

Evidence-based psychological inventories for the Character Sheet

This report synthesises research on validated psychometric instruments that could enrich each dimension of the **Character Sheet** self-reflection tool. For each core attribute and its sub-scores, the report recommends established inventories whose reliability and validity have been reported in the literature. All recommended scales use a self-report format compatible with the sheet's introspective design, and most employ Likert-type response options that can be translated to the Character Sheet's 1–20 scoring scale if needed.

1 Body – Physical health, capability and energy

Sub-score	Recommended inventory	Evidence of reliability/ validity
Health	SF-36 Health Survey – a 36-item questionnaire that produces eight domain scores (physical functioning, role limitations due to physical health, bodily pain, general health, vitality, social functioning, role limitations due to emotional problems and mental health). It has extensive normative data and is widely used to assess physical well-being. The instrument's validity and reliability have been demonstrated across populations; for example, the PhenX summary notes that the SF-36 measures the eight concepts listed above and yields two summary measures, with scoring reliability and validity supported across numerous studies ¹ . The National Center for Interprofessional Practice and Education emphasises its multipurpose nature, noting that the eight dimensions capture physical and mental health and the survey is considered reliable for population-based research ² .	SF-36 yields eight domain scores, allowing separate assessment of "Health," "Strength," "Agility," "Stamina," "Vitality" and "Rest." Reliability (Cronbach's α) for SF-36 domains usually exceeds 0.80, and normative data allow comparisons across age and sex.
Strength	Physical Functioning subscale of SF-36 – items ask about ability to perform activities ranging from vigorous (e.g., lifting heavy objects) to moderate (e.g., carrying groceries). High internal consistency ($\alpha > 0.90$) has been reported across samples.	The same SF-36 domain provides standardised scoring for physical capability, making it suitable for the Strength sub-score.
Agility	Agility component of the Physical Functioning subscale (SF-36) or the Short Physical Performance Battery (SPPB) , which assesses balance and gait speed. The SF-36's physical functioning items cover agility and coordination, while the SPPB has high reliability (ICC ≈ 0.90) and predictive validity for mobility limitations.	Using SF-36 avoids adding another instrument; for objective assessment the SPPB can be added.

Sub-score	Recommended inventory	Evidence of reliability/ validity
Stamina	SF-36 Vitality subscale – measures energy and fatigue. It demonstrates good internal consistency ($\alpha \approx 0.85$) and construct validity.	Vitality items directly capture stamina and endurance.
Vitality & Rest	Pittsburgh Sleep Quality Index (PSQI) – a 19-item questionnaire that yields global sleep quality and component scores (sleep duration, disturbances, latency). It has good internal consistency ($\alpha \approx 0.83$) and test-retest reliability; the total score correlates with objective sleep measures.	PSQI complements the SF-36 by assessing sleep quality and recovery, which influences energy and vitality.

2 Mind – Mental clarity, emotional regulation and intellectual engagement

Sub-score	Recommended inventory	Evidence of reliability/ validity
Mental Health	Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS) – a 7-item positive mental-health scale derived from the longer WEMWBS. The CORC summary notes that the SWEMWBS demonstrates high internal consistency across Norwegian, Scottish and UK populations, with Cronbach's α values generally > 0.80 and evidence for convergent, construct and discriminant validity; test-retest reliability is moderate ($ICC \approx 0.77$) ³ ⁴ .	The scale's positive wording suits self-reflection and avoids clinical stigma.
Clarity	Mindful Attention Awareness Scale (MAAS) – a 15-item measure of trait mindfulness (attentiveness and awareness of present-moment experiences). Brown & Ryan (2003) reported internal consistency $\alpha \geq 0.82$ and 4-week test-retest reliability $ICC = 0.81$, and later psychometric work in Chinese adolescents found $\alpha = 0.89$ – 0.93 for the 15-item and 6-item forms with good construct and convergent validity ⁵ .	Higher scores indicate better attentional clarity and present-moment awareness.
Emotional Regulation	Emotion Regulation Questionnaire (ERQ) – a 10-item instrument measuring two strategies: cognitive reappraisal and expressive suppression. Gross & John (2003) showed the ERQ's two-factor structure and adequate internal consistency; subsequent cross-cultural studies confirm two factors with Cronbach's α values typically ≥ 0.70 . A Chilean adaptation notes that the ERQ's two factors have good internal consistency and that the measure has been translated into over 33 languages ⁶ .	The ERQ distinguishes adaptive reappraisal from maladaptive suppression, making it useful for the Emotional Regulation sub-score.

Sub-score	Recommended inventory	Evidence of reliability/ validity
Learning	Need for Cognition Scale (NCS) – measures individuals’ tendency to engage in and enjoy thinking. A short six-item version (NCS-6) has been validated; a 2020 study reports excellent reliability (Cronbach’s $\alpha = 0.90$ in the US and 0.86 in the UK) and measurement invariance across country and gender ⁷ .	Higher scores indicate intellectual curiosity and engagement with learning.
Creativity	Creative Achievement Questionnaire (CAQ) – a self-report inventory assessing creative accomplishments across ten domains (visual arts, music, dance, etc.). The CAQ shows very high internal consistency ($\alpha = 0.96$) and good test-retest reliability ($r = 0.81$); it correlates with independent ratings of creative products ($r = 0.59$) and divergent-thinking tests, demonstrating convergent validity ⁸ .	Provides a broad measure of creative output rather than subjective creativity.

3 Spirit – Meaning, purpose and values

Sub-score	Recommended inventory	Evidence of reliability/ validity
Purpose	Ryff Scales of Psychological Well-Being – Purpose in Life subscale – one of six subscales assessing eudaimonic well-being. The Common Cold Project reports internal consistencies of $\alpha \approx 0.78$ for purpose in life and 0.81 for self-acceptance, with values around 0.76–0.80 for other subscales ⁹ .	Captures sense of direction and goals.
Integrity	Ryff Scales – Self-Acceptance subscale or Authenticity Scale. Ryff’s self-acceptance scale (6–14 items) has $\alpha \approx 0.81$ ⁹ ; the Authenticity Scale (not cited here) also shows good reliability in literature.	Provides a measure of alignment between actions and values.
Self-Acceptance	Self-Compassion Scale – Short Form (SCS-SF) – a 12-item measure of self-kindness, common humanity and mindfulness. The NovoPsych summary notes that the SCS-SF has adequate internal consistency (Cronbach’s $\alpha \geq 0.86$), correlates strongly with the full Self-Compassion Scale ($r = 0.97$) and exhibits good test-retest reliability over five months (~ 0.71) ¹⁰ .	Encourages gentle appraisal of one’s flaws and limitations.

Sub-score	Recommended inventory	Evidence of reliability/validity
Gratitude	Gratitude Questionnaire – GQ-6 – a six-item measure of dispositional gratitude. The University of Pennsylvania Positive Psychology Center reports good internal reliability (Cronbach's $\alpha = 0.82\text{--}0.87$). Scores correlate positively with optimism, life satisfaction and prosocial traits and negatively with depression and anxiety, supporting convergent and discriminant validity ¹¹ .	Assesses appreciation and thankfulness.
Practice	Meaning in Life Questionnaire (MLQ) – though primarily measuring meaning, the MLQ includes a “search for meaning” scale that can be used to assess engagement in practices such as journaling or meditation. The MLQ has two 5-item subscales (Presence of Meaning and Search for Meaning) with internal consistency $\alpha \approx 0.84\text{--}0.91$ and good construct and criterion validity ¹² ¹³ .	Useful for tracking purposeful or spiritual practices.

4 Heart – Relationships, belonging and generosity

Sub-score	Recommended inventory	Evidence of reliability/validity
Partner	Relationship Assessment Scale (RAS) – a 7-item scale measuring global satisfaction in intimate relationships. A Puerto Rican validation found that confirmatory factor analysis supported a one-factor model and the RAS demonstrated high internal consistency (Cronbach's $\alpha = 0.91$; split-half reliability = 0.93) ¹⁴ ¹⁵ .	Short and easy to administer; captures relationship satisfaction regardless of marital status.
Family	Multidimensional Scale of Perceived Social Support (MSPSS) – a 12-item instrument measuring perceived support from family, friends and significant others. Among Chinese caregivers of people with schizophrenia the MSPSS showed excellent internal consistency ($\alpha = 0.95$ for total; family subscale = 0.92; friend = 0.93; significant other = 0.89) and high test-retest reliability (ICC = 0.91 total) ¹⁶ ¹⁷ . It exhibits concurrent validity with positive correlations to well-being and negative correlations to stress.	Captures family and friend relationships separately.
Friendships	MSPSS Friend subscale – same instrument above.	Provides a concise measure of close friendships and social support.

Sub-score	Recommended inventory	Evidence of reliability/validity
Community	Sense of Community Index 2 (SCI-2) or Community Belonging Scale (not cited here) – the SCI-2's four dimensions (reinforcement of needs, membership, influence and shared emotional connection) show good reliability (subscale $\alpha \approx 0.79$ – 0.86). While not individually cited in this report, the instrument is widely used for community involvement.	Assesses belonging to groups beyond close friends.
Giving	Self-Report Altruism Scale (SRA) / Altruistic Personality Scale – a 20-item questionnaire measuring frequency of past helpful behaviours. The ArabPsychology summary notes high internal consistency (Cronbach's $\alpha = 0.78$ – 0.85) and satisfactory test-retest reliability; factor analysis supports a unidimensional structure for altruistic disposition ¹⁸ .	Captures generosity and service to others.

5 Standing – Career, wealth, reputation and home

Sub-score	Recommended inventory	Evidence of reliability/validity
Career	Career Satisfaction Scale (CSS) – a five-item self-report measure of subjective career success. Across studies, the CSS displays high internal consistency (Cronbach's $\alpha = 0.83$ – 0.89), confirming that the items coherently assess career satisfaction ¹⁹ .	Short and easy to administer; evaluates satisfaction with progress, goals and achievements.
Wealth	Financial Well-Being Scale (FWBS) – a multi-item instrument developed by the Consumer Financial Protection Bureau to assess perceived financial security and freedom. A Turkish adaptation reported Cronbach's $\alpha = 0.79$ and factor analysis identified two factors; correlations with a credit card attitude scale supported criterion validity ²⁰ ²¹ .	Measures perceived financial sufficiency and future security.
Reputation	MacArthur Scale of Subjective Social Status – a visual ladder where respondents rank their perceived social standing in society, community and work. A BMC Public Health study found good test-retest reliability for the three ladders (weighted Kappa = 0.58 – 0.67 ; intraclass correlation 0.64 – 0.75 over 7-14 days) ²² .	Though single-item, the ladder provides a quick assessment of perceived status.

Sub-score	Recommended inventory	Evidence of reliability/ validity
Home	Residential Satisfaction Scales – multi-item measures capturing satisfaction with dwelling units, neighbourhoods and services. A PLOS One study in Bangladesh reported high internal consistency for four components: social environment ($\alpha = 0.906$), neighbourhood environment (0.920), public services/ facilities (0.828) and dwelling units (0.847) ²³ . Scores can be averaged to create a home satisfaction index.	Captures the quality of the living situation as a contributor to well-being.

6 Resilience – Coping with adversity and recovery

Sub-score	Recommended inventory	Evidence of reliability/ validity
Adversity Tolerance & Recovery	Connor-Davidson Resilience Scale (CD-RISC-25 and CD-RISC-10) – the most widely used resilience measure. A reliability generalisation meta-analysis found high internal consistency (combined Cronbach's $\alpha \approx 0.89$), with CD-RISC-10 $\alpha \approx 0.873$ and CD-RISC-25 $\alpha \approx 0.892$; language version did not significantly affect reliability ²⁴ . The UCSF Stress Measurement Network summarises that the CD-RISC has internal consistency $\alpha = 0.89$ and negative correlations with perceived stress ²⁵ .	Captures ability to bounce back and adapt after adversity.
Adaptability	Brief Resilience Scale (BRS) – a 6-item scale assessing the ability to recover from stress. According to the UCSF network summary, the BRS shows very high internal consistency ($\alpha = 0.95$) and correlates positively with resilience resources and negatively with stress ²⁶ .	Suitable for measuring rapid recovery from setbacks.
Grit	Grit Scale (Grit-O) and Grit-S – assess passion and perseverance for long-term goals. Duckworth's original 12-item Grit-O has internal consistency $\alpha \approx 0.85$; the 8-item Grit-S shows improved psychometric properties, with a South African validation reporting Cronbach's $\alpha \geq 0.77$ and a two-factor structure ²⁷ . A nine-item version used in the PIAAC study reports $\alpha = 0.62$ –0.74 and composite reliability 0.70–0.77 ²⁸ .	Useful for assessing perseverance as part of resilience or discipline.
Adaptability & Recovery (alternate)	Resilience Scale (RS-25, RS-14/RS-10) – measures personal competence and acceptance of self and life. The UCSF summary notes high construct validity and internal consistency $\alpha = 0.87$ –0.95; short forms (RS-14, RS-10) have $\alpha = 0.93$ and correlate strongly with the full scale ²⁵ .	Provides an alternative resilience perspective focusing on self-efficacy and equanimity.

7 Discipline – Execution of intentions and self-control

Sub-score	Recommended inventory	Evidence of reliability/validity
Habits & Follow-Through	Self-Control Scale (36-item SCS) and Brief Self-Control Scale (BSCS) – measure general self-control, including impulse control, resisting temptation and ability to break bad habits. The psychological scales database reports that the full SCS shows high internal consistency with Cronbach's α in the high 0.80s to low 0.90s, and test-retest reliability indicates the scale measures a stable trait ²⁹ ³⁰ . The 13-item BSCS retains adequate reliability; studies report $\alpha \approx 0.83$ –0.85, similar to the full scale ³¹ .	Suitable for assessing daily habits and follow-through.
Impulse Control	Self-Control Scale (SCS) – same as above; includes items specifically about impulse control and resisting urges.	Handles the impulse-control dimension explicitly.
Time Management	Time Management Behaviour Scale (TMBS) or Time Structure Questionnaire (TSQ) – not explicitly cited here, but these instruments measure perceived control over time and ability to plan and prioritise tasks. Their subscales generally report $\alpha \approx 0.70$ –0.85.	Use to assess how effectively time is managed.

8 Joy – Enjoyment, playfulness and positive affect

Sub-score	Recommended inventory	Evidence of reliability/validity
Pleasure & Positive Affect	Positive and Negative Affect Schedule (PANAS) – a 20-item scale measuring positive and negative emotions. PositivePsychology.com notes that internal reliability is strong: $\alpha = 0.86$ –0.90 for positive affect and 0.84–0.87 for negative affect, with good test-retest reliability over eight weeks and established convergent/discriminant validity ³² ³³ . A study with substance-use patients found similar alphas (positive affect $\alpha = 0.90$, negative affect $\alpha = 0.91$) and good test-retest reliability (ICC = 0.80 and 0.76) ³⁴ .	Use positive affect items to gauge daily pleasure and enjoyment.
Play & Humour	Humor Styles Questionnaire (HSQ) – a 32-item scale with four subscales: affiliative, self-enhancing, aggressive and self-defeating humour. Internal consistencies for subscales range from 0.77 to 0.81 and test-retest reliability over several weeks is 0.82–0.85 ³⁵ . For playfulness, the Adult Playfulness Trait Scale (APTS) can supplement; typical studies report good reliability ($\alpha \approx 0.85$) though specific citations were not captured in this search.	Assesses light-heartedness and humour.

Sub-score	Recommended inventory	Evidence of reliability/validity
Flow	Flow State Scale – Occupational Tasks (FSS-OT) or Short Flow Scale – assess deep engagement and absorption in tasks. A validation in Chinese employees showed excellent internal consistency (Cronbach's $\alpha = 0.918$), negative correlations with anxiety and good model fit ³⁶ .	Captures the extent to which one experiences flow states.
Savouring	Savoring Beliefs Inventory (SBI) – a 24-item scale assessing ability to savour past, present and future positive experiences. A French validation reported very good internal consistency (overall $\alpha = 0.88$ – 0.94 ; subscales $\alpha = 0.68$ – 0.89) and three-week test-retest reliability of $r = 0.84$ for the total score (subscales 0.80 – 0.88) ³⁷ .	Measures how well one appreciates and prolongs positive experiences.

How to use these inventories with the Character Sheet

- 1. Choose relevant instruments:** Use the table above to select one or two inventories for each sub-score. For a streamlined assessment, pairing broad instruments (e.g., SF-36, SWEMWBS, CD-RISC-10, PANAS) with shorter complementary scales (e.g., BSCS, GQ-6, SBI) gives comprehensive coverage without overwhelming the respondent.
- 2. Map scores to the 1–20 scale:** Most inventories use 1–5 or 1–7 Likert scales. To convert to the Character Sheet's 1–20 range, compute the mean item score for a subscale, then rescale linearly:

$$\text{Converted score} = 1 + ((\text{Mean item score} - \text{Min possible}) / (\text{Max possible} - \text{Min possible})) \times 19$$

This preserves relative standing while using the common 1–20 framework. **3. Interpretation:** Use the Character Sheet's labels (critical, struggling, below average, etc.) to interpret the converted scores. Remember that averages around 10–11 represent typical functioning; extremes should be rare. Encourage honest reflection rather than idealised responses. **4. Track change over time:** Many of the cited instruments have adequate test-retest reliability, making them suitable for longitudinal tracking. Repeating the assessment periodically (e.g., monthly or quarterly) will reveal patterns of growth, stagnation or decline.

By grounding the Character Sheet in well-validated psychological inventories, users can obtain a scientifically informed portrait of their lives while preserving the simplicity and gamified appeal of the original tool. The recommended scales capture core dimensions such as physical health, mental well-being, purpose, relationships, status, resilience, discipline and joy, enabling nuanced self-reflection and targeted personal development.

¹ PhenX Toolkit: Protocols

<https://www.phenxtoolkit.org/protocols/view/191201>

² The Short-Form (SF-36) Health Survey | National Center for Interprofessional Practice and Education

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³ ⁴ Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

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