

The Workplace PERMA-Profiler



The Workplace PERMA-Profiler is designed to assess wellbeing according to Seligman's PERMA model, which includes "Five core element[s] [related to] psychological well-being and happiness" (Pascha, date, page no.). These elements are positive emotions (feeling good), engagement (finding flow), relationships (authentic connections), meaning (purposeful existence), and achievement (sense of accomplishment). The survey also takes into account the importance of health and the frequency of negative emotions. Participants respond to 23 self-report questions on a 10-point Likert scale from *not at all* to *completely*. To use this profiler without charge requires completion of a wellbeing measures registration form found at www.peggykern.org/questionnaires.html.

Pros for Schools

23 questions
Translated into Japanese

Cons for Schools

Suggestions for Further Research

Pascha, M. (2018). The PERMA Model: Your scientific theory of happiness. Positive Psychology Program: Your One-Stop PP Resource! <https://edtechbooks.org/nLV>

Kern, P. (n.d.). Questionnaires. Peggy's Website, www.peggykern.org/questionnaires.html.

Watanabe, K., Kawakami, N., Shiotani, T., Adachi, H., Matsumoto, K., Imamura, K., Matsumoto, K., Yamagami, F., Fusejima, A., Muraoka, T., Kagami, T., Shimazu, A. & Kern, M. L. (2018). [The Japanese Workplace PERMA-Profiler: A validation study among Japanese workers](#). *Journal of occupational health*, 60(5), 383–393. doi:10.1539/joh.2018-0050-OA





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