

# THE PERMA-PROFILER MEASURE

## Positive Psychology Assessment

Participant ID: \_\_\_\_\_

Date: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

Education Level: \_\_\_\_\_

**INSTRUCTIONS:** Please answer each question by marking the number that best describes how you feel. Each question uses a scale from 0 to 10, where the meaning of 0 and 10 are provided for each set of questions.

Please answer honestly and mark only one number per question. There are no right or wrong answers.

Response	0	1	2	3	4	5	6	7	8	9	10
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**Scale: 0 = never, 10 = always**

**A1.** How much of the time do you feel you are making progress towards accomplishing your goals?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**E1.** How often do you become absorbed in what you are doing?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**P1.** In general, how often do you feel joyful?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**N1.** In general, how often do you feel anxious?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**A2.** How often do you achieve the important goals you have set for yourself?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = terrible, 10 = excellent**

**H1.** In general, how would you say your health is?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = not at all, 10 = completely**

**M1.** In general, to what extent do you lead a purposeful and meaningful life?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**R1.** To what extent do you receive help and support from others when you need it?    \_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**M2.** In general, to what extent do you feel that what you do in your life is valuable and worthwhile?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**E2.** In general, to what extent do you feel excited and interested in things?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Lon.** How lonely do you feel in your daily life?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = not at all, 10 = completely**

**H2.** How satisfied are you with your current physical health?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = never, 10 = always**

**P2.** In general, how often do you feel positive?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**N2.** In general, how often do you feel angry?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**A3.** How often are you able to handle your responsibilities?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**N3.** In general, how often do you feel sad?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**E3.** How often do you lose track of time while doing something you enjoy?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = terrible, 10 = excellent**

**H3.** Compared to others of your same age and sex, how is your health?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = not at all, 10 = completely**

**R2.** To what extent do you feel loved?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**M3.** To what extent do you generally feel you have a sense of direction in your life?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**R3.** How satisfied are you with your personal relationships?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**P3.** In general, to what extent do you feel contented?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

**Scale: 0 = not at all, 10 = completely**

**hap.** Taking all things together, how happy would you say you are?

\_\_\_ 0 \_\_\_ 1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10

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**FOR RESEARCH USE ONLY:**

P (Positive Emotions): \_\_\_\_\_ E (Engagement): \_\_\_\_\_ R (Relationships): \_\_\_\_\_ M (Meaning): \_\_\_\_\_  
A (Achievement): \_\_\_\_\_  
Health: \_\_\_\_\_ Negative Emotions: \_\_\_\_\_ Loneliness: \_\_\_\_\_ Happiness: \_\_\_\_\_

*Thank you for your participation in this research study.*