

Comprehensive and Brief Inventory of Thriving (CIT & BIT)



Two purposes have been stated for the Inventory of Thriving :“(1) to measure a broad range of psychological well-being constructs and represent a holistic view of positive functioning; and (2) to predict important health outcomes . . . useful for researchers and health practitioners” (Diener, n.d., n.p.). The comprehensive version has 54 items divided over seven domains which cover 18 subscales: Relationship (support, community, trust, respect, loneliness, belonging), Engagement, Mastery (skills, learning, accomplishment, self-efficacy, self-worth), Autonomy (control), Meaning (meaning and purpose), Optimism, Subjective Well-Being (life satisfaction, positive feelings, negative feelings). The brief version has 10 items. Multiple translations are available. There is no charge for all noncommercial uses as long as appropriate credit is given to authors (see citation below). We recommend visiting Diener’s website for information and articles on this and other scales.

Pros for Schools

Translations available
Comprehensive view of wellbeing
Both long and short versions

Cons for Schools

Suggestions for Further Research

Diener. Website. <https://eddiener.com/>

Su, R., Tay, L., & Diener, E. (2014). The development and validation of Comprehensive Inventory of Thriving (CIT) and Brief Inventory of Thriving (BIT). *Applied Psychology: Health and Well-Being*. <https://doi.com/ 10.1111/aphw.12027>



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