., Winterstein, B. P., Breen, W. E., Tachar, D., & Steger, M. F. (2009). The Curiosity and Exploration Inventory-II. Development, factor structure, and psychometrics. <i>Journal of Research in Personality, 43</i> , 987-998.						

Strengths Use and Current Knowledge Scale

- The Strengths Use and Current Knowledge Scale is a shorter adaption (by Aaron) of Govindji and Linley's longer 14 item version, with a temporal question added.

- Key Reference
 - Govindji, R., & Linley, P. A. (2007). Strengths use, self-concordance and well-being: Implications for strengths coaching and coaching psychologists. *International Coaching Psychology Review*, 2 (2), 143-153.

Strengths Use and Current Knowledge Scale

The following questions ask you about your strengths, that is, the things that you are able to do well or do best.

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Slightly disagree
- 4 = Neither agree nor disagree
- 5 = Slightly agree
- 6 = Agree
- 7 = Strongly agree

1. I know my strengths well. _____
2. Other people see the strengths that I have. _____
3. I know the things I am good at doing. _____
4. I have to think hard about what my strengths are. _____
5. I know when I am at my best. _____
6. I always try to use my strengths. _____
7. I achieve what I want by using my strengths. _____
8. Using my strengths comes naturally to me. _____
9. I find it easy to use my strengths in the things I do. _____
10. I am able to use my strengths in lots of different ways. _____

Circle how much of your time do you spend using your strengths?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Knowledge = _____

Use = _____

Life Orientation Test-Revised

- The Life Orientation Test – Revised (LOT-R) assesses individual differences in generalized optimism versus pessimism. This measure has been used in a good deal of research on the behavioural, affective, and health consequences of this personality variable (as well as its predecessor, the LOT).
- The LOT was revised because its original items did not all focus as explicitly on expectations for the future as theory dictated.
- The authors' state: "Please note that this is a research instrument, not intended for clinical applications. There are no "cut-offs" for optimism or pessimism; we use it as a continuous dimension of variability".
- Items 2, 5, 6, and 8 are fillers. Responses to "scored" items are to be coded so that high values imply optimism: * = reverse.

- Key Reference
 - Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

Life Orientation Test-Revised

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no "correct" or "incorrect" answers. Answer according to your own feelings, rather than how you think "most people" would answer.

5 = I agree a lot

4 = I agree a little

3 = I neither agree nor disagree

2 = I DISagree a little

1 = I DISagree a lot

- | | |
|--|-------|
| 1. In uncertain times, I usually expect the best. | _____ |
| 2. It's easy for me to relax. | _____ |
| 3. If something can go wrong for me, it will.* | _____ |
| 4. I'm always optimistic about my future. | _____ |
| 5. I enjoy my friends a lot. | _____ |
| 6. It's important for me to keep busy. | _____ |
| 7. I hardly ever expect things to go my way.* | _____ |
| 8. I don't get upset too easily. | _____ |
| 9. I rarely count on good things happening to me.* | _____ |
| 10. Overall, I expect more good things to happen to me than bad. | _____ |
| Total | _____ |

Brief Resilience Scale

- Designed as an outcome measure to assess the ability to bounce back or recover from stress. The authors suggest that assessing the ability to recover of individuals who are ill is important. No clinical applications are reported.
- The authors note that most measures of resilience have focused on examining the resources/protective factors that might facilitate a resilient outcome. This scale was developed to have a specific focus on bouncing back from stress.
- Reverse scores items 2, 4, and 6.
- Key Reference
 - Smith, B. W., Dalen, J., Wiggins, K., Tooley, E., Christopher, P., & Bernard, J. (2008). The brief resilience scale: assessing the ability to bounce back. *International Journal of Behavioural Medicine*, 15, 194-200.

Brief Resilience Scale

Please indicate the extent to which you agree with each of the following statements.

1 = strongly disagree

2 = disagree

3 = neutral

4 = agree

5 = strongly agree

1. I tend to bounce back quickly after hard times _____

2. I have a hard time making it through stressful events * _____

3. It does not take me long to recover from a stressful event _____

4. It is hard for me to snap back when something bad happens * _____

5. I usually come through difficult times with little trouble _____

6. I tend to take a long time to get over set-backs in my life * _____

Total _____

Subjective Vitality Scale

- The concept of subjective vitality refers to the state of feeling alive and alert - to having energy available to the self. Vitality is considered an aspect of eudaimonic well-being (Ryan & Deci, 2001), as being vital and energetic is part of what it means to be fully functioning and psychologically well.
- Ryan and Frederick (1997) developed a scale of subjective vitality that has two versions. One version is considered an individual difference. In other words, it is the ongoing characteristics of individuals which has been found to relate positively to self-actualization and self-esteem and to relate negatively to depression and anxiety (this is the version on the next page). The other version of the scale assesses the state of subjective vitality rather than its enduring aspect. At the state level, vitality has been found to relate negatively to physical pain and positively to the amount of autonomy support in a particular situation (e.g., Nix, Ryan, Manly, & Deci, 1999). In short, because the concept of psychological wellbeing is addressed at both the individual difference level and the state level, the two levels of assessing subjective vitality tie into the two level of wellbeing.
- The original scale had 7 items and was validated at both levels by Ryan and Frederick (1997). Subsequent work by Bostic, Rubio, and Hood (2000) using confirmatory factor analyses indicated that a 6-item version worked even better than the 7-item version (i.e., without item 2).
- A scale score is formed by averaging the individual's items scores. As noted above, it is recommended that you use six items, omitting item #2, in which case a person's score would be the average of the six items. If you do use item #2, that item has to be reverse scored before it is averaged with the other items.
- Key Reference
 - Ryan, R. M., & Frederick, C. M. (1997). On energy, personality and health: Subjective vitality as a dynamic reflection of well-being. *Journal of Personality*, 65, 529-565.

Subjective Vitality Scale

Please rate the follow items in regard to how they "apply to you and your life at the present time."

not at all true			somewhat true			very true
1	2	3	4	5	6	7

1. I feel alive and vital _____

2. I don't feel very energetic _____

3. Sometimes I feel so alive I just want to burst _____

4. I have energy and spirit _____

5. I look forward to each new day _____

6. I nearly always feel alert and awake _____

7. I feel energized _____

Total _____

Cantril Self-Anchoring Striving Scale

- The Cantril Scale measures wellbeing closer to the end of the continuum representing judgments of life or life evaluation (Diener, Kahneman, Tov, & Arora, 2009), and measures happiness of the here and now (experiencing self) and future (reflecting self).
- Scoring:
 - *Thriving* -- wellbeing that is strong, consistent, and progressing. These respondents have positive views of their present life situation (7+) and have positive views of the next five years (8+). They report significantly fewer health problems, fewer sick days, less worry, stress, sadness, anger, and more happiness, enjoyment, interest, and respect.
 - *Struggling* -- wellbeing that is moderate or inconsistent. These respondents have moderate views of their present life situation OR moderate OR negative views of their future. They are either struggling in the present, or expect to struggle in the future. They report more daily stress and worry about money than the "thriving" respondents, and more than double the amount of sick days. They are more likely to smoke, and are less likely to eat healthy.
 - *Suffering* -- wellbeing that is at high risk. These respondents have poor ratings of their current life situation (4 and below) AND negative views of the next five years (4 and below). They are more likely to report lacking the basics of food and shelter, more likely to have physical pain, a lot of stress, worry, sadness, and anger. They have less access to health insurance and care, and more than double the disease burden, in comparison to "thriving" respondents.
- Key Reference
 - Cantril, H. (1965). *The pattern of human concerns*. New Brunswick, NJ: Rutgers University Press.

Cantril Self-Anchoring Striving Scale

Imagine a ladder with steps numbered from zero at the bottom to 10 at the top. The top of the ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. Circle the number that represents your answer.

1. On which step of the ladder would you say you personally feel you stand at this time?

10 – Best possible life

9

8

7

6

5

4

3

2

1

0 – Worst possible life

2. On which step do you think you will stand about five years from now?

10 – Best possible life

9

8

7

6

5

4

3

2

1

0 – Worst possible life

Valued Living Questionnaire

- Discrepancy scores can range from 0 to 90. A score of 0 means no discrepancy between consistency and importance. A score of 90 is the highest discrepancy between stated values and consistent action.
- If importance > consistency subtract consistency from importance. If consistency is greater than importance, enter zero.
- Key Reference
 - Wilson, K. G., Sandoz, E. K., Kitchens, J., & Roberts, M. E.(2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *The Psychological Record, 60*, 249-272.

Valued Living Questionnaire

Valued Living Questionnaire

Below are areas of life that are valued by some people. We are concerned with your quality of life in each of these areas. One aspect of quality of life involves the importance one puts on different areas of living. Rate the importance of each area (by circling a number) on a scale of 1-10. 1 means that area is not at all important. 10 means that area is very important. Not everyone will value all of these areas, or value all areas the same. Rate each area according to your own personal sense of importance.

<u>Area</u>	not at all important										extremely important											
1. Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
2. Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
3. Parenting	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
4. Friends/social life		1	2	3	4	5	6	7	8	9	10		1	2	3	4	5	6	7	8	9	10
5. Work	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
6. Education/training	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
7. Recreation/fun		1	2	3	4	5	6	7	8	9	10		1	2	3	4	5	6	7	8	9	10
8. Spirituality	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
9. Citizenship/Community Life	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		
10. Physical self care (diet, exercise, sleep)	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10		

Valued Living Questionnaire

In this section, we would like you to give a rating of how consistent your actions have been with each of your values. We are **not** asking about your ideal in each area. We are also **not** asking what others think of you. Everyone does better in some areas than others. People also do better at some times than at others. **We want to know how you think you have been doing during the past week.** Rate each area (by circling a number) on a scale of 1-10. 1 means that your actions have been completely inconsistent with your value. 10 means that your actions have been completely consistent with your value.

During the past week

<u>Area</u>	not at all consistent with my value					completely consistent with my value				
1. Family (other than marriage or parenting)	1	2	3	4	5	6	7	8	9	10
2. Marriage/couples/intimate relations	1	2	3	4	5	6	7	8	9	10
3. Parenting	1	2	3	4	5	6	7	8	9	10
4. Friends/social life	1	2	3	4	5	6	7	8	9	10
5. Work	1	2	3	4	5	6	7	8	9	10
6. Education/training	1	2	3	4	5	6	7	8	9	10
7. Recreation/fun	1	2	3	4	5	6	7	8	9	10
8. Spirituality	1	2	3	4	5	6	7	8	9	10
9. Citizenship/Community Life	1	2	3	4	5	6	7	8	9	10
10. Physical self care (diet, exercise, sleep)	1	2	3	4	5	6	7	8	9	10

Scales of Psychological Wellbeing

- The Scales of Psychological Wellbeing inventory is 18 items and consist of a series of statements reflecting the six areas of psychological well-being: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Respondents rate statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement.
- Scoring:
- Reverse score items 4,5,6,7,10,14,15, and 16. Then sum:
 - Positive relations with others - PWBPR: 6 + 13 + 16
 - Self-acceptance - PWBSA: 1 + 2 + 5
 - Autonomy - PWBAU: 15 + 17 + 18
 - Personal growth - PWBPG: 11 + 12 + 14
 - Environmental mastery - PWBEM: 4 + 8 + 9
 - Purpose in life - PWBPU: 3 + 7 + 10
- Key Reference
 - Ryff, C.D., & Singer, B. (1998). The contours of positive human health. *Psychological Inquiry*, 9, 1-28.

Scales of Psychological Wellbeing

Please indicate how strongly you agree or disagree with each of the following statements.

- 1 = Strongly disagree
- 2 = Somewhat disagree
- 3 = A little disagree
- 4 = Don't know
- 5 = A little agree
- 6 = Somewhat agree
- 7 = Strongly agree

- | | | |
|-----|--|-------|
| 1. | I like most parts of my personality. | _____ |
| 2. | When I look at the story of my life, I am pleased with how things have turned out so far. | _____ |
| 3. | Some people wander aimlessly through life, but I am not one of them. | _____ |
| 4. | The demands of everyday life often get me down. | _____ |
| 5. | In many ways I feel disappointed about my achievements in life. | _____ |
| 6. | Maintaining close relationships has been difficult and frustrating for me. | _____ |
| 7. | I live life one day at a time and don't really think about the future. | _____ |
| 8. | In general, I feel I am in charge of the situation in which I live. | _____ |
| 9. | I am good at managing the responsibilities of daily life. | _____ |
| 10. | I sometimes feel as if I've done all there is to do in life. | _____ |
| 11. | For me, life has been a continuous process of learning, changing, and growth. | _____ |
| 12. | I think it is important to have new experiences that challenge how I think about myself and the world. | _____ |
| 13. | People would describe me as a giving person, willing to share my time with others. | _____ |
| 14. | I gave up trying to make big improvements or changes in my life a long time ago. | _____ |
| 15. | I tend to be influenced by people with strong opinions. | _____ |
| 16. | I have not experienced many warm and trusting relationships with others. | _____ |
| 17. | I have confidence in my own opinions, even if they are different from the way most other people think. | _____ |
| 18. | I judge myself by what I think is important, not by the values of what others think is important. | _____ |
| | Autonomy | _____ |
| | Environmental mastery | _____ |
| | Personal growth | _____ |
| | Positive relations with others | _____ |
| | Purpose in life | _____ |
| | Self-acceptance | _____ |

Centre for Epidemiological Studies Depression Scale

- The Centre for Epidemiological Studies Depression Scale (CES-DS) (Radloff, 1977) is a short 20 item measure that assesses the frequency and severity of depressive symptomatology over the past week in a general population. The CES-DS measures “current level of depressive symptomatology, with emphasis on the affective component, depressed mood” (Radloff, 1977, p. 285). Participants rate how frequently each of 20 depressive symptoms has been experienced on a 4 point scale, ranging from (0) ‘rarely or none of the time – less than 1 day’, to (1) ‘some or a little of the time – 1 to 2 days’, to (2) ‘occasionally or a moderate amount of the time – 3 to 4 days’, to (3) ‘most or all of the time – 5 to 7 days’.
- The 20 items represent all major components of depressive symptomatology including depressed mood, guilt and worthlessness, helplessness and hopelessness, loss of appetite, sleep disturbance, and psychomotor retardation.
- Four of the 20 items are positively phrased (‘I enjoyed life’, ‘I was happy’, ‘I felt hopeful about the future’, ‘I felt I was just as good as other people’) and are reverse scored (items 4, 8, 12, & 16). Total scores range from 0 (indicating no depressive symptoms) to 60 (indicating more depressive symptomatology).
- In adults, a score of 16 or greater is used to define “likely depression” (Radloff, 1977, p. 394), or “a clinically significant level of depressive symptoms” (Roberts, 1980, p. 130), with a score of 30 or greater reflecting severe depression (Bergin & Garfield, 2003).
- The psychometric properties of the CES-DS have been thoroughly investigated in both clinical and non-clinical samples over the past 30 years. Various authors (e.g., Roberts, 1980; Spielberger et al., 2003) cite the CES-DS as a widely used depression measure (see Ensel, 1986, for an overview of the CES-DS). The average reliability of the CES-DS is reported as .85 (Radloff, 1977).
- In addition, the four positively phrased items in the CES-DS (i.e., items 4, 8, 12, and 16) measure positive affect (Joseph, 2007) and thus comprise a positive affect subscale. As Thorson and Powell commented, “this subcomponent of the CES-DS has been shown to be a valid instrument for measuring positive affect, and it has been taken as interchangeable with the concept of happiness” which “could be treated as additive measures of a single ‘happiness’ scale” (1993, p. 590).
- Key Reference

 - Radloff, L. S. (1977). The CES-D scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1, 385-401.

Centre for Epidemiological Studies Depression Scale

Below is a list of 20 ways you might have felt or behaved. Please indicate how often you have felt this way during the PAST WEEK. During the PAST WEEK:

- 0 = Rarely or none of the time (less than 1 day)
 1 = Some or a little of the time (1-2 days)
 2 = Occasionally or a moderate amount of time (3-4 days)
 3 = Most or all of the time (5-7 days)

- | | |
|--|-------|
| 1. I was bothered by things that usually don't bother me. | _____ |
| 2. I did not feel like eating; my appetite was poor. | _____ |
| 3. I felt that I could not shake off the blues even with help from my family or friends. | _____ |
| 4. I felt I was just as good as other people. | _____ |
| 5. I had trouble keeping my mind on what I was doing. | _____ |
| 6. I felt depressed. | _____ |
| 7. I felt that everything I did was an effort. | _____ |
| 8. I felt hopeful about the future. | _____ |
| 9. I thought my life had been a failure. | _____ |
| 10. I felt fearful. | _____ |
| 11. My sleep was restless. | _____ |
| 12. I was happy. | _____ |
| 13. I talked less than usual. | _____ |
| 14. I felt lonely. | _____ |
| 15. People were unfriendly. | _____ |
| 16. I enjoyed life. | _____ |
| 17. I had crying spells. | _____ |
| 18. I felt sad. | _____ |
| 19. I felt that people dislike me. | _____ |
| 20. I could not get "going." | _____ |

CESD Total _____

CESD – 4IH Total _____

Depression, Anxiety, Stress Scale

- The DASS is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. The DASS was constructed not merely as another set of scales to measure conventionally defined emotional states, but to further the process of defining, understanding, and measuring the ubiquitous and clinically significant emotional states usually described as depression, anxiety and stress. The DASS should thus meet the requirements of both researchers and scientist-professional clinicians.
- Each of the three DASS scales contains 7 items. The Depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia. The Anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The Stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset/agitated, irritable/over-reactive and impatient.
- Subjects are asked to use 4-point severity/frequency scales to rate the extent to which they have experienced each state over the past week. Scores for Depression, Anxiety and Stress are calculated by summing the scores for the relevant items.
- In addition to the 21 version, there is a more comprehensive 42-item questionnaire.
- Characteristics of high scorers on each DASS scale
- Depression scale
 - Self-disparaging, dispirited, gloomy, blue, convinced that life has no meaning or value, pessimistic about the future, unable to experience enjoyment or satisfaction, unable to become interested or involved, slow, lacking in initiative.
- Anxiety scale
 - Apprehensive, panicky, trembly, shaky, aware of dryness of the mouth, breathing difficulties, pounding of the heart, sweatiness of the palms, worried about performance and possible loss of control
- Stress scale
 - Over-aroused, tense, unable to relax, touchy, easily upset, irritable, easily startled, nervy, jumpy, fidgety, intolerant of interruption or delay.
- Key Reference
 - Lovibond, S.H. & Lovibond, P.F. (1995). *Manual for the Depression Anxiety Stress Scales*. (2nd. Ed.) Sydney: Psychology Foundation.
- More Information
 - <http://www2.psy.unsw.edu.au/groups/dass/>

DASS21

Name:

Date:

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you **over the past week**. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all
 1 Applied to me to some degree, or some of the time
 2 Applied to me to a considerable degree or a good part of time
 3 Applied to me very much or most of the time

1 (s)	I found it hard to wind down	0	1	2	3
2 (a)	I was aware of dryness of my mouth	0	1	2	3
3 (d)	I couldn't seem to experience any positive feeling at all	0	1	2	3
4 (a)	I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5 (d)	I found it difficult to work up the initiative to do things	0	1	2	3
6 (s)	I tended to over-react to situations	0	1	2	3
7 (a)	I experienced trembling (e.g. in the hands)	0	1	2	3
8 (s)	I felt that I was using a lot of nervous energy	0	1	2	3
9 (a)	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
10 (d)	I felt that I had nothing to look forward to	0	1	2	3
11 (s)	I found myself getting agitated	0	1	2	3
12 (s)	I found it difficult to relax	0	1	2	3
13 (d)	I felt down-hearted and blue	0	1	2	3
14 (s)	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
15 (a)	I felt I was close to panic	0	1	2	3
16 (d)	I was unable to become enthusiastic about anything	0	1	2	3
17 (d)	I felt I wasn't worth much as a person	0	1	2	3
18 (s)	I felt that I was rather touchy	0	1	2	3
19 (a)	I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)	0	1	2	3
20 (a)	I felt scared without any good reason	0	1	2	3
21 (d)	I felt that life was meaningless	0	1	2	3

DASS-21 Scoring Instructions

The DASS-21 should not be used to replace a face to face clinical interview. If you are experiencing significant emotional difficulties you should contact your GP for a referral to a qualified professional.

Depression, Anxiety and Stress Scale - 21 Items (DASS-21)

The Depression, Anxiety and Stress Scale - 21 Items (DASS-21) is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress.

Each of the three DASS-21 scales contains 7 items, divided into subscales with similar content. The depression scale assesses dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest / involvement, anhedonia and inertia. The anxiety scale assesses autonomic arousal, skeletal muscle effects, situational anxiety, and subjective experience of anxious affect. The stress scale is sensitive to levels of chronic non-specific arousal. It assesses difficulty relaxing, nervous arousal, and being easily upset / agitated, irritable / over-reactive and impatient. Scores for depression, anxiety and stress are calculated by summing the scores for the relevant items.

The DASS-21 is based on a dimensional rather than a categorical conception of psychological disorder. The assumption on which the DASS-21 development was based (and which was confirmed by the research data) is that the differences between the depression, anxiety and the stress experienced by normal subjects and clinical populations are essentially differences of degree. The DASS-21 therefore has no direct implications for the allocation of patients to discrete diagnostic categories postulated in classificatory systems such as the DSM and ICD.

Recommended cut-off scores for conventional severity labels (normal, moderate, severe) are as follows:

NB scores on the DASS-21 will need to be multiplied by 2 to calculate the final score.

	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	28+	20+	34+

Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.) Sydney: Psychology Foundation.

Loneliness Scale

- Measures individuals' perceptions of social isolation.
- Sum items.

- Key Reference
- Hughes, Mary E., Linda J. Waite, Louise C. Hawkey, and John T. Cacioppo. (2004). A Short Scale for Measuring Loneliness in Large Surveys: Results From Two Population-Based Studies. *Research on Aging*, 26, 655-72.

Loneliness Scale

How often do you feel this way?

- 1 = Never
- 2 = Hardly ever
- 3 = Some of the time
- 4 = Often
- 5 = All of the time

1. How often do you feel that you lack companionship? _____
2. How often do you feel left out? _____
3. How often do you feel isolated from others? _____

Total _____

Great Web Resources

- Positive Psychology Centre, University of Pennsylvania.
 - <http://www.ppc.sas.upenn.edu/ppquestionnaires.htm>
 - Has information on 17 positive psychology measures.
 - About 10 are well known.

- Australian Centre on Quality of Life
 - <http://acqol.deakin.edu.au/instruments/instrument.php>
 - Index of a few hundred quality of life and wellbeing related scales. This site gives a brief description of the scale, along with key references to scale development and relevant psychometric research.

- Authentic Happiness web-site
 - <http://www.authentichappiness.sas.upenn.edu>
 - Scales are available for self-completion, and key references and copy right information is given. Scales include those tapping into emotion, engagement, meaning and life satisfaction.

Other Scales to Consider

- The Strengths Spotting Scale (SSS)
- Ways of Savouring Scale (WoSS)
- Savouring Beliefs Scale (SBS)
- Attributional Style Questionnaire (ASQ)
- Approaches to Happiness Scale (A.K.A = Orientations to Happiness Scale)
- Inspiration Scale (IS)
- Mindful Attention Awareness Scale (MAAS)
- Personal Growth Initiative Scale (PGIS)
- Quality of Life Inventory (QOLI)
- Silver Lining Questionnaire (SLQ)
- State-Trait-Cheerfulness Inventory (STCI)
- Transgression-Related Interpersonal Motivations Inventory (TRIM)
- PANAS (Positive and Negative Affect Schedule)
- Generalised Self-Efficacy Scale (GSES)
- Warwick-Edinburgh Mental Well-being Scale (WEMWBS)
- Perceived Stress Scale (PSS)
- Time Orientation
- Positive Affect (PA) and Negative Affect (NA) Scales (Bradburn, 1969)
- Mood Index (Batson, 1988)
- Self-Actualization Index (SAI)