The PERMA Profiler
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Measure Overview

In his 2011 book *Flourish*, Dr. Martin Seligman, Distinguished Professor of Psychology at the University of Pennsylvania and one of the founders of the field of positive psychology, defined 5 pillars of wellbeing: PERMA (positive emotion, engagement, relationships, meaning, accomplishment). The PERMA-Profiler measures these five pillars, along with negative emotion and health.

P and N = Positive and Negative emotions

Emotions are an important part of our well-being. Emotions can range from very negative to very positive, and range from high arousal (e.g., excitement, explosive) to low arousal (e.g., calm, relaxed, sad). For **Positive emotion**, the PERMA-Profiler measures general tendencies toward feeling contentment and joy. For **Negative emotion**, the Profiler measures tendencies toward feeling, sad, anxious, and angry.

E = Engagement

Engagement refers to being absorbed, interested, and involved in an activity or the world itself. Very high levels of engagement are known as a state called "flow", in which you are so completely absorbed in an activity that you lose all sense of time.

R = Relationships

Relationships refer to feeling loved, supported, and valued by others. Having positive relationships with others is an important part of life feeling good and going well. Other people matter!

M = Meaning

Meaning refers to having a sense of purpose in life, a direction where life is going, feeling that life is valuable and worth living, or connecting to something greater than ourselves, such as religious faith, a charity or a personally meaningful goal. Meaning provides a sense that life matters.

A = Accomplishment

Accomplishment can be objective, marked by honors and awards received, but feelings of mastery and achievement is also important. The Profiler measures subjective feelings of accomplishment and staying on top of daily responsibilities. It involves working toward and reaching goals, and feeling able to complete tasks and daily responsibilities.

H = Health

Although not part of the PERMA model itself, physical health and vitality is another important part of well-being. The Profiler measures a subjective sense of health – feeling good and healthy each day.

Use of the Measure

The measure can be taken online at www.authentichappiness.org for free, after registering. (This will give you your scores and report, but not the data; if you want to collect data with the measure, you will need to set up your own survey with the questions, following the instructions below.)

You are welcome to use the measure **for noncommercial research or assessment purposes**, giving credit as noted below. There is no cost involved in using the measure for these purposes.

Before using the measure, please read through this document, and register by completing this form.

Please cite the measure as:

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For commercial purposes, please contact the Penn Center for Innovation (pciinfo@pci.upenn.edu).

Questionnaire Administration

The PERMA-Profiler questions are provided on the next page. The measure consists of 23 items. The health, negative emotion, loneliness, and overall happiness questions act as filler questions and provide more information; for briefness, the 15 PERMA questions (3 per PERMA domain) could be used, but we recommend using the full measure.

The questions should be presented in the order noted. We typically display each set on separate pages (see example below), but these could also be subsections on a single page. Questions are on an 11-point scale ranging from 0 to 10, with the end points labeled. We have often used radial buttons, but slider scales are an alternative, which seem to be easier for participants and more visually appealing.

Radial button presentation:

Slider scale presentation:

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

Sample question setup:

perma1

In general...

	Never 0	1	2	3	4	5	6	7	8	9	Always 10
How much of the time do you feel you are making progress towards accomplishing your goals?	○	○	○	○	○	○	○	○	○	○	○
How often do you become absorbed in what you are doing?	○	○	○	○	○	○	○	○	○	○	○
How often do you feel joyful?	○	○	○	○	○	○	○	○	○	○	○
How often do you feel anxious?	○	○	○	○	○	○	○	○	○	○	○
How often do you achieve the important goals you have set for yourself?	○	○	○	○	○	○	○	○	○	○	○

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H1

In general...

	Terrible 0	1	2	3	4	5	6	7	8	9	Excellent 10
How would you say your health is?	○	○	○	○	○	○	○	○	○	○	○

perma2

In general...

	Not at all 0	1	2	3	4	5	6	7	8	9	Completely 10
To what extent do you lead a purposeful and meaningful life?	○	○	○	○	○	○	○	○	○	○	○
To what extent do you receive help and support from others when you need it?	○	○	○	○	○	○	○	○	○	○	○
To what extent do you feel that what you do in your life is valuable and worthwhile?	○	○	○	○	○	○	○	○	○	○	○
To what extent do you feel excited and interested in things?	○	○	○	○	○	○	○	○	○	○	○
How lonely do you feel in your daily life?	○	○	○	○	○	○	○	○	○	○	○

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H2

	Not at all 0	1	2	3	4	5	6	7	8	9	Completely 10
How satisfied are you with your current physical health?	○	○	○	○	○	○	○	○	○	○	○

perma3

In general...

	Never 0	1	2	3	4	5	6	7	8	9	Always 10
How often do you feel positive?	○	○	○	○	○	○	○	○	○	○	○
How often do you feel angry?	○	○	○	○	○	○	○	○	○	○	○
How often are you able to handle your responsibilities?	○	○	○	○	○	○	○	○	○	○	○
How often do you feel sad?	○	○	○	○	○	○	○	○	○	○	○
How often do you lose track of time while doing something you enjoy?	○	○	○	○	○	○	○	○	○	○	○

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H3

	Terrible 0	1	2	3	4	5	6	7	8	9	Excellent 10
Compared to others of your same age and sex, how is your health?	○	○	○	○	○	○	○	○	○	○	○

perma4

In general...

	Not at all 0	1	2	3	4	5	6	7	8	9	Completely 10
To what extent do you feel you have a sense of direction in your life?	○	○	○	○	○	○	○	○	○	○	○
How satisfied are you with your personal relationships?	○	○	○	○	○	○	○	○	○	○	○
To what extent do you feel loved?	○	○	○	○	○	○	○	○	○	○	○
To what extent do you feel contented?	○	○	○	○	○	○	○	○	○	○	○

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hap

	Not at all 0	1	2	3	4	5	6	7	8	9	Completely 10
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 Well-being	PERMA= mean(P1,P2,P3,E1,E2,E3, R1,R2,R3, M1,M2,M3, A1,A2,A3,hap)
Negative Emotion:	N = mean(N1,N2,N3)
Health =	H = mean(H1,H2,H3)
Loneliness	Lon (single item)

Sample Scoring Presentation

In reporting information back to people, we have used a bar graph, providing a person's PERMA Profile:
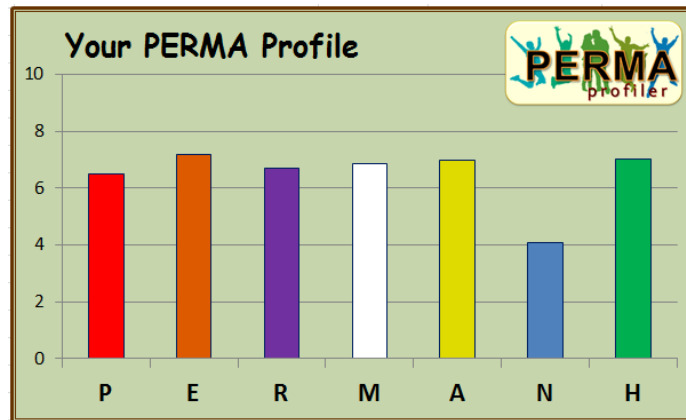
Psychometric Information

See the paper (available from
http://internationaljournalofwellbeing.org/index.php/ijow/article/view/526/579)

Contact Information

The measure is be available at www.peggykern.org/questionnaires.html

For questions, comments, or suggestions, please contact Dr. Kern at pkern001@gmail.com