

Flourishing Scale (FS)



The Flourishing Scale measures wellbeing by the PERMA model, modified to include self-esteem, purpose, and optimism. This scale contains eight items. It is reliable and valid and has been shown to be appropriate for any adult. If it is used in any publication, proper citation is required. We recommend visiting Ed Diener’s website for information and articles on this and other scales.

Pros for Schools	Cons for Schools
Free Valid and reliable Translations available	Possibly too short for robust understanding (8-items) Not specific to workplaces

Suggestions for Further Research

Diener, E. (n.d.). <https://eddiener.com/>

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266.

MIDSS. Flourishing Scale (FS). *Measurement Instrument Database for the Social Sciences*. www.midss.org/content/flourishing-scale-fs-0

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



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