

Measures of Adult Wellbeing

Tools to Measure the General Wellbeing of Adults

Measures are listed from **short to long** (based on the shortest form) in terms of length of Administration, and each title is **hyperlinked** to a corresponding section with more information. All measures are **reliable and valid** and intended for **adults**.

Free Measures of Adult Wellbeing in a General Setting



Name of Measure	Length	Pros	Cons
Subjective Happiness Scale (SHS)	4 items		Only 10% related to life circumstances Currently under review

The Satisfaction with Life Scale (SWL)	5 items	Available in multiple languages Comparable to national norms to contextualize wellbeing scores	Possibly too short for robust understanding of individual wellbeing (5-items)
Contentment with Life Assessment Scale (CLAS)	5 items	Comparatively in-depth focus of life satisfaction: contentment, fulfillment, and self-discrepancies	Possibly too short for robust understanding (5-items) Less widely tested than other measures
Flourishing Scale (FS)	8 items	Translations are available	Possibly too short for robust understanding (8-items)
The Oxford Happiness Questionnaire (OHQ)	8 items 29 items	Both long and short versions Widely used	
Comprehensive and Brief Inventory of Thriving (CIT & BIT)	10 items 54 items	Both long and short versions Covers multiple domains Translations available	
Mental Health Continuum Short and Long Form (MHC-SF)	14 items 40 items	Multiple translations available Used mostly with adults but can be used with 12-18-year-olds Extensive overview with relatively few items	
Positive and Negative Affect Schedule (PANAS)	20 items	Has partner scale for children (see PANAS-C) Multiple translations available (French, German, Swedish)	
The PERMA Profiler	23 items	General overview of wellbeing Widely used	

ASSESSING
WELLBEING
 IN SCHOOLS

*An Educator's Practical Guide to
 Measuring Wellbeing*



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in*

Schools. EdTech Books. Retrieved from
<https://edtechbooks.org/wellbeing>



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