

***Family Wellbeing***  
***Hamby, Blount, Taylor, & Smith (2018)***

Family Well-being is an outcome variable which measures a sense of positivity, happiness, and well-being within the family. “Family” may be a more complex concept compared to how past literature handles the topic. We recommend taking a family inventory and household inventory to better understand who participants consider as part of their family. This will ensure accurate interpretation of data when using the Family Well-being Scale. This scale has been validated for use in youth populations (ages 10-22) as well as in adults.

***Development and validation of measures:*** To establish reliability and validity for scale items across a range of ages, we conducted a study with 440 youth (ages 10-22), and a separate sample of 357 adults (ages 18 and older) from rural areas of the Southeast, recruited through word-of-mouth and local community events. Domain level factor analyses were conducted for all outcome measures of well-being, and all seven items included on the scale loaded on the same factor. Internal consistency (coefficient alpha) was .90 in the youth sample, and .91 in the adult sample. Validity was established with moderate to strong correlations with other outcome measure of well-being, such as Subjective Wellbeing (youth  $r = .57$ , adult  $r = .48$ ), Health-related Quality of Life (youth  $r = .31$ , adult  $r = .23$ ), and Trauma Symptoms (youth  $r = -.26$ , adult  $r = -.31$ ).

***Scoring:*** The total score can be a sum or mean of all the items. Participant’s raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicating higher levels of family well-being.

***Citation:***

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***Directions:*** The next questions are about your family. Family includes your parents, your brothers and sisters, your children, and any relative who lives in the same house as you.

- 1. My family gets along.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1
  
- 2. My family is happy.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1

Youth

- 3. My family has a lot to be proud of.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1
- 4. My family can fix problems when they need to.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1
- 5. My family is doing well.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1
- 6. My family feels good about the future.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1
- 7. I can count on my family.
  - Mostly true about my family..... 4
  - Somewhat true about my family..... 3
  - A little true about my family..... 2
  - Not true about my family..... 1