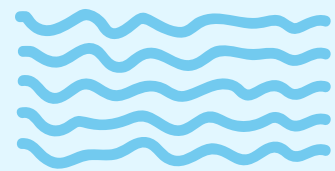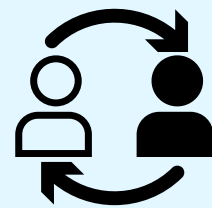# PERMA Model of Flourishing

- Positive Emotions
- Engagement
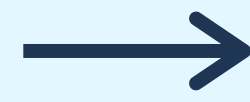- Relationships
- Meaning
- Accomplishments

"Flourishing moves beyond the confines of simple happiness or wellbeing; it encompasses a wide range of positive psychological constructs and offers a more holistic perspective on what it means to feel well and happy" (Ackerman, 2021).

"The experience of life going well and a combination of feeling good and functioning effectively" (Huppert & So, 2013)

Example Constructs

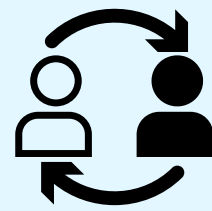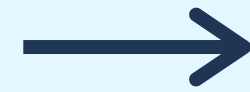😊 **Positive Emotions** ⟶ **(e.g., happiness, optimism)**
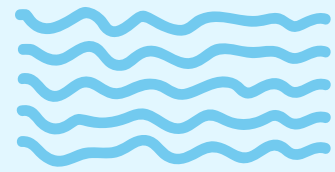
〰 **Engagement** ⟶ **(e.g., "flow")**

🔁 **Relationships** ⟶ **(e.g., social support, connectedness)**

🙌 **Meaning** ⟶ **(e.g., spirituality, religiosity)**

⭐ **Accomplishments** ⟶ **(e.g., goal-setting)**

PERMA-Profiler

- Comprehensive measure of flourishing based on 5 PERMA domains
- Psychometric article: *n* = 7,188 to develop across three samples; *n* = 31,966 demonstrated strong psychometric propoerties across eight samples (e.g., Mturk, online company workers, compassion study)

Butler & Kern, 2016

The PERMA-Profiler Measure

#	Label	Question	Response Anchors
Block 1	A1	How much of the time do you feel you are making progress towards accomplishing your goals?	0 = never, 10 = always
	E1	How often do you become absorbed in what you are doing?	
	P1	In general, how often do you feel joyful?	
	N1	In general, how often do you feel anxious?	
	A2	How often do you achieve the important goals you have set for yourself?	
Block 2	H1	In general, how would you say your health is?	0 = terrible, 10 = excellent
Block 3	M1	In general, to what extent do you lead a purposeful and meaningful life?	0 = not at all, 10 = completely
	R1	To what extent do you receive help and support from others when you need it?	
	M2	In general, to what extent do you feel that what you do in your life is valuable and worthwhile?	
	E2	In general, to what extent do you feel excited and interested in things?	
	Lon	How lonely do you feel in your daily life?	
Block 4	H2	How satisfied are you with your current physical health?	0 = not at all, 10 = completely
Block 5	P2	In general, how often do you feel positive?	0 = never, 10 = always
	N2	In general, how often do you feel angry?	
	A3	How often are you able to handle your responsibilities?	
	N3	In general, how often do you feel sad?	
	E3	How often do you lose track of time while doing something you enjoy?	
Block 6	H3	Compared to others of your same age and sex, how is your health?	0 = terrible, 10 = excellent
Block 7	R2	To what extent do you feel loved?	0 = not at all, 10 = completely
	M3	To what extent do you generally feel you have a sense of direction in your life?	
	R3	How satisfied are you with your personal relationships?	
	P3	In general, to what extent do you feel contented?	
Block 8	hap	Taking all things together, how happy would you say you are?	0 = not at all, 10 = completely

1 **The Japanese Workplace PERMA-Profiler: A validation study among Japanese workers**

2 Kazuhiro Watanabe[1], Norito Kawakami[1], Toru Shiotani[2], Hidehiko Adachi[1], Kaori

3 Matsumoto[2], Kotaro Imamura[1], Kei Matsumoto[2], Fumino Yamagami[2], Ayumi Fusejima[2],

4 Tomoko Muraoka[2], Tomomitsu Kagami[2], Akihito Shimazu

(a Google Scholar search for "Perma-Profiler yields 790 results)

Psychometric validation of the PERMA-profiler as a well-being measure for student veterans

Emre Umucu, Jia-Rung Wu, Jennifer Sanchez, Jessica M. Brooks, Chung-Yi

A CROSS-CULTURAL COMPARISON OF THE PERMA MODEL OF WELL-BEING

A Cross-Cultural Comparison of the PERMA Model of Well-being

Daniel Khaw[1] and Margaret L. Kern[1,2]

Validating a multidimensional measure of wellbeing in Greece: Translation, factor structure, and measurement invariance of the PERMA Profiler

Christos Pezirkianidis[1] · Anastassios Stalikas[1] · Agathi Lakioti[1] · Vasiliki Yotsidi[2]

Light at the end of the bottle: flourishing in people recovering from alcohol problems

Paul Makin, Rosie Allen [iD], Jerome Carson [iD], Stacey Bush, and Bethany Merrifield

Department of Psychology, University of Bolton, Bolton, UK

- Online survey, compared PERMA-Profiler scores between:
  - Alcohol recovery sample (n = 107)
  - Normative community sample (recruited at local gym) (n = 185)
  - Mental health service-users (anxiety, depression, suicidal ideation) (n = 130)
- Alcohol recovery sample scored significantly higher than the mental health service sample (medium effect size; r = .39), but significantly lower than the community sample (large effect size; r = -.52).
  - Alcohol sample performed significantly lower in *all five domains* than the community sample