

Mattering
Hamby, Blount, Taylor, & Smith, (2018)

Much of an individual’s sense of well-being and happiness stems from the fulfillment of the desire to matter to others. Feeling that one matters can stem from direct actions, such as loved ones attending activities important to you, or can also come from characteristics of the ambience of a person’s community (e.g. an individual feels his or her opinion is heard). This scale assessed the extent to which participants feel appreciated and valued by loved ones, family, and friends, and is validated for use in both youth (ages 10-22) and adults.

Development and validation of measure: 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 measures of meaning-making. One item initially included in the survey was omitted due to ceiling effects, and the remaining five items included in the scale loaded onto the same factor. Internal consistency (coefficient alpha) in the youth sample was .86, and .88 in the adult sample. Validity was established through moderate to strong correlations with other meaning-making strengths, including Purpose (youth $r = .70$, adult $r = .64$), Relational Accountability (youth $r = .48$, adult $r = .43$), and Future Orientation (youth $r = .42$, adult $r = .36$).

Citation: Hamby, S., Taylor, E., Smith, A., & Blount, Z. (2018). *Resilience Portfolio Questionnaire manual: Scales for youth*. Sewanee, TN: Life Paths Research Center. doi: 10.13140/RG.2.2.27296.74243

See also: Hamby, S., Taylor, E., Smith, A., Mitchell, K., Jones, L., & Newlin, C. (online first). New measures to assess the social ecology of youth: A mixed-methods study. *Journal of Community Psychology*, doi:10.1002/jcop.22220

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 indicate higher levels of mattering.

1. I feel appreciated by my family and friends.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

2. My family and friends care about what I have to say.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

3. I feel like I matter to the people around me.

Youth

- Mostly true about me..... 4
- Somewhat true about me..... 3
- A little true about me..... 2
- Not true about me..... 1

4. My family comes to activities that are important to me (such as games, plays, recitals, or ceremonies).

- Mostly true about me..... 4
- Somewhat true about me..... 3
- A little true about me..... 2
- Not true about me..... 1

5. I know my family is proud of me.

- Mostly true about me..... 4
- Somewhat true about me..... 3
- A little true about me..... 2
- Not true about me..... 1