

Subjective Well-being

Partially adapted from: Battista & Almond, 1973; Diener, Emmons, Larsen, & Griffin, 1985; Pavot & Diener, 1993; Pearlin & Schooler, 1978; Rosenberg, 1965; Turner et al. 2012

Subjective well-being encompasses one's satisfaction with the quality of life and represents an attempt to move beyond mental health symptomatology (or its absence) as an outcome. The 5-item Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985; Pavot & Diener, 1993) was presented in simplified language (items 1-5 below). The scale also included 4 items from Turner et al.'s (2012) Self-Concept scale (originally adapted from Pearlin & Schooler, 1979; Rosenberg, 1965; items 6-9 below) and 4 items from Battista and Almond's Life Regard Index (1973; items 10-13 below).

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 outcome measures. Items from the three scales were presented separately but loaded together onto the same 13-item factor. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.95 and 0.94, respectively. Validity was established in the main sample with moderate to strong correlations with other measures of well-being, such as the Awe Index ($r = .59$), Mental Health ($r = .38$), Posttraumatic Growth ($r = .56$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher levels of subjective well-being.

Partially adapted from:

- Battista, J., & Almond, R. (1973). The development of meaning in life. *Psychiatry: Journal for the Study Of Interpersonal Processes*, 36(4), 409-427.
- Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Pavot, W., & Diener, E. (1993). Review of the Satisfaction with Life Scale. *Psychological Assessment*, 5(2), 164-172.
- Pearlin, L. I. & Schooler, C. (1978). The structure of coping. *Journal of Health & Social Behavior*, 19, 2-21.
- Rosenberg, M. (1965). *Society of the Adolescent Self-image*. Princeton, NJ: Princeton university press.
- Turner, H. A., Finkelhor, D., Ormrod, R., Hamby, S., Leeb, R. T., Mercy, J. A., & Holt, M. (2012). Family context, victimization, and child trauma symptoms: Variations in safe, stable, and nurturing relationships during early and middle childhood. *American Journal of Orthopsychiatry*, 82(2), 209-219.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

1. In most ways my life is close to my ideal.

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

2. The conditions of my life are excellent.

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

3. I am satisfied with my life.

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

4. So far I have gotten the important things I want in life.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2

	Not true about me	1
5. If I could live my life over, I would change almost nothing.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
6. I am happy with myself.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
7. 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
8. I take a positive attitude toward myself.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
9. I can change important things in my life.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
10. 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
11. When I look at my life, I feel I have really worked to accomplish something.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
12. I feel that I'm really going to get what I want in life.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1
13. I get so excited by what I'm doing that I find energy I didn't know I had.	Mostly true about me	4
	Somewhat true about me	3
	A little true about me	2
	Not true about me	1