

3. Ryff's Psychological Well-Being Scales (PWB), 42 Item version

Please indicate your degree of agreement (using a score ranging from 1-6) to the following sentences.

| | Strongly disagree | | | | | Strongl y agree |
|---|----------------------|---|---|---|---|--------------------|
| 1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. In general, I feel I am in charge of the situation in which I live. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I am not interested in activities that will expand my horizons. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Most people see me as loving and affectionate. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I live life one day at a time and don't really think about the future. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. When I look at the story of my life, I am pleased with how things have turned out. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. My decisions are not usually influenced by what everyone else is doing. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. The demands of everyday life often get me down. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I think it is important to have new experiences that challenge how you think about yourself and the world. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Maintaining close relationships has been difficult and frustrating for me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. I have a sense of direction and purpose in life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. In general, I feel confident and positive about myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I tend to worry about what other people think of me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I do not fit very well with the people and the community around me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. When I think about it, I haven't really improved much as a person over the years. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I often feel lonely because I have few close friends with whom to share my concerns. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. My daily activities often seem trivial and unimportant to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. I feel like many of the people I know have gotten more out of life than I have. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. I tend to be influenced by people with strong opinions. | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. I am quite good at managing the many responsibilities of my daily life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. I have the sense that I have developed a lot as a person over time. | 1 | 2 | 3 | 4 | 5 | 6 |

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|-----|--|---|---|---|---|---|---|
| 22. | I enjoy personal and mutual conversations with family members or friends. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. | I don't have a good sense of what it is I'm trying to accomplish in life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. | I like most aspects of my personality. | 1 | 2 | 3 | 4 | 5 | 6 |
| 25. | I have confidence in my opinions, even if they are contrary to the general consensus. | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. | I often feel overwhelmed by my responsibilities | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. | I do not enjoy being in new situations that require me to change my old familiar ways of doing things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. | People would describe me as a giving person, willing to share my time with others. | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. | I enjoy making plans for the future and working to make them a reality. | 1 | 2 | 3 | 4 | 5 | 6 |
| 30. | In many ways, I feel disappointed about my achievements in life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 31. | It's difficult for me to voice my own opinions on controversial matters. | 1 | 2 | 3 | 4 | 5 | 6 |
| 32. | I have difficulty arranging my life in a way that is satisfying to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 33. | For me, life has been a continuous process of learning, changing, and growth. | 1 | 2 | 3 | 4 | 5 | 6 |
| 34. | I have not experienced many warm and trusting relationships with others. | 1 | 2 | 3 | 4 | 5 | 6 |
| 35. | Some people wander aimlessly through life, but I am not one of them | 1 | 2 | 3 | 4 | 5 | 6 |
| 36. | My attitude about myself is probably not as positive as most people feel about themselves. | 1 | 2 | 3 | 4 | 5 | 6 |
| 37. | I judge myself by what I think is important, not by the values of what others think is important. | 1 | 2 | 3 | 4 | 5 | 6 |
| 38. | I have been able to build a home and a lifestyle for myself that is much to my liking. | 1 | 2 | 3 | 4 | 5 | 6 |
| 39. | I gave up trying to make big improvements or changes in my life a long time ago. | 1 | 2 | 3 | 4 | 5 | 6 |
| 40. | I know that I can trust my friends, and they know they can trust me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 41. | I sometimes feel as if I've done all there is to do in life. | 1 | 2 | 3 | 4 | 5 | 6 |
| 42. | When I compare myself to friends and acquaintances, it makes me feel good about who I am. | 1 | 2 | 3 | 4 | 5 | 6 |

Scoring Instruction:

- 1) Recode negative phrased items: # 3, 5, 10, 13,14,15,16,17,18,19, 23, 26, 27, 30,31,32, 34, 36, 39, 41. (i.e., if the scored is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2 and so on...)
- 2) Add together the final degree of agreement in the 6 dimensions:
 - a. **Autonomy:** items 1,7,13,19,25, 31, 37
 - b. **Environmental mastery:** items 2,8,14,20,26,32,38
 - c. **Personal Growth:** items 3,9,15,21,27,33,39
 - d. **Positive Relations:** items: 4,10,16,22,28,34,40
 - e. **Purpose in life:** items: 5,11,17,23,29,35,41
 - f. **Self-acceptance:** items 6,12,18,24,30,36,42