

# 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**

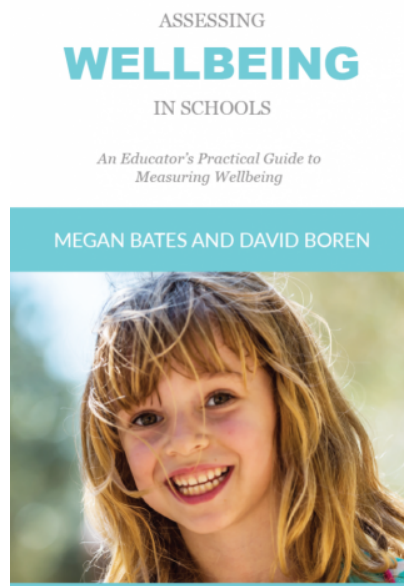
20 questions  
Valid and reliable  
Tested across different socioeconomic conditions  
Available in Chinese, German, Spanish, and Turkish

## **Cons for Schools**

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)



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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