

Everything you wanted to know about well-being tools

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What's the point of a scale?

- **RELIABILITY** (test-retest, inter-rater reliability, internal consistency)
- **VALIDITY** (face, content, criterion, construct)

Reliability

- Reliability – assessing something consistently. The ability of a questionnaire to produce the same results under the same conditions.
- Is the test measuring something relatively unchanging?
- Are the scores stable over time?
- Reliability is a necessary but not sufficient condition of a questionnaire.

Reliability



Archer 1 hits
bullseye every
time.



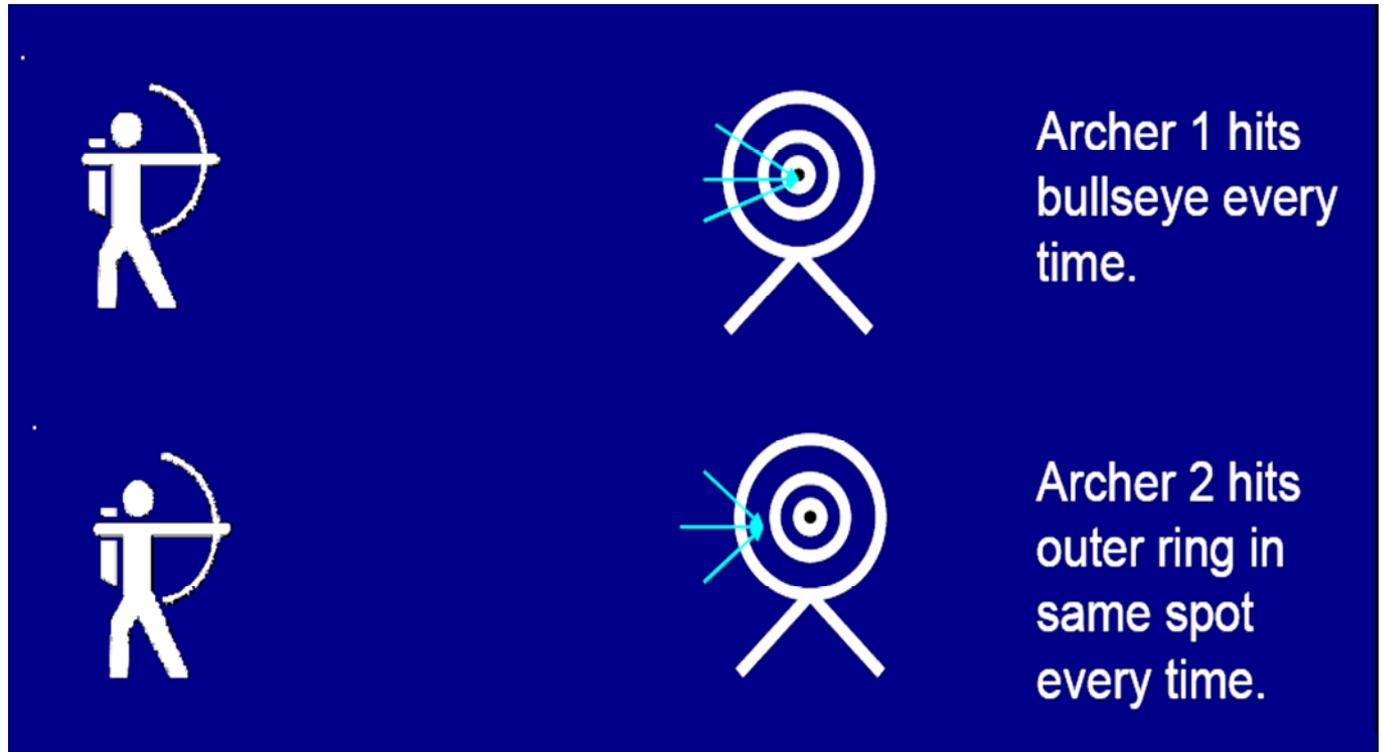
Archer 2 hits
outer ring in
same spot
every time.

Both archers are reliable

Validity

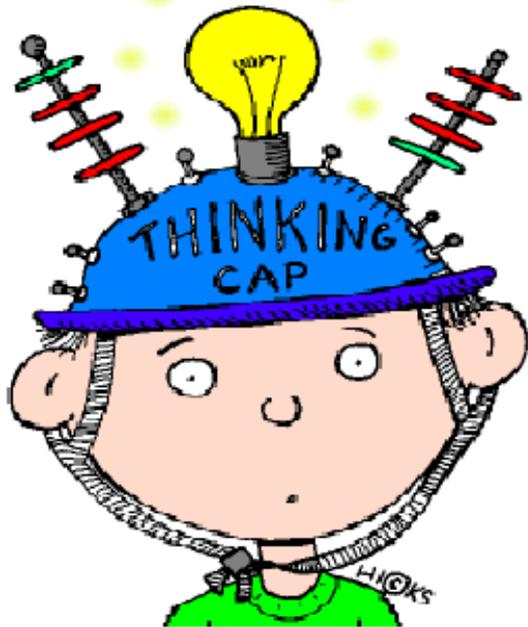
- Validity – assessing what was intended.
- Does the questionnaire measure what it intends to measure?
- Validity is a necessary but not sufficient condition of a questionnaire.

Validity as accuracy



Only archer 1 is valid

First things first: What IS well-being?



+



Life satisfaction

- SWLS – Satisfaction with Life Scale (Diener et al, 1985)
 - Five questions on 7-point Likert scale
 - Internal consistency .87
 - Test-retest reliability .82 (over two months)
 - Single factor – 66% of variance
 - Strong correlations with other well-being measures (around .7)
 - Good criterion validity (correlation between self-reported scores and experimenters’)
 - Discriminant validity - clearly discriminable from positive and negative affect, optimism and self-esteem.

Satisfaction with Life Scale

DIRECTIONS: Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Slightly Disagree
- 4 = Neither Agree or Disagree
- 5 = Slightly Agree
- 6 = Agree
- 7 = Strongly Agree

- _____ 1. In most ways my life is close to my ideal.
- _____ 2. The conditions of my life are excellent.
- _____ 3. I am satisfied with life.
- _____ 4. So far I have gotten the important things I want in life.
- _____ 5. If I could live my life over, I would change almost nothing.

Happiness scales

- Subjective Happiness Scale (Lyubomirsky and Lepper, 1999)
 - Four items
 - Does not explicitly discriminate between cognitive and affective dimensions
 - Internal consistency .79-.96 (M=.86)
 - Concurrent validity - .7 with SWLS
 - Convergent validity with self-esteem, optimism, extraversion, neuroticism, etc
 - Discriminant validity with math and verbal ability, stressful life events, grade point average

Subjective Happiness Scale

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

British happiness scales

- Revised Oxford Happiness Scale (OHI, OHQ, Hills and Argyle, 2002)
- 29 items
- Internal consistency .91
- Convergent validity with extraversion, satisfaction with life, self-esteem etc between .6 and .9
- Factorial validity – non-interpretable factors
- Subject to fierce criticisms by Kashdan (2004)
 - Not based on any theory or definition
 - No differentiation between predictors, correlates and consequences of happiness.
 - Although measuring mostly cognitive aspects of well-being, the scales also tap into certain affective aspects.
 - Overlaps conceptually with other distinct concepts, such as social interest, kindness, self-efficacy, positive outlook, and qualities such as perceived physical attractiveness and sense of purpose, thus measuring a number of diffuse constructs.
 - Because of these conceptual overlaps, it is possible that they would show artificially large relationships with the measures they tap into.

1. I don't feel particularly pleased with the way I am
2. I am intensely interested in other people
3. I feel that life is very rewarding
4. I have very warm feelings towards almost everyone
5. I rarely wake up feeling rested
6. I am not particularly optimistic about the future
7. I find most things amusing
8. I am always committed and involved
9. Life is good
10. I do not think that the world is a good place
11. I laugh a lot
12. I am well satisfied about everything in my life
13. I don't think I look attractive
14. There is a gap between what I would like to do and what I have done
15. I am very happy
16. I find beauty in some things
17. I always have a cheerful effect on other
18. I can fit in everything I want to
19. I feel that I am not especially in control of my life
20. I feel able to take anything on
21. I feel fully mentally alert
22. I often experience joy and elation
23. I do not find it easy to make decisions
24. I do not have a particular sense of meaning and purpose in my life
25. I feel I have a great deal of energy
26. I usually have a good influence on events
27. I do not have fun with other people
28. I don't feel particularly healthy
29. I do not have particularly happy memories of the past

Affect measures

- A review by Lucas, Diener and Larsen (2003) identifies 11 widely used measures of affect, ranging from 1- to 300-item scales.
- PANAS – Positive and Negative Affect Schedule (Watson, Clark and Tellegen, 1988)
 - Twenty emotion adjectives
 - Different temporal instructions can be used, ranging from “right now” and “today” to “during the past year” and “in general”.
 - Internal consistency .84 - .90
 - Acceptable test-retest reliability
 - Factorial validity, two factors account for 87-96% of variance
 - Concurrent validity - .76 to .92 with lengthier measures of similar underlying factors
 - Convergent validity - good correlations between negative affect and measures of distress and psychopathology

Indicate to what extent you have felt this way during the past few weeks.
Use the following scale to record your answers:

Very slightly or not at all

A little

Moderately

Quite a bit

Extremely

interested

distressed

excited

upset

strong

guilty

scared

hostile

enthusiastic

proud

irritable

alert

ashamed

inspired

nervous

determined

attentive

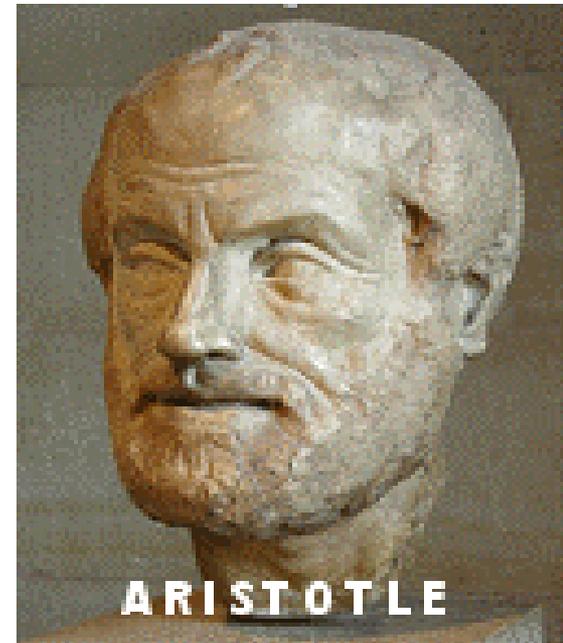
jittery

active

afraid

Eudaimonic Well-Being

- It all starts with Aristotle...
- “I would rather wake up feeling unhappy than wake up without meaning in my life”
- Eudaimonic well-being =
developing the best in oneself
+ belonging to and serving
institutions larger than oneself

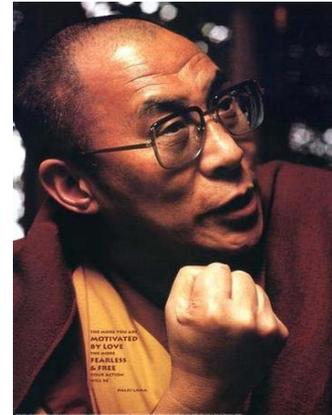




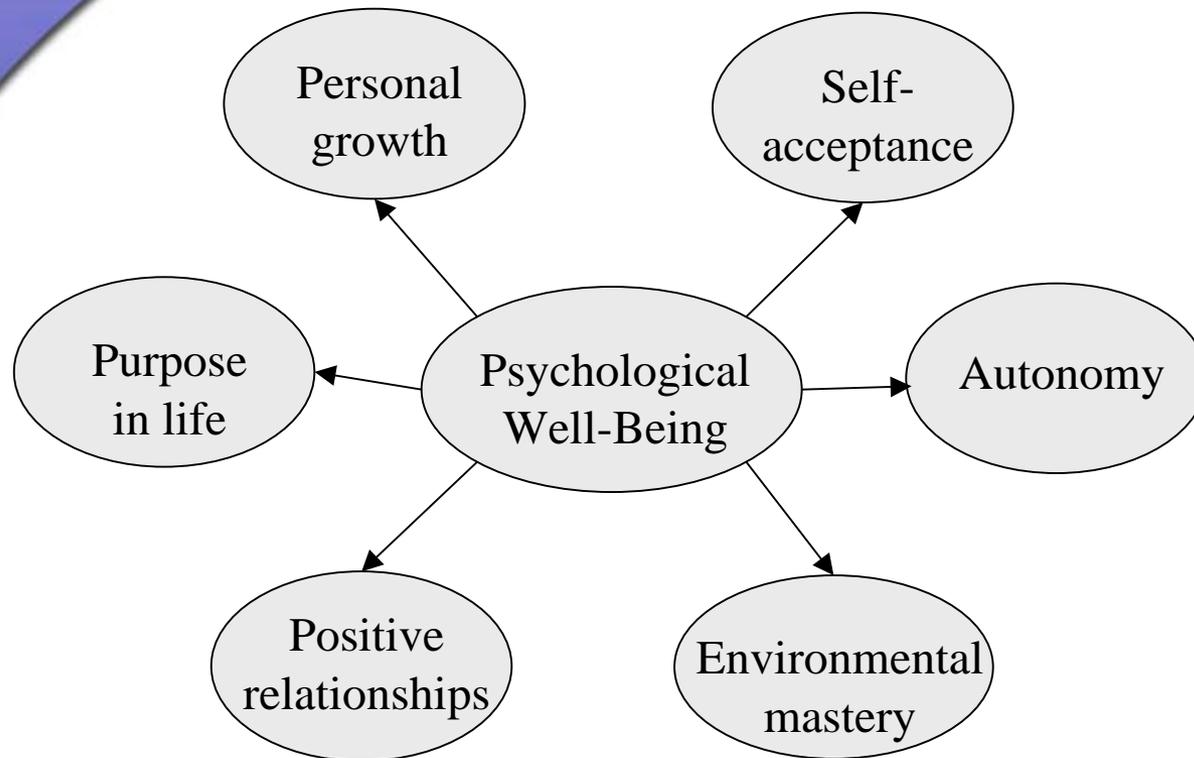
Authentic happiness (Seligman, 2003)

3 routes to happiness

- The pleasant life - positive emotion, gratification
- The good life - absorption, engagement, 'flow'
- The meaningful life – using your strengths in the service of something greater than yourself



Psychological well-being (Ryff & Keyes, 1995)



Eudaimonic well-being

- Orientations to Happiness Questionnaire (Peterson et al, 2005)
 - 18 items
 - Internal consistency of three subscales .77-.89
 - Subscales: pleasure, engagement, meaning
- Psychological Well-being Scales (Ryff, 1989)
 - Six 14-item scales
 - Internal consistency .83-.91
 - Test-retest reliability - .81 and above
 - Mixed evidence of convergent validity for different scales
 - Criticisms raised by Abbot et al (2006)



The End

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