

Psychological Well-Being Scale (PWB)

Instructions: Below are 8 statements with which you may agree or disagree. Using the 1–7 scale below, indicate your agreement with each item by indicating that response for each statement.

	Strongly agree	Agree	Slightly agree	Mixed or Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
I lead a purposeful and meaningful life.	7	6	5	4	3	2	1
My social relationships are supportive and rewarding.	7	6	5	4	3	2	1
I am engaged and interested in my daily activities.	7	6	5	4	3	2	1
I actively contribute to the happiness and well-being of others.	7	6	5	4	3	2	1
I am competent and capable in the activities that are important to me.	7	6	5	4	3	2	1
I am a good person and live a good life.	7	6	5	4	3	2	1
I am optimistic about my future.	7	6	5	4	3	2	1
People respect me.	7	6	5	4	3	2	1

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Scoring:

Add the responses, varying from 1 to 7, for all eight items. The possible range of scores is from 8 (lowest possible) to 56 (highest PWB possible). A high score represents a person with many psychological resources and strengths.

References:

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143-156.

You are welcome to book a consultation session with a counsellor at the Student Wellness Centre to discuss the results of your self-report and/or any questions which you might have. Please email us at care@sim.edu.sg to make an appointment.