

# International Wellbeing Study

[www.wellbeingstudy.com](http://www.wellbeingstudy.com)

This document is intended for viewing by individuals interested in collaborating in The International Wellbeing Study, and contains five sections (each highlighted in red):

1. Basic information about The International Wellbeing Study.
2. Advice and direction on promoting The International Wellbeing Study.
3. Agreement concerning ownership of intellectual property, data access, sharing, and authorship.
4. Study codes.
5. Brief reviews of the measures.

More info is on The International Wellbeing Study website, however if any aspect of this document is unclear, please e-mail the primary investigator: [aaron.jarden@openpolytechnic.ac.nz](mailto:aaron.jarden@openpolytechnic.ac.nz)

## Basic information about The International Wellbeing Study.

### International Wellbeing Study – Key Points

- Participants (16+years & have access the internet in order to complete the surveys) will complete a 12 month longitudinal online assessment study, consisting of five consecutive assessment points.
- The start date is 1<sup>st</sup> March 2009 (intake one) and we will run this project for three years, with assessments every three months (March 2009, June 2009, September 2009, December 2009, March 2010, June 2010, September 2010, December 2010, March 2011, June 2011, September 2011, December 2011, & March 2012 will be the last intake into the study). Twelve identical assessments will be offered in order to maximise the size of the sample, i.e. this will allow for rolling enrolment where we can recruit new participants until the last intake March 2012. Although we will offer twelve assessments, we will insist that all participants participate in five consecutive assessments (see timeline below).
- The assessment battery takes approximately 25 to 30 minutes to complete.
- The assessment battery is to be completed in the assigned assessment month, for twelve months (i.e., 5 assessments in total).
- This study is an international collaboration. We are seeking to obtain collaborators from countries around the world, and we hope to obtain a diverse sample with regard to country of origin and language.
- The sole requirement for collaboration is to advertise and promote the study. You may wish to recruit a general sample from your country or you may wish to recruit a sample that is specific in some particular demographic fashion (i.e., asthma outpatients).
- Data from the first assessment point for each participant will be collated over time (i.e., intake cohort one & intake cohort two's data will be combined, & then intake cohort three will be added etc) and made freely available to other colleagues and researchers outside of the study to analyse and write up – see notes in IP agreement below. This is to further promote The International Wellbeing Study, to further promote positive psychology, and to best utilise the obtained data.
- Collaborators who promote the study in their country/region and recruit participants who complete five assessments benefit by: a) access to all of their own data after the completion of the study (core authors to be included in all publications – see IP agreement below), b) access to the complete data set after the core authors have had the first opportunity to examine the data, and c) the possibility of collaborating with one of the core researchers for an opt-in intervention project (web-based course) aligned with this study, or a further opt-in more detailed assessment study aligned with this study at its completion.

### Methodology

#### *Procedure*

- Prior to a given assessment month, participants can enter their e-mail address on the study website ([www.wellbeingstudy.com](http://www.wellbeingstudy.com)). The study has been, and will be, advertised through various newsletters, e-mail lists, website postings, texting companies, display posters, etc. (further details on promotion below). Potential participants will find it easy to go to this sign-up site and enter their e-mail address.
- We will alert participants that the portal is open and ready to receive data by sending an e-mail on the 1<sup>st</sup> of the assessment month. If participants fail to complete the battery in the first three weeks, they are then contacted by a 2<sup>nd</sup> e-mail (& to their 2<sup>nd</sup> e-mail address). If measures are not completed within the assessment month, the participant is dropped from the study.

### ***Assessment Measures***

	<u>N/items</u>
1. Info	
2. Study Code	
3. Scales of Psychological Wellbeing	18
4. Temporal Satisfaction with Life Scale	15
5. Strengths Use and Current Knowledge Scale	10
6. Subjective Happiness Scale	4
7. Orientations to Happiness	18
8. Adult Hope Scale	12
9. Happiness Measures	4
10. Gratitude Survey	6
11. Curiosity and Exploration Inventory – II	10
12. Grit scale	17
13. Meaning in Life Questionnaire	10
14. Positive Life Events	5
15. Ways of Savouring Scale	20
16. Savouring Beliefs Scale	5
17. Control Beliefs Scale	4
18. Negative Life Events	5
19. Rumination	6
20. Centre for Epidemiological Studies Depression Scale	20
21. Other Questions	12
22. Demographic Questions	7
23. Thank you	
Total =	208

Further brief reviews of these measures are below.

### ***Samples/Participants***

This study can be tailored to education, health or business sectors. Examples of possible populations include (linked to study codes – see Study Codes below): Education (student sample, adolescents, teachers), Health (a specific health sample such as cancer/chronic disease, overweight, elderly, spinal patients), Business (business sample, lawyers, dentists, government departments), or Other (prison sample, victims, lotto winners, travellers). Many of these specific samples will be targeted in the subsequent cohorts. This study is also available in a range of languages, with more due to be added.

### **Participant incentives**

- Individual reports on their assessment results at the end of the year (via an automated process) – compared to whole sample, and to an average person their age/sex,
- Draws for 15 US\$100 Amazon.com vouchers.
- The opportunity to opt-in to one of three brief internet based wellbeing courses after their third assessment (savouring, curiosity, general positive psychology).

## Project timeline

		Cohort												
		1	2	3	4	5	6	7	8	9	10	11	12	13
Mar 2009	<u>ASS1</u>	X												
June 2009	<u>ASS2</u>	X	X											
Sep 2009	<u>ASS3</u> (opt-in course)	X	X	X										
Dec 2009	<u>ASS4</u>	X	X	X	X									
Mar 2010	<u>ASS5</u>	X	X	X	X	X								
June 2010	<u>ASS6</u>		X	X	X	X	X							
Sep 2010	<u>ASS7</u>			X	X	X	X	X						
Dec 2010	<u>ASS8</u>				X	X	X	X	X					
Mar 2011	<u>ASS9</u>					X	X	X	X	X				
June 2011	<u>ASS10</u>						X	X	X	X	X			
Sep 2011	<u>ASS11</u>							X	X	X	X	X		
Dec 2011	<u>ASS12</u>								X	X	X	X	X	
Mar 2012	<u>ASS13</u> (last intake)									X	X	X	X	X
June 2012	<u>ASS14</u>										X	X	X	X
Sep 2012	<u>ASS15</u>											X	X	X
Dec 2012	<u>ASS16</u>												X	X
Mar 2013	<u>ASS17</u>													X

## Ethical considerations

- Controlling feedback of reports – we will have a protocol in place should a participant receive a report with low overall wellbeing, or show a decline in wellbeing.
- Awaiting approval for further web-based intervention courses.

## Possible additional interventions

Opt-in interventions are possible and voluntary from the third assessment point – 1<sup>st</sup> Sep – after three baseline assessment points. These will be scalable and take advantage of technology – i.e., coached via email, website interventions, online videos, and are replications of existing interventions in new populations, and testing of new PP interventions. The interventions are brief seven week courses, ranging in depth and breath, and will include:

- Savouring techniques.
- Increasing curiosity
- A program of common PP interventions (i.e., gratitude, hope, optimism, flow, strengths, etc) – for various specific populations.

## **Advice and direction on promoting The International Wellbeing Study**

1. Participation in The International Wellbeing Study is open to any individual who is 16 years or older, and is able to read and understand English (or one of the additional languages).
2. You should aim to advertise the study to a general, or general and specific population.
  - a. For a general population, you should send a copy of the e-mail template written below (or vary it to your needs/preferences) to your partner, friends, family and work colleagues

etc. You should also send this to organisations with e-mail lists and e-newsletters (such as government departments, university departments, businesses, charitable organisations, etc), politely asking for their assistance. This has worked well in the past as most don't mind cropping the message for their space requirements and tacking it on to the bottom of their newsletters (most organisations like to be perceived as promoting wellbeing...).

- b. For a specific population, you *first* need to consider (& get advice if needed) if there are any particular ethical issues involved in researching wellbeing in this particular population. As an obvious example, researching the wellbeing of suicidal patients would need further ethical and research approval. *Second*, you need to clearly define your population. This is so you can conclusively draw conclusions about your populations' wellbeing. It is also so that others can use the same population criteria, which aids collaboration (i.e., comparisons between countries) and increases sample size. For example, one specific population may be people with spinal injuries, which are reasonably clearly defined (including date and level of injury). Another population may be individuals undergoing executive coaching. In this case, you would ask participants to input a study code such as "executive coaching". Note also that the survey has a question about occupation ("occupation?"), so a specific population such as "lawyers" will be included without the need of a specific code (however you can still use one).

3. Additional promotional ideas include:

- a. You could ask various organisations to advertise the study on relevant websites during a particular intake period (e.g., June 2009).
- b. Ask that *your* team or club (or other teams or clubs) complete the study.
- c. E-mail your local radio station or TV station asking for free promotion.
- d. Put a notice on a local community board (the last intake is March 2010) – see advertising poster below.
- e. For specific populations, turning up and talking to people works better than talking to them on the phone, and talking on the phone works better than e-mailing people.
- f. We will be keeping a close eye on what is working and will refine our promotion plan for further intake/cohorts (evolving and adapting).
- g. People are more likely to participate if you ask them by their first name.

### **General population email template**

Hello friends/family/colleagues, I am involved / I am collaborating in an online study investigating peoples' wellbeing called - The International Wellbeing Study. Basically, it investigates people's wellbeing over the course of one year.

It would be great if I could get as many people as possible to participate in this! It's completely anonymous, easy to do, you don't have to give any of your personal details, and takes about 25 to 30 minutes for each assessment point. The only participation requirements are that you are at least 16 years old and that you agree to fill out these questions every three months for a year; five times in total.

To participate and/or to find out more about the study, type (or cut & paste) the following address into your web browser:  
<http://www.wellbeingstudy.com>

If you participate, you will receive an e-mail summary report of your scores, and also go into the draw to win one of fifteen \$100 Amazon.com vouchers. You will also be given the opportunity to opt-in to one of three free wellbeing orientated internet courses after you have completed the first three assessments.

Many thanks for your help!

Your Name.

*p.s.*, It would help tremendously if you could send this message about our study to your friends/family/colleagues and e-mail lists as well.

### **Specific population email template**

Hello club/organisation/business, I am involved / I am collaborating in an online study investigating peoples' wellbeing called - The international Wellbeing Study. Basically it investigates people's wellbeing over the course of one year. I am aiming to / I would like to specifically investigate the wellbeing of [GROUP], and how their wellbeing changes over a year as not much is known about this.

It would be great if I could get as many people as possible to participate in this! It's completely anonymous, easy to do, you don't have to give any of your personal details, and takes about 25 to 30 minutes for each assessment point. The only participation requirements are that you are at least 16 years old and that you agree to fill out these questions every three months for a year; five times in total.

To participate and/or to find out more about the study, type (or cut & paste) the following address into your web browser: <http://www.wellbeingstudy.com>

The "study code" for this specific population to input into this survey is "XXX" which individuals will type in at the beginning of the survey when they begin.

If a person participates, he or she will receive an e-mail summary report of their scores, and also go into the draw to win one of fifteen \$100 Amazon.com vouchers. They will also be given the opportunity to opt-in to one of three free wellbeing orientated internet courses after they have completed the first three assessments.

Many thanks for your help!

Your Name.

## **Advertising poster**

If you wish to print out and put up an advertising poster, please e-mail [aaron.jarden@openpolytechnic.ac.nz](mailto:aaron.jarden@openpolytechnic.ac.nz) and I'll e-mail a copy of the file.



PowerPoint slides and printable pamphlets are also available.

## **Agreement concerning ownership of intellectual property, data access, sharing, and authorship.**

1. In order to consent to this agreement, you must send an e-mail to [aaron.jarden@openpolytechnic.ac.nz](mailto:aaron.jarden@openpolytechnic.ac.nz) with the following text copied:

"I, **YOUR NAME**, as a collaborator agree to the terms, conditions, and responsibilities of The International Wellbeing Study, as outlined in the document titled 'Wellbeing Study Collaboration Info.doc', which I confirm I have read, understood and discussed (if appropriate)".

2. The "core researchers" (CR) for The International Wellbeing Study are:
  - New Zealand
    - Aaron Jarden (The Open Polytechnic of New Zealand) – Primary Investigator.

- Dr. Kennedy McLachlan (The Open Polytechnic of New Zealand),
- Professor Paul Jose (Victoria University of Wellington, NZ),
- Dr. Alex Mackenzie (Canterbury University, NZ)
- United Kingdom
  - Professor Ormond Simpson (Open University, UK),
- United States of America
  - Dr. Todd Kashdan (George Mason University, USA).

I agree that...

### Data Access

- Only the core researchers (CRs) will have access to the complete raw and processed data during the data collection period and one year following the completion of the data collection.
- That Collaborators will have access to processed data for their study code(s) after data collection is complete (i.e., after the fifth assessment for the fifth cohort) (see authorship clause below).
- That Collaborators who contribute more than 100 participants (combining all of their study codes; i.e., general and specific) who complete all five assessments will have access to the processed data for all the data from The International Wellbeing Study once the CRs have finished their analysis and drafted publications (approximately one year after the data collection is finished).
- To promote our study and to support the study of positive psychology internationally we will post a publicly available version of the dataset on a website. Only processed data (i.e., collated raw data that excludes unique identifiers such as e-mail addresses and study codes) from each participant's 1<sup>st</sup> assessment point will be collated over time and made available to access via this website. Access to this free and public data comes with conditions that the data will not be used for financial gain or publication without the written consent of the CRs (via the Primary Investigator who will consult the CRs on application).
- At no stage will Collaborators have access to any participant's e-mail address or personally identifiable information.

### Authorship

- The CRs shall be authors on all publication(s) arising directly from The International Wellbeing Study, and that such publication(s) require the acknowledgement of all International Wellbeing Study contributors and collaborators – as listed on The International Wellbeing Study website (“Researchers”).
- Further:
  - Collaborators may publish articles related to:
    - the total dataset from the first assessment point before such right is given to the general public. These data will be available from mid-March 2010 (i.e., after the last cohort intake).
    - their study codes after the fifth assessment point for their particular participants – these datasets will be available mid-March 2011.
    - from the complete data set once the CRs have finalised their research - these datasets will be available mid-March 2012.
  - In such a case, the Collaborator will be first author, and CRs follow with the order determined by their degree of input.
  - In such a case, the Collaborator takes initial responsibility for preparing the research for publication, and involves CRs as necessary for assistance with particular sections of the publication (i.e., data analysis, literature review, etc.). We ask the Collaborators to submit their manuscript to the CRs before submitting it to an academic journal. We reserve the right to make changes (additions/deletions) to the manuscript so that it fairly represents what the data say.
- CRs will not analyse data linked specifically to a Collaborator's unique study code (e.g., cancer patients) unless they are invited to do so.

## Data Storage

- The Primary Investigator researcher, Aaron Jarden (& if needed, Dr. Kennedy McLachlan) takes responsibility for the long-term storage of the raw and processed data from The International Wellbeing Study for a period of ten years after the completion of the data collection. Such data will be kept encrypted and in a locked storage facility at the Open Polytechnic of New Zealand.

## Intellectual Property

- I agree that any IP created in the course of the research shall be owned jointly by the CRs (unless they waive such right).
- Although not anticipated, any patentable or commercially exploitable products arising from this research is the sole right of the CRs, and shall be used by them for the promotion of wellbeing.

## Other Responsibilities

- In promoting the study and using a study code, I have informed potential participants that I will have access to unidentifiable data linked to the study code I provide them, and that they will not be identifiable by me.
- Where applicable, I have read and discussed any other relevant University, Organisation, or Government Department policies and guidelines (especially those related to further ethical and research consent that may be required in your location and for your potential subjects) that may be applicable to this research.
- All publications by Collaborators will be rigorous, well written, and of high scientific merit.
- I will not request or be provided with my participants' wellbeing feedback reports after they receive them via e-mail after their fifth assessment.

## Disputes

- If any disagreement arises among Collaborator's and CRs as to how this agreement should be interpreted and applied, we will use our best endeavours, acting in good faith and consensus, to try to resolve any disagreements and difficulties.

## Variations

- This agreement may be amended with the agreement of the parties to it.

## Examples of the application of this Agreement:

*Note:* collaborators will be assigned both a general study code, and a specific study code that captures a specific population.

### Example 1.

John Smith lives in London and wants to investigate the hope and perseverance (grit) of poker players. John agrees to the IP agreement above, and is provided with two study codes (1 – "JS", 2 – "poker"). John then informs people about The International Wellbeing Study in general and asks that they enter the study code "JS". John also contacts the people London responsible for organising poker tournaments who have access to players' e-mail addresses. These players are then invited to partake in The International Wellbeing Study and are asked to enter the study code "poker".

- A) John e-mails his contacts before March 1<sup>st</sup> 2009, and 300 agree to participate. From mid-March 2010 John can start to investigate the hope and grit of poker players in comparison to others. Essentially John will have access to the same data that will be on the website, plus access to the data linked to the study code "poker" – in other words, he will be able to tell which participants in the total data set are poker players.
- B) After the fifth assessment for these poker players, John wants to investigate how they have changed over time. John requests and is provided with data for these poker players' five assessment points only – he receives these data around mid-March 2011.
- C) John has since become interested in strengths use in poker players vs. others. At the completion of the data collection and after the CRs have finished with the data they require (approx March 2012), John has full access to the data.



### Example 2.

Mary Jane lives in New York and wants to investigate wellbeing in oncology and asthma patients at the hospital where she works. Mary agrees to the IP agreement above, and is provided with three study codes (1 – “MJ”, 2 – “MJcancer”, and 3 – “MJasthma”). Mary then informs people about The International Wellbeing Study in general, and asks that they enter the study code “MJ”. Mary also puts in an application to promote the study to her local hospital research and ethics committee(s). Mary then advertises and contacts oncology and asthma patients near the start intake dates for the study (i.e., March 1-7<sup>th</sup>, June 1<sup>st</sup>-7<sup>th</sup>, etc).

- A) Mary contacts her individuals before March 1<sup>st</sup> 2009, and 100 agree to participate. From mid-March 2010 Mary can start to investigate the hope, strengths and wellbeing of oncology and asthma patients in comparison to others. Essentially Mary will have access to the same data that will be on the web, plus access to the data linked to the study code “MJcancer” and “MJasthma”) – in other words, she will be able to tell which participants in the total data set are her oncology and asthma patients.
- B) After the fifth assessment for these oncology and asthma patients, Mary wants to investigate how various aspects of wellbeing have changed over time. Mary requests and is provided with data for these oncology and asthma patients five assessment points – around mid March 2011.
- C) Mary has since become interested in purpose and meaning of life in oncology and asthma patients vs. others. At the completion of the study and after the CRs have finished with the data they require, Mary has full access the data.

### **Study Codes**

*Note:* In the survey, participants are informed “*As various groups are involved in this research, 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 an e-mail newsletter or website posting.*” They are then presented with “*Please indicate how you heard about this study (or provide a 'Study Code' if you have one)*” followed by a text box.

1. You can propose your own study code. However, in order to avoid someone else also choosing the same code in your country, please confirm your study code with Aaron who reserves the right to change it if needed: [aaron.jarden@openpolytechnic.ac.nz](mailto:aaron.jarden@openpolytechnic.ac.nz).
2. Your study code should be reflective of your targeted population. For example, if you are researching poker players, the code would be “poker”. The survey asks for ‘country’ in case two individuals wish to target poker players in Australia and England, for example, so these can be sorted. If you wish to target all poker players and advertise internationally, you could register a study code such as “poker players”.
3. You can request that additional information be added to the study code, as long as it’s not personally identifiable, and is necessary. Please confirm this with Aaron: [aaron.jarden@openpolytechnic.ac.nz](mailto:aaron.jarden@openpolytechnic.ac.nz). For example, our international sample of spinal cord injured subjects will put in the code “spinal” plus their level of injury and completeness, and date of injury. This information is required for our research questions.
4. Aaron will maintain the register of study codes and inform other collaborators of others researching similar populations. This approach will enable collaboration between all those involved in The International Wellbeing Study, and will maximise coherence of study code catchment criteria (i.e., if two researchers are researching the same, & not slightly similar, populations).

Thank you for being part of a great project! If any aspect is unclear, please e-mail [aaron.jarden@openpolytechnic.ac.nz](mailto:aaron.jarden@openpolytechnic.ac.nz)

### **Brief Test Reviews**

The following section is in draft note form, however we have included it in case you are not familiar with some of the measures in the study. If in doubt, see the questions on The International Wellbeing



Study .pdf and Google them. Also note that some of the wording from these scales has been abbreviated to avoid repetition (& in some cases superfluous wording) in The International Wellbeing Study battery.

[3]

Test: **Psychological Well-Being Scales – short version.**

Authors: Carol Ryff.

What test measures: Carol Ryff has conceptualized psychological well-being as consisting of 6 dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Scale assesses these 6 dimensions at a particular moment in time.

Key test references/resources:

- Ryff, C.D., & Singer, B. (1998). The contours of positive human health. *Psychological Inquiry, 9*, 1-28.
- Ryff, C.D. (1995). Psychological well-being in adult life. *Current Directions in Psychological Science, 4*, 99-104.
- Ryff, C.D., & Keyes, C.L.M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology, 69*, 719-727.

[4]

Test: **Temporal Satisfaction with Life Scale.**

Authors: Pavot, Diner & Suh

What test measures: Assesses an individual's global judgement of life satisfaction as a whole in the past, in the present, and in the future. 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 well-being.

Key test references/resources:

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

[5]

Test: **Strengths Use and Current Knowledge Scale – Suck Scale**

Authors: New measure developed by Aaron Jarden and based on questions from Reena Govindji & Alex Linley (see article below).

What test measures: Strengths use and strengths knowledge.

Key test references/resources:

- 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.
- Linley, A. (2008). *Average to A+: Realising strengths in yourself and others*. Coventry, UK.

[6]

Test: **Subjective Happiness Scale**

Authors: Sonja Lyubomirsky, Ph.D.

What test measures: global subjective happiness.

Key test references/resources:

- Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research, 46*, 137-155.
- Lyubomirsky, S., & Ross, L. (1997). Hedonic consequences of social comparison: A contrast of happy and unhappy people. *Journal of Personality and Social Psychology, 73*, 1141-1157.
- Lyubomirsky, S., & Ross, L. (1999). Changes in attractiveness of elected, rejected, and precluded alternatives: A comparison of happy and unhappy individuals. *Journal of Personality and Social Psychology, 76*, 988-1007.
- Lyubomirsky, S., & Tucker, K. L. (1998). Implications of individual differences in subjective happiness for perceiving, interpreting, and thinking about life events. *Motivation and Emotion, 22*, 155-186.

- Lyubomirsky, S. (2001). Why are some people happier than others?: The role of cognitive and motivational processes in well-being. *American Psychologist*, *56*, 239-249.
- Test website: <http://www.ppc.sas.upenn.edu/subjectivehappinessscale.pdf>

[7]

**Test: Orientations to Happiness**

**Authors:** Peterson, Park & Seligman

**What test measures:** The endorsement of three different ways to be happy: through pleasure, through engagement, and through meaning.

**Key test references/resources:**

- Peterson, C., Park, N., & Seligman, M.E.P. (2005). Orientations to happiness and life satisfaction: The full life versus the empty life, *Journal of Happiness Studies*, *6*(1), 25 – 41.

[8]

**Test: Adult Hope Scale**

**Authors:** C. R. Snyder, University of Kansas

**What test measures:** 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).

**Key test references/resources:**

- 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.
- Snyder, C. R. (1994). *The psychology of hope: You can get there from here*. New York: Free Press.
- Snyder, C. R. (2002). Hope theory: Rainbows in the mind. *Psychological Inquiry*, *13*, 249-275. (a review of hope theory and research).
- Test website: <http://www.ppc.sas.upenn.edu/hopescale.pdf>

[9]

**Test: Happiness Measures** (also known as the Fordyce Emotion Questionnaire).

**Authors:** Fordyce, 1988

**What test measures:** Measure of emotional well-being (positive affect). It provides an indication of a person's perceived happiness, and measures the affective component of subjective well-being.

**Key test references/resources:**

- 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.
- Also Diner (1984).
- E-mail contact info:

[10]

**Test: Gratitude Questionnaire**

**Authors:** Michael McCullough, Robert Emmons & Jo-Ann Tsang.

**What test measures:** The disposition to experience gratitude.

**Key test references/resources:**

- 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.
- Test website: <http://www.ppc.sas.upenn.edu/gratitudequestionnaire6.pdf>

[11]

**Test: The Curiosity and Exploration Inventory-II**

**Authors:** Todd Kashdan

**What test measures:**

**Key test references/resources:**

- Main manuscript for the CERII is under review.

- Kashdan, T. B. (2004). Curiosity. In C. Peterson and M.E.P. Seligman, (Ed.), *Character strengths and virtues: A handbook and classification* (pp. 125-141). Washington, DC: American Psychological Association & Oxford University Press.
- Kashdan, T.B., Rose, P., & Fincham, F.D. (2004). Curiosity and exploration: Facilitating positive subjective experiences and personal growth opportunities. *Journal of Personality Assessment*, *82*, 291-305.
- Kashdan, T.B. & Steger, M.F. (2007). Curiosity and pathways to well-being and meaning in life: Traits, states, and everyday behaviors. *Motivation and Emotion*, *31*, 159-173.
- Test website: <http://mason.gmu.edu/~tkashdan>

[12]

Test: **Grit scale** (and ambition)

Authors: Angela Lee Duckworth

What test measures: Grit (perseverance) and also a 5 item ambition scale.

Key test references/resources:

- 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.
- Test website: <http://www.sas.upenn.edu/~duckwort/>

[13]

Test: **Meaning in Life Questionnaire (MLQ)**

Authors: Michael F. Steger, Patricia Frazier, Shigehiro Oishi, and Matthew Kaler

What test measures: Assesses two dimensions of meaning in life (Presence of meaning & Search for meaning). The Presence of Meaning subscale measures the degree to which respondents feel that their lives are full 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.

Key test references/resources:

- Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (in press). The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*.
- Steger, M. F., & Frazier, P. (in press). Meaning in life: One link in the chain from religion to well-being. *Journal of Counseling Psychology*.
- Test website: <http://www.ppc.sas.upenn.edu/meaninginlife.pdf>

[14]

Test: **Positive Life Events**

Authors: Paul Jose.

What test measures: Experience of positive life events in past three months.

Key test references/resources:

- N/A

[15]

Test: **Ways of Savouring Scale**

Authors: Paul Jose.

What test measures: Ways people savour. Based on the work of Fred Bryant and colleagues.

Key test references/resources:

- Bryant, F., & Veroff, J. (2007). *Savouring: A new model of positive experience*. New Jersey, Lawrence Erlbaum Associates.

[16]

Test: **Savouring Beliefs Scale**

Authors: Fred Bryant

What test measures: Savouring beliefs.

Key test references/resources:

- See appendix of book *Savouring* by Fred Bryant.

[17]

Test: **Control Beliefs Scale**

Authors: Fred Bryant

What test measures: Control beliefs.

Key test references/resources:

- See appendix of book *Savouring* by Fred Bryant.

[18]

Test: **Negative Life Events**

Authors: Paul Jose.

What test measures: Experience of negative life events in past three months.

Key test references/resources:

- N/A

[19]

Test: **Rumination**

Authors: Paul Jose.

What test measures: Rumination.

Key test references/resources:

- N/A

[20]

Test: **Centre for Epidemiological Studies depression scale**

Author: Radloff, 1977

What test measures: Current level of depressive symptomatology, with emphasis on the affective component, namely depressed mood. It is measured over the past week, and is intended for the general population. 4 of the items can be combined to form a happiness scale (4, 8, 12, and 16).

Key test references/resources:

- Radloff, 1977
- Ensel, 1986, for an excellent overview of the CES-D
- Beeghly et al., 2002
- Test website: