

## Appendix – 2

### Ryff's Psychological Well-Being Scales (PWB)

#### (42 Item version)

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

S.#	Statement	SD					SA
		1	2	3	4	5	6
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

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| 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 |
| 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 |

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|-----|---|---|---|---|---|---|---|
| 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