The PERMA-Profiler: A brief multidimensional measure of flourishing

(Butler et al, 2016)

Questions are on an 11-point scale ranging from 0 to 10, with the end points labeled. Blocks 1, 5: 0 = never 10 = always, Blocks 2, 6: 0 = terrible 10 = excellent, Blocks 3, 4, 7, 8: 0 = not at all 10 = completely

Block 1.
   A1. How much of the time do you feel you are making progress towards accomplishing your goals?
   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?
Block 3.
   M1. In general, to what extent do you lead a purposeful and meaningful life?
   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?
Block 5.
   P2. In general, how often do you feel positive?
   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?
Block 7.
   R2. To what extent do you feel loved?
   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?

Scoring: Scores are calculated as the average of the items comprising each factor: Positive Emotion: P = mean(P1,P2,P3), Engagement: E = mean(E1,E2,E3), Relationships: R = mean(R1,R2,R3, Meaning: M = mean(M1,M2,M3), Accomplishment: A = mean(A1,A2,A3), Overall wellbeing: PERMA= mean(P1,P2,P3,E1,E2,E3, R1,R2,R3, M1,M2,M3, A1,A2,A3,hap), N = mean(N1,N2,N3), Health: H = mean(H1,H2,H3), Lonliness: Lon (single item)

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