

# EPOCH Measure of Adolescent Well-being



The EPOCH Measure of Adolescent Well-being follows the EPOCH definition of wellbeing as an amalgam of five: engagement, perseverance, optimism, connectedness, and happiness. Students complete this 20-item survey by responding on a 5-point Likert scale to statements such as “I feel happy . . . In uncertain times, I expect the best . . . I am a hard worker” (Kern). This measurement has been tested with adolescents of different socioeconomic situations across Australia and the United States, including juvenile offenders, students, and patients in hospitals. It requires a citation for any publication, and completion of a registration form on Kern’s website (linked below) for use.

**Pros for Schools**

**Cons for Schools**

20 questions

Valid and reliable

Tested across different  
socioeconomic conditions

Available in Chinese, German,  
Spanish, and Turkish

No online programs to assist in  
administering or scoring

## **Suggestions for Further Research**

Kern, P. (n.d.). Questionnaires.

[www.peggykern.org/questionnaires.html](http://www.peggykern.org/questionnaires.html)

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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