

Generous Behaviors
Banyard, Hamby, & Grych, 2013; Hamby, Thomas, Banyard, de St. Aubin, & Grych, 2015;
Partially adapted from Amato, 1990

Generous behaviors are an important form of healthy social engagement. This was designed to assess the charitable activities in which individuals have engaged in the past year and uses wording accessible to individuals with limited reading levels. Items 4-6 were adapted from Amato's (1990) instrument assessing formal planned helping, informal planned helping, and spontaneous helping; items 1-3 were original to the Life Paths study.

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all interpersonal strengths. Of the 15 original items in the Generous Behaviors Index used in the main study, six were maintained in this final factor solution. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.58 and 0.66, respectively. Validity was established in the main sample with moderate correlations with related domains, such as Meaning Making – Other-oriented ($r = .29$) and Meaning Making – Family Care ($r = .43$).

Scoring: For scoring purposes, “yes” was assigned a value of 1, and “no” a value of 0. The scale score is a sum of all items. Higher scores indicated a greater number of generous behaviors.

Citation: Banyard, V. L. Hamby, S., & Grych, J. (2013) *Generous Behaviors Index*. Sewanee, TN: Life Paths Research Program.

Hamby, S., Thomas, L.A., Banyard, V., de St. Aubin, E., & Grych, J. (2015). Generative roles: Assessing sustained involvement in generativity. *American Journal of Psychology and Behavioral Sciences*, 2(2), 24-32. doi: 10.13140/RG.2.1.3678.7367

Partially adapted from: Amato, P. R. (1990). Personality and social network involvement as predictors of helping behavior in everyday life. *Social Psychology Quarterly*, 53, 31-43.

Select the activities you have participated in during the last year.

1. Prepared a meal for someone who just had a baby, has just gotten out of the hospital, or has had a death in the family?
Yes 1
No 0
2. Prepared a holiday meal for people in need?
Yes 1
No 0
3. Supported U.S. troops by donating things or writing letters to send overseas?
Yes 1
No 0
4. Purchased or picked up an item in town for a person who was not able to pick it up?
Yes 1
No 0
5. Helped an animal that was lost or in distress?
Yes 1
No 0
6. Helped a stranger who had fallen over or appeared to be ill?
Yes 1
No 0