

## 1. Information Sheet



International

Researchers have devoted decades to understanding what leads some people to be healthier than others. However, most people have only studied disease and disorder and failed to also address strengths and wellbeing. In this study, we want to look at what is going wrong and what is going right in different people from around the world. We want to capture the entire picture of what it means to be healthy and most importantly, track people to understand how they change over time. This is the first study of its kind to look in depth at people's wellbeing from around the world. If you choose to participate, you'll be helping us to answer some of the most tantalising questions that our society faces today!

- To participate, you will need to be 16 years of age or older and fill out this same survey in every third month for a year: Five times in total.
- The survey takes around 25 to 30 minutes to complete (making your total commitment about 2 hours or so over the year), and is only open to those who commit to undertake all five identical surveys.
- After you have completed the five assessments, you will receive an e-mail summary report of your scores. This report will further explain the questions we asked, provide more detail about the study, and also show you how your answers compare to those of others who answered the survey.
- All survey respondents who complete the five assessments will go into the draw to win one of ten US\$100 amazon.com vouchers at the end of the study! There will also be a draw for one US\$100 amazon.com voucher at each assessment point. The draws will be made under supervision of a constable from Wellington central police station, New Zealand, and posted on the wellbeingstudy.com website.
- All survey respondents will be offered an option to opt-in to one of three different free internet based wellbeing orientated courses after they have completed the first three assessments.
- The study is voluntary, and you are free to withdraw at any stage. The results of this research will be published - but only in a form that ensures you cannot be identified, assuring strict confidentiality (you do not need to provide your name). This study has been approved by the TOPNZ Human Research Ethics Committee, and by hitting the 'next' button below, you consent to participate.

This research project is lead by Aaron Jarden, who is a lecturer in psychology and president of the New Zealand Association of Positive Psychology. For further information, you can contact Aaron or one of the other main researchers:

Aaron Jarden - aaron.jarden@openpolytechnic.ac.nz

Dr. Alexander MacKenzie - alexander.mackenzie@canterbury.ac.nz

Dr. Todd Kashdan - tkashdan@gmu.edu

Associate Professor Paul Jose - paul.jose@vuw.ac.nz

Professor Ormond Simpson – o.p.simpson@open.ac.uk

Dr. Kennedy Mclachlan - kennedy.mclachlan@openpolytechnic.ac.nz

(these contacts are provided again at the end of the study questions, and also on the wellbeingstudy.com website)

## 2. Email and Study Code

In order to investigate changes in your responses over time, it is ESSENTIAL that you supply the same e-mail address in all five of your subsequent assessments (or note that you have changed your e-mail). This is so that we are able to link your data over time - over the 12 month duration of your participation. We will only use the e-mail address you enter here to remind you when the next assessments are available.

**Please provide your e-mail in this text box:**

This next question is optional. A large number of people change their e-mail address over the course of a year (leave a job, create a new e-mail to avoid spam, etc). Please provide a second e-mail address if you have one.

**Optional: Please provide a second e-mail in this text box:**

Please provide either a 'Study Code' if you have been asked to do so, or indicate how you heard about this study. For example, a study code may be the name of your organisation, company, or team, or you may have heard about this study through an advertisement such as a specific e-mail newsletter or website posting.

**Please indicate how you heard about this study (or provide a 'Study Code' if you have one).**

**How many times have you completed this study to date?**

0 - My first time    1 - Once before    2 - Twice before    3 - Three times before    4 - Four times before    Not sure

How many times?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Four further notes before you begin:

- 1) Please be as honest and as accurate as possible in your answers.
- 2) Some of the questions and response scales may seem very similar; however they are unique.
- 3) All of the questions require an answer in order to proceed (you will be notified in red text if you accidentally miss a question).
- 4) Each page of questions in this survey ranges from 4 questions to 20 – most have around 10 questions.

# Wellbeing Study - June 2010 English

3.

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

	Strongly disagree	Somewhat disagree	A little disagree	Don't know	A little agree	Somewhat agree	Strongly agree
I like most parts of my personality.	jn	jn	jn	jn	jn	jn	jn
When I look at the story of my life, I am pleased with how things have turned out so far.	jn	jn	jn	jn	jn	jn	jn
Some people wander aimlessly through life, but I am not one of them.	jn	jn	jn	jn	jn	jn	jn
The demands of everyday life often get me down.	jn	jn	jn	jn	jn	jn	jn
In many ways I feel disappointed about my achievements in life.	jn	jn	jn	jn	jn	jn	jn
Maintaining close relationships has been difficult and frustrating for me.	jn	jn	jn	jn	jn	jn	jn
I live life one day at a time and don't really think about the future.	jn	jn	jn	jn	jn	jn	jn
In general, I feel I am in charge of the situation in which I live.	jn	jn	jn	jn	jn	jn	jn
I am good at managing the responsibilities of daily life.	jn	jn	jn	jn	jn	jn	jn
I sometimes feel as if I've done all there is to do in life.	jn	jn	jn	jn	jn	jn	jn
For me, life has been a continuous process of learning, changing, and growth.	jn	jn	jn	jn	jn	jn	jn
I think it is important to have new experiences that challenge how I think about myself and the world.	jn	jn	jn	jn	jn	jn	jn
People would describe me as a giving person, willing to share my time with others.	jn	jn	jn	jn	jn	jn	jn
I gave up trying to make big improvements or changes in my life a long time ago.	jn	jn	jn	jn	jn	jn	jn
I tend to be influenced by people with strong opinions.	jn	jn	jn	jn	jn	jn	jn
I have not experienced many warm and trusting relationships with others.	jn	jn	jn	jn	jn	jn	jn
I have confidence in my own opinions, even if they are different from the way most other people think.	jn	jn	jn	jn	jn	jn	jn
I judge myself by what I think is important, not by the values of what others think is important.	jn	jn	jn	jn	jn	jn	jn

# Wellbeing Study - June 2010 English

## 4.

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

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
If I had my past to live over, I would change nothing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my life in the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life in the past was ideal for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my life in the past were excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had the important things I wanted in my past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would change nothing about my current life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with my current life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My current life is ideal for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The current conditions of my life are excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the important things I want right now.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There will be nothing that I will want to change about my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will be satisfied with my life in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I expect my future life will be ideal for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The conditions of my future life will be excellent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I will have the important things I want in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Wellbeing Study - June 2010 English

## 5.

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

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
I know my strengths well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people see the strengths that I have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know the things I am good at doing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have to think hard about what my strengths are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know when I am at my best.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always try to use my strengths.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I achieve what I want by using my strengths.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using my strengths comes naturally to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it easy to use my strengths in the things I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to use my strengths in lots of different ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How much of your time do you spend using your strengths?**

	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
How much of your time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Wellbeing Study - June 2010 English

## 6.

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

### Q1

	1 - Not a very happy person	2	3	4	5	6	7 - A very happy person
In general, I consider myself:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Q2

	1 - Less happy	2	3	4	5	6	7 - More happy
Compared to most of my peers, I consider myself:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Q3 - To what extent does this characterization describe you?

	1 - Not at all	2	3	4	5	6	7 - A great deal
Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Q4 - To what extent does this characterization describe you?

	1 - A great deal	2	3	4	5	6	7 - Not at all
Some people are generally NOT very happy. Although they are not depressed, they never seem as happy as they might be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Wellbeing Study - June 2010 English

7.

**Below are statements that many people would find desirable, but we want you to answer only in terms of whether the statement describes HOW YOU ACTUALLY LIVE YOUR LIFE.**

	Not like me at all	A little like me	Somewhat like me	Mostly like me	Very much like me
Regardless of what I am doing, time passes very quickly.	jn	jn	jn	jn	jn
My life serves a higher purpose.	jn	jn	jn	jn	jn
Life is too short to postpone the pleasures it can provide.	jn	jn	jn	jn	jn
I seek out situations that challenge my skills and abilities.	jn	jn	jn	jn	jn
In choosing what to do, I always take into account whether it will benefit other people.	jn	jn	jn	jn	jn
Whether at work or play, I am usually "in a zone" and not conscious of myself.	jn	jn	jn	jn	jn
I am always very absorbed in what I do.	jn	jn	jn	jn	jn
I go out of my way to feel euphoric.	jn	jn	jn	jn	jn
In choosing what to do, I always take into account whether I can lose myself in it.	jn	jn	jn	jn	jn
I am rarely distracted by what is going on around me.	jn	jn	jn	jn	jn
I have a responsibility to make the world a better place.	jn	jn	jn	jn	jn
My life has a lasting meaning.	jn	jn	jn	jn	jn
In choosing what to do, I always take into account whether it will be pleasurable.	jn	jn	jn	jn	jn
What I do matters to society.	jn	jn	jn	jn	jn
I agree with this statement: "Life is short-eat dessert first."	jn	jn	jn	jn	jn
I love to do things that excite my senses.	jn	jn	jn	jn	jn
I have spent a lot of time thinking about what life means and how I fit into its big picture.	jn	jn	jn	jn	jn
For me, the good life is the pleasurable life.	jn	jn	jn	jn	jn

8.

**Using the scale shown, please tick the button that best describes YOU.**

	Definitely false	Mostly false	Somewhat false	Slightly false	Slightly true	Somewhat true	Mostly true	Definitely true
I can think of many ways to get out of a jam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I energetically pursue my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel tired most of the time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are lots of ways around any problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am easily downed in an argument.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can think of many ways to get the things in life that are important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about my health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even when others get discouraged, I know I can find a way to solve the problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My past experiences have prepared me well for my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been pretty successful in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually find myself worrying about something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I meet the goals that I set for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



9.

**In general, how happy or unhappy do you usually feel? Which ONE statement best describes your average happiness?**

- Extremely happy (feeling ecstatic, joyous, fantastic)
- Very happy (feeling really good, elated)
- Pretty happy (spirits high, feeling good)
- Mildly happy (feeling fairly good & somewhat cheerful)
- Slightly happy (just a bit above normal)
- Neutral (not particularly happy or unhappy)
- Slightly unhappy (just a bit below neutral)
- Mildly unhappy (just a little low)
- Pretty unhappy (somewhat "blue", spirits down)
- Very unhappy (depressed, spirits very low)
- Extremely unhappy (utterly depressed, completely down)

**Consider your emotions a moment further. On the average, what percent of the time do you feel happy, unhappy, and neutral (neither happy nor unhappy)?**

**Select your best estimates below, and make sure that the three numbers add up to 100%.**

	The percent of time I feel happy	The percent of time I feel unhappy	The percent of time I feel neutral
On average:	<input type="text" value="6"/>	<input type="text" value="6"/>	<input type="text" value="6"/>

## 10.

Read each of these statements and select the response that best describes how much you agree or disagree with it.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
I have so much in life to be thankful for.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I had to list everything that I felt grateful for, it would be a very long list.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I look at the world, I don't see much to be grateful for.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am grateful to a wide variety of people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Long amounts of time can go by before I feel grateful to something or someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11.

**Rate these statements 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.**

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
I actively seek as much information as I can in new situations.	jñ	jñ	jñ	jñ	jñ
I am the type of person who really enjoys the uncertainty of everyday life.	jñ	jñ	jñ	jñ	jñ
I am at my best when doing something that is complex or challenging.	jñ	jñ	jñ	jñ	jñ
Everywhere I go, I am out looking for new things or experiences.	jñ	jñ	jñ	jñ	jñ
I view challenging situations as an opportunity to grow and learn.	jñ	jñ	jñ	jñ	jñ
I like to do things that are a little frightening.	jñ	jñ	jñ	jñ	jñ
I am always looking for experiences that challenge how I think about myself and the world.	jñ	jñ	jñ	jñ	jñ
I prefer jobs that are excitingly unpredictable.	jñ	jñ	jñ	jñ	jñ
I frequently seek out opportunities to challenge myself and grow as a person.	jñ	jñ	jñ	jñ	jñ
I am the kind of person who embraces unfamiliar people, events, and places.	jñ	jñ	jñ	jñ	jñ

## 12.

Read each statement and then indicate how much the statement is like you.

	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I aim to be the best in the world at what I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have overcome setbacks to conquer an important challenge.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
New ideas and new projects sometimes distract me from previous ones.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am ambitious.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My interests change from year to year.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Setbacks don't discourage me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been obsessed with a certain idea or project for a short time but later lost interest.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a hard worker.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often set a goal but later choose to pursue a different one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have difficulty maintaining my focus on projects that take more than a few months to complete.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I finish whatever I begin.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Achieving something of lasting importance is the highest goal in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think achievement is overrated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have achieved a goal that took years of work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am driven to succeed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I become interested in new pursuits every few months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am diligent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13.

Please take a moment to think about what makes your life and existence feel important and significant to you.

	Absolutely untrue	Mostly untrue	Somewhat untrue	Can't say true or false	Somewhat true	Mostly true	Absolutely true
I understand my life's meaning.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I am looking for something that makes my life feel meaningful.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I am always looking to find my life's purpose.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
My life has a clear sense of purpose.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I have a good sense of what makes my life meaningful.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I have discovered a satisfying life purpose.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I am always searching for something that makes my life feel significant.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I am seeking a purpose or mission for my life.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
My life has no clear purpose.	jñ	jñ	jñ	jñ	jñ	jñ	jñ
I am searching for meaning in my life.	jñ	jñ	jñ	jñ	jñ	jñ	jñ

14.

Below is a list of positive life events that can happen to anyone. If this event did NOT happen to you, please mark "Did not happen". If one of these things DID happen to you IN THE LAST THREE MONTHS, please indicate how much you considered that event to be a positive experience by choosing a response from "None" to "A lot".

If this event happened, how much of a positive experience was it for you? (None, A little, Some, A lot)

	Did not happen	None	A little	Some	A lot
You had an experience that was very fun and exciting.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You got emotionally closer to someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your living conditions improved.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You had more money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your health or fitness improved.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did a different positive life event not listed above happen to you in the PAST THREE MONTHS? If so, please describe in the text boxes below and rate up to two separate positive events.

**Positive Life Event - One.**

Please indicate how much you considered Positive Life Event - One to be a positive experience for you by choosing a response from "None" to "A lot".

	None	A little	Some	A lot
How much of a positive experience was this event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Positive Life Event - Two.**

Please indicate how much you considered Positive Life Event - Two to be a positive experience for you by choosing a response from "None" to "A lot".

	None	A little	Some	A lot
How much of a positive experience was this event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15.

**Please think about positive events you have experienced in the past three months, and how you responded to those events, and answer the following.**

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
I thought about sharing the memory of this later with other people.	jn	jn	jn	jn	jn	jn	jn
I tried to take in every sensory property of the event (sights, sounds, smells etc.).	jn	jn	jn	jn	jn	jn	jn
I reminded myself how transient this moment was – thought about it ending.	jn	jn	jn	jn	jn	jn	jn
I jumped up & down, ran around, or showed other physical expressions of energy.	jn	jn	jn	jn	jn	jn	jn
I thought back to events that led up to it – to a time when I didn't have it and wanted it.	jn	jn	jn	jn	jn	jn	jn
I thought only about the present – got absorbed in the moment.	jn	jn	jn	jn	jn	jn	jn
I reminded myself how lucky I was to have this good thing happen to me.	jn	jn	jn	jn	jn	jn	jn
I told myself why I didn't deserve this good thing.	jn	jn	jn	jn	jn	jn	jn
I looked for other people to share it with.	jn	jn	jn	jn	jn	jn	jn
I thought about how I'd think to myself about this event later.	jn	jn	jn	jn	jn	jn	jn
I laughed or giggled.	jn	jn	jn	jn	jn	jn	jn
I opened my eyes wide & took a deep breath – tried to be more alert.	jn	jn	jn	jn	jn	jn	jn
I closed my eyes, relaxed, took in the moment.	jn	jn	jn	jn	jn	jn	jn
I thought about what a lucky person I am that so many good things have happened to me.	jn	jn	jn	jn	jn	jn	jn
I thought about ways in which it could have been better.	jn	jn	jn	jn	jn	jn	jn
I told myself how proud I was.	jn	jn	jn	jn	jn	jn	jn
I reminded myself that it would be over before I knew it.	jn	jn	jn	jn	jn	jn	jn
I focused on the future – on a time when this good event would be over.	jn	jn	jn	jn	jn	jn	jn
I tried to slow down & move more slowly (in an effort to stop/slow time).	jn	jn	jn	jn	jn	jn	jn
I told myself how impressed others must be.	jn	jn	jn	jn	jn	jn	jn

16.

Please answer the following five questions.

**Q1**

	Not at all	A little bit	Some	A lot	A great deal
When good things have happened in your life, how much do you feel you have typically been able to appreciate or enjoy them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q2**

	Not at all	A little bit	Some	A lot	A great deal
Compared to most other people you know, how much pleasure have you typically gotten from good things that have happened to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q3**

	Not for very long - 1	2	3	4	5	6	For a very long time - 7
When something good happens to you, compared to most other people you know, how long does it usually affect the way you feel?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q4**

	Never	Hardly ever	Sometimes	Often	Most of the time	All of the time
When good things have happened to you, have there ever been times when you felt like everything was really going your way; that is, when you felt on top of the world, or felt a great deal of joy in life, or found it hard to contain your positive feelings? How often would you say you felt like that?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q5**

	Never	Hardly ever	Sometimes	Often	Most of the time	All of the time
How often would you say that you feel like jumping or shouting for joy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



17.

Please answer the following four questions.

**Q1**

	None at all	A little bit	Some	A lot	A great deal
In general, how much control do you feel that you personally have over whether or not good things happen to you?	jā	jā	jā	jā	jā

**Q2**

	I have typically NOT been responsible - 1	2	3	4	5	6	I have typically been responsible - 7
With respect to good things that have occurred in your life, to what extent do you think that you have typically been responsible for their occurrence?	jā	jā	jā	jā	jā	jā	jā

**Q3**

	Hardly ever	Not much	Some	A lot
Over their lives, most people have something good happen to them or to someone they love. Compared to other people you know, have things like this happened to you a lot, some, not much, or hardly ever?	jā	jā	jā	jā

**Q4**

	Very unlikely - 1	2	3	4	5	6	Very likely - 7
In general, how likely or unlikely do you think it is that good things will happen to you?	jā	jā	jā	jā	jā	jā	jā

18.

Below is a list of negative life events that can happen to anyone. If this event did NOT happen to you, please mark "Did not happen". If one of these things DID happen to you IN THE LAST THREE MONTHS, please indicate how much you considered that event to be a problem by choosing a response from "None" to "A lot".

If this event happened, how much of a problem was it for you? (None, A little, Some, A lot)

	Did not happen	None	A little	Some	A lot
You had a serious disagreement with another person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You were injured or ill.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You experienced a significant financial loss or lost your job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Someone you care about experienced a significant problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You didn't achieve something or obtain something that you wanted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did a different negative life event not listed above happen to you in the PAST THREE MONTHS? If so, please describe in the text boxes below and rate up to two separate negative events.

### Negative Life Event - One.

Please indicate how much you considered Negative Life Event - One to be a problem for you by choosing a response from "None" to "A lot".

	None	A little	Some	A lot
How much of a problem was this event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Negative Life Event - Two.

Please indicate how much you considered Negative Life Event - Two to be a problem for you by choosing a response from "None" to "A lot".

	None	A little	Some	A lot
How much of a problem was this event?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19.

**We are interested in how you responded to negative events, as well as any other problems or stressors you have experienced in the last three months.**

**Would you say you...?**

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
Thought "Why can't I get going?".	jn	jn	jn	jn	jn	jn	jn
Thought "Why do I always react this way?".	jn	jn	jn	jn	jn	jn	jn
Thought "I won't be able to concentrate if I keep feeling this way".	jn	jn	jn	jn	jn	jn	jn
Thought "Why can't I handle things better?".	jn	jn	jn	jn	jn	jn	jn
Thought about all your shortcomings, failings, faults, mistakes.	jn	jn	jn	jn	jn	jn	jn
Thought about how angry you were with yourself.	jn	jn	jn	jn	jn	jn	jn

20.

**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:**

	Rarely or none of the time (less than 1 day )	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me.	jn	jn	jn	jn
2. I did not feel like eating; my appetite was poor.	jn	jn	jn	jn
3. I felt that I could not shake off the blues even with help from my family or friends.	jn	jn	jn	jn
4. I felt I was just as good as other people.	jn	jn	jn	jn
5. I had trouble keeping my mind on what I was doing.	jn	jn	jn	jn
6. I felt depressed.	jn	jn	jn	jn
7. I felt that everything I did was an effort.	jn	jn	jn	jn
8. I felt hopeful about the future.	jn	jn	jn	jn
9. I thought my life had been a failure.	jn	jn	jn	jn
10. I felt fearful.	jn	jn	jn	jn
11. My sleep was restless.	jn	jn	jn	jn
12. I was happy.	jn	jn	jn	jn
13. I talked less than usual.	jn	jn	jn	jn
14. I felt lonely.	jn	jn	jn	jn
15. People were unfriendly.	jn	jn	jn	jn
16. I enjoyed life.	jn	jn	jn	jn
17. I had crying spells.	jn	jn	jn	jn
18. I felt sad.	jn	jn	jn	jn
19. I felt that people dislike me.	jn	jn	jn	jn
20. I could not get "going."	jn	jn	jn	jn

21.

## How often do you feel this way?

	Never	Hardly ever	Some of the time	Often	All of the time
How often do you feel that you lack companionship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel left out?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you feel isolated from others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How often do you think about the purpose of your life?

	Never	Rarely	Sometimes	Often	Most of the time
I think about the purpose of life:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How often do you feel this way?

	Never	Hardly ever	Sometimes	Often	Most of the time	All of the time
How often do you feel on top form and fully engaged in what you are doing? (e.g., fully immersed, 'in flow', 'in the zone')	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How much do you agree with the following statement?

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
Overall, I am satisfied with the way I use my time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## How frequently or infrequently do you currently have each of these experiences?

	Almost never	Very infrequently	Somewhat infrequently	Somewhat frequently	Very frequently	Almost always
I find myself doing things without paying attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself preoccupied with the future or the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## The next two questions ask about your views on a life full of happiness.

	Not at all				Extremely						
How IMPORTANT is it for you to live a life full of happiness?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How CONFIDENT are you that you will be able to live a life full of happiness?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Please indicate your agreement with each statement.

	Strongly disagree	Disagree	Mostly disagree	Mostly agree	Agree	Strongly agree
Your happiness is something about you that you CANNOT change very much.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your intelligence is something about you that you CAN change through effort and persistence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Wellbeing Study - June 2010 English

On a scale from 0 to 10, where 0 indicates that you are NOT living your life in alignment with your values at all, and 10 indicates that you ARE living your life in alignment with your values, please rate how much you are currently living your life in alignment with your values (what is most important to you).

You are NOT living your life in alignment with your values at all - 0	1	2	3	4	5	6	7	8	9	You ARE living your life in alignment with your values - 10
---	---	---	---	---	---	---	---	---	---	--

How much are you living your life in alignment with your values (what is most important to you)?

0  1  2  3  4  5  6  7  8  9  10

## 22. Demographic Information

The next questions ask about your background in order for us to determine how representative our sample is. Again, your individual information will be kept strictly confidential.

**What is your gender?**

Male  Female

**Date of Birth?**

	Day	Month	Year
Date of Birth?	<input type="text" value="6"/>	<input type="text" value="6"/>	<input type="text" value="6"/>

**Country you currently live in?**

**City/Town you currently live in?**

**What is your ethnicity?**

**Occupation?**

Please be as specific as possible – e.g., “nurse, intensive care”, “nurse, emergency department”, or “teacher, high school”, “teacher, primary school” etc.

**On average, how many hours of paid work PER WEEK have you done over the last three months?**

	Hours per week
Average hours of paid work a week?	<input type="text" value="6"/>

**How would you describe your relationship status?**

	Single	Married	In a long term relationship (1year+)	Divorced	Separated	Widowed	Other
Relationship status?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

## 23. Thank You

**Is there is anything else you would like to tell us? Please type it here:**

When you select "done" below your answers will be submitted. Again, your input will be treated as strictly confidential, and you will not be able to be identified in any way.

It would also help tremendously if you could send a message about this study to your partner/friends/family/colleagues and e-mail lists as well!

Again, thank you, your help is greatly appreciated and will contribute to a better understanding of people's wellbeing.

This next question is optional. The research team will only use your cell phone number to txt you if there is a problem with your e-mail address.

**This question is optional.**

**Contact Phone Number:**

Mobile:

This research project is lead by Aaron Jarden, who is a lecturer in psychology and president of the New Zealand Association of Positive Psychology. For further information, you can contact Aaron or one of the other main researchers:

Aaron Jarden - aaron.jarden@openpolytechnic.ac.nz  
Dr. Alexander MacKenzie - alexander.mackenzie@canterbury.ac.nz  
Dr. Todd Kashdan - tkashdan@gmu.edu  
Associate Professor Paul Jose - paul.jose@vuw.ac.nz  
Professor Ormond Simpson – o.p.simpson@open.ac.uk  
Dr. Kennedy Mclachlan - kennedy.mclachlan@openpolytechnic.ac.nz

