

Appendix: Items on Well-Being Measures

Single-Item Happiness Questions (LH, HH, OH, NH)

extremely very somewhat neutral somewhat very extremely
unhappy unhappy unhappy unhappy happy happy happy happy
1 2 3 4 5 6 7 8 9

LH. Over the past week, what is the *lowest* level you experienced?

HH. Over the past week, what is the *highest* level you experienced?

OH. *Overall*, how would you describe yourself?

NH. *Right now*, how would you describe yourself?

Bradburn's (1969) Positive Affect (PA) and Negative Affect (NA) Scales

Listed below are a number of questions concerning your feelings during the past few weeks. Read each item and choose a response of Yes (Y) or No (N).

During the past few weeks did you ever feel. . .

PA items:

Y N Pleased about having accomplished something?

Y N That things were going your way?

Y N Proud because someone complimented you on something you had done?

Y N Particularly excited or interested in something?

Y N On top of the world?

NA items:

Y N Depressed or very unhappy?

Y N Very lonely or remote from other people?

Y N Upset because someone criticized you?

Y N So restless that you couldn't sit long in a chair?

Y N Bored?

Watson, Clark and Tellegen's (1988) Positive Affect (PAS) and Negative Affect (NAS) Schedules

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you generally feel this way, that is, how you feel on the average. Use the following scale to record your answer.

1 2 3 4 5
very slightly a little moderately quite a bit extremely
or not at all

PAS items: interested, alert, excited, inspired, strong, determined, attentive, active, enthusiastic, proud

NAS items: irritable, distressed, ashamed, upset, nervous, guilty, scared, jittery, hostile, afraid

Batson, et al.'s (1988) Mood Index (MI1, MI2)

Because a person's mood may affect responses, we will ask you to report your current mood at several points during this study. On each scale below, please circle the number that best represents how you are feeling right now.

1 2 3 4 5 6 7 8 9

Mood items: bad mood-good mood, sad-happy, depressed-elated, dissatisfied-satisfied, gloomy-cheerful, displeased-pleased, sorrowful-joyful

Fillers: nervous-calm, tense-relaxed, uncomfortable-comfortable, apathetic-caring, lethargic-energetic, unconfident-confident, unresponsive-emotional, passive-active

Diener, et al.'s (1985a) Satisfaction with Life Scale (SWL)

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 on the line preceding the item. Please be open and honest in your responding. The 7-point scale is:

1 2 3 4 5 6 7
strongly disagree slightly neither agree slightly agree strongly
disagree disagree nor disagree agree 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 my 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.

Jones and Crandall's (1986) Self-Actualization Index (SAI)

- | | 1 | 2 | 3 | 4 |
|--|----------|----------------------|-------------------|-------|
| | disagree | somewhat disagree | somewhat agree | agree |
1. I do not feel ashamed of any of my emotions.
 - 2.* I feel I must do what others expect me to do.
 3. I believe that people are essentially good and can be trusted.
 4. I feel free to be angry at those I love.
 - 5.* It is always necessary that others approve of what I do.
 - 6.* I don't accept my own weaknesses.
 7. I can like people without having to approve of them.
 - 8.* I fear failure.
 - 9.* I avoid attempts to analyze and simplify complex domains.
 10. It is better to be yourself than to be popular.
 - 11.* I have no mission in life to which I feel especially dedicated.
 12. I can express my feelings even when they may result in undesirable consequences.
 - 13.* I do not feel responsible to help anybody.
 - 14.* I am bothered by fears of being inadequate.
 15. I am loved because I give love.

*Results for these questions are reverse-scored so that more self-actualizing responses produce higher scores, i.e.,
reverse score=5–raw score.

Ryff's (1995) Scales of Psychological Well-Being (SPWB)

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

*These items are reverse-scored so that higher scores correspond to greater psychological well-being. †These questions were selected for the Psychological Well-Being Index (PWBI).

Marlowe-Crowne (1964) Social Desirability Scale (MC)

Listed below are a number of statements concerning personal attitudes and traits. Read each item and decide whether the statement is true or false as it pertains to you personally.

- T* F Before voting I thoroughly investigate the qualifications of all the candidates.
T* F I never hesitate to go out of my way to help someone in trouble.
T F* It is sometimes hard for me to go on with my work if I am not encouraged.
T* F I have never intensely disliked anyone.
T F* On occasion I have had doubts about my ability to succeed in life.
T F* I sometimes feel resentful when I don't get my way.

- T* F I am always careful about my manner of dress.
- T* F My table manners at home are as good as when I eat out in a restaurant.
- T F* If I could get into a movie without paying and be sure I was not seen, I would probably do it.
- T F* On a few occasions, I have given up doing something because I thought too little of my ability.
- T F* I like to gossip at times.
- T F* There have been times when I felt like rebelling against people in authority even though I knew they were right.
- T* F No matter who I'm talking to, I'm always a good listener.
- T F* I can remember "playing sick" to get out of something.
- T F* There have been occasions when I took advantage of someone.
- T* F I'm always willing to admit it when I make a mistake.
- T* F I always try to practice what I preach.
- T* F I don't find it particularly difficult to get along with loud mouthed, obnoxious people.
- T F* I sometimes try to get even, rather than forgive and forget.
- T* F When I don't know something I don't at all mind admitting it.
- T* F I am always courteous, even to people who are disagreeable.
- T F* At times I have really insisted on having things my own way.
- T F* There have been occasions when I felt like smashing things.
- T* F I would never think of letting someone else be punished for my wrongdoings.
- T* F I never resent being asked to return a favor.
- T* F I have never been irked when people expressed ideas very different from my own.
- T* F I never make a long trip without checking the safety of my car.
- T F* There have been times when I was quite jealous of the good fortune of others.
- T* F I have almost never felt the urge to tell someone off.
- T F* I am sometimes irritated by people who ask favors of me.
- T* F I have never felt that I was punished without cause.
- T F* I sometimes think when people have a misfortune they only got what they deserved.
- T* F I have never deliberately said something that hurt someone's feelings.
- *These socially desirable responses are scored one, otherwise zero.

Material Well-Being Questions

What is your best estimate of your total expenditures this school year? Please consider all expenses, even if some are covered by financial aid or grants, including tuition, housing, food, clothing, transportation, entertainment, etc. Indicate in whole dollars.

\$_____ for the school year

What is the total (gross) income last year of your parents or guardians (or spouse, if married)? Exclude your own earnings. Please choose a single response, even if it is a guess.

- 1 \$0 to less than \$25,000
- 2 \$25,000 to less than \$50,000
- 3 \$50,000 to less than \$75,000
- 4 \$75,000 to less than \$100,000
- 5 \$100,000 to less than \$125,000
- 6 \$125,000 to less than \$150,000
- 7 \$150,000 or more