THE PERMA-PROFILER MEASURE

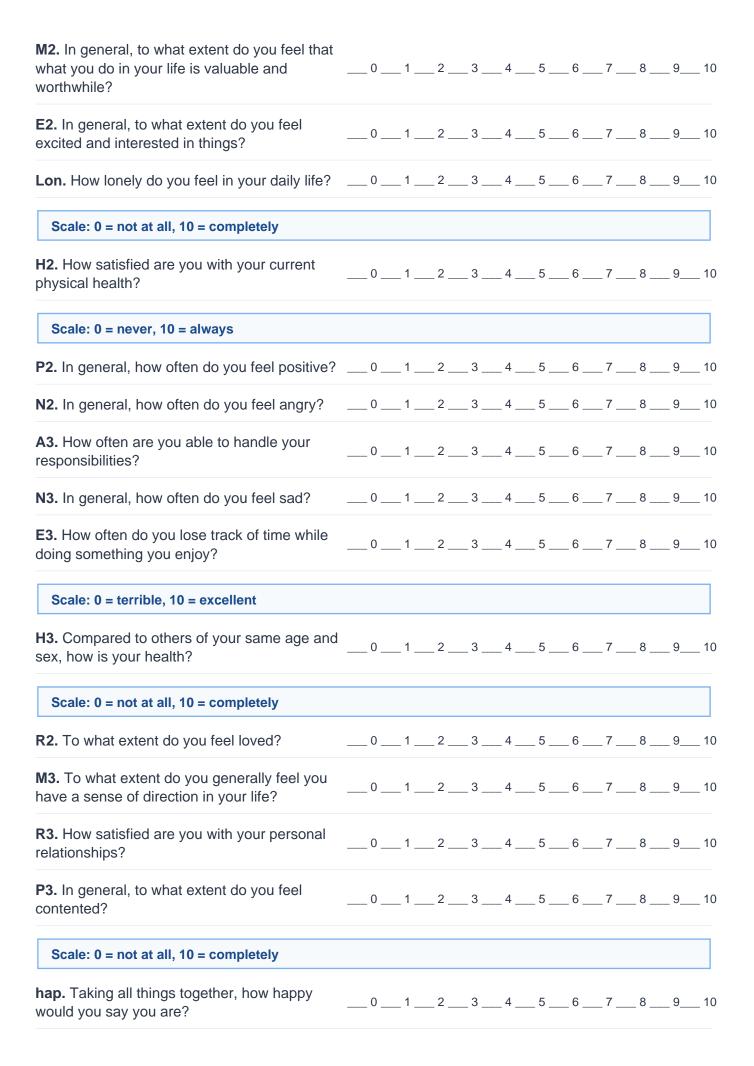
Positive Psychology Assessment

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
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



FOR RESEARCH USE ONLY:			
P (Positive Emotions):	E (Engagement):	R (Relationships):	M (Meaning):
A (Achievement):		. ,	
Health: Negative Er	notions: Loneliness:	: Happiness:	
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Thank you for your participation	in this research study.		