

Subjective Wellbeing
Hamby, Banyard, Grych, Smith, & Taylor, 2017

Subjective well-being encompasses one's satisfaction with the quality of life. The construct represents an attempt to move beyond mental health symptomology (or its absence) as an outcome. This scale is validated for use in youth populations (ages 10-22).

Development and validation of scale: To establish reliability and validity for scale items in a youth sample, we conducted a study with 440 individuals (ages 10-22) 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 loaded on a single factor. Internal consistency (coefficient alpha) in this sample was .90. Validity was established in the current sample with moderate to strong correlations with other well-being outcome measures, including Family Well-Being ($r = .566$), Health Related Quality of Life (Physical Well-Being) ($r = .406$), and Trauma Symptoms ($r = -.359$).

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 greater subjective well-being.

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1. So far, I have gotten the important things I need in life.

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

2. I am happy.

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

3. I have a lot to be proud of.

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

4. I really feel good about my life.

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

Youth measure

5. I can fix problems when I need to.

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

6. I am doing well.

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

7. I get along with the important people in my life.

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