

# Ryff's Psychological Well-Being Scales

Please indicate your degree of agreement to the following sentences.

1 = Strongly disagree

6 = Strongly agree

- |    |  |             |
|----|--|-------------|
| 1  | I am not afraid to voice my opinions, even when they go against the general consensus.                     | 1 2 3 4 5 6 |
| 2  | In general, I feel I am in charge of the situation in which I live.  | 1 2 3 4 5 6 |
| 3  | I am not interested in activities that will expand my horizons.  | 1 2 3 4 5 6 |
| 4  | Most people see me as loving and affectionate.   | 1 2 3 4 5 6 |
| 5  | I live life one day at a time and don't really think about the future.                                     | 1 2 3 4 5 6 |
| 6  | When I look at the story of my life, I am pleased with how things have turned out.                         | 1 2 3 4 5 6 |
| 7  | My decisions are not usually influenced by what everyone else is doing.                                    | 1 2 3 4 5 6 |
| 8  | The demands of everyday life often get me down.  | 1 2 3 4 5 6 |
| 9  | I think it is important to have new experiences that challenge how you think about yourself and the world. | 1 2 3 4 5 6 |
| 10 | Maintaining close relationships has been difficult and frustrating for me.                                 | 1 2 3 4 5 6 |
| 11 | I have a sense of direction and purpose in life.   | 1 2 3 4 5 6 |
| 12 | In general, I feel confident and positive about myself.  | 1 2 3 4 5 6 |
| 13 | I tend to worry about what other people think of me.   | 1 2 3 4 5 6 |
| 14 | I do not fit very well with the people and the community around me.  | 1 2 3 4 5 6 |
| 15 | When I think about it, I haven't really improved much as a person over the years.                          | 1 2 3 4 5 6 |
| 16 | I often feel lonely because I have few close friends with whom to share my concerns.                       | 1 2 3 4 5 6 |

- 17 My daily activities often seem trivial and unimportant to me. 1 2 3 4 5 6
- 18 I feel like many of the people I know have gotten more out of life than I have. 1 2 3 4 5 6
- 19 I tend to be influenced by people with strong opinions. 1 2 3 4 5 6
- 20 I am quite good at managing the many responsibilities of my daily life. 1 2 3 4 5 6
- 21 I have the sense that I have developed a lot as a person over time. 1 2 3 4 5 6
- 22 I enjoy personal and mutual conversations with family members or friends. 1 2 3 4 5 6
- 23 I don't have a good sense of what it is I'm trying to accomplish in life. 1 2 3 4 5 6
- 24 I like most aspects of my personality. 1 2 3 4 5 6
- 25 I have confidence in my opinions, even if they are contrary to the general consensus. 1 2 3 4 5 6
- 26 I often feel overwhelmed by my responsibilities 1 2 3 4 5 6
- 27 I do not enjoy being in new situations that require me to change my old familiar ways of doing things. 1 2 3 4 5 6
- 28 People would describe me as a giving person, willing to share my time with others. 1 2 3 4 5 6
- 29 I enjoy making plans for the future and working to make them a reality. 1 2 3 4 5 6
- 30 In many ways, I feel disappointed about my achievements in life. 1 2 3 4 5 6
- 31 It's difficult for me to voice my own opinions on controversial matters. 1 2 3 4 5 6
- 32 I have difficulty arranging my life in a way that is satisfying to me. 1 2 3 4 5 6
- 33 For me, life has been a continuous process of learning, changing, and growth. 1 2 3 4 5 6
- 34 I have not experienced many warm and trusting relationships with others. 1 2 3 4 5 6
- 35 Some people wander aimlessly through life, but I am not one of them. 1 2 3 4 5 6

36	My attitude about myself is probably not as positive as most people feel about themselves.	1 2 3 4 5 6
37	I judge myself by what I think is important, not by the values of what others think is important.	1 2 3 4 5 6
38	I have been able to build a home and a lifestyle for myself that is much to my liking.	1 2 3 4 5 6
39	I gave up trying to make big improvements or changes in my life a long time ago.	1 2 3 4 5 6
40	I know that I can trust my friends, and they know they can trust me.	1 2 3 4 5 6
41	I sometimes feel as if I've done all there is to do in life.	1 2 3 4 5 6
42	When I compare myself to friends and acquaintances, it makes me feel good about who I am.	1 2 3 4 5 6

## Scoring

1. You need to record appropriately the items that are phrased negatively. Look at the statements 3, 5, 10, 13, 14, 15, 16, 17, 18, 19, 23, 26, 27, 30, 31, 32, 34, 36, 39, and 41, and reverse the score. If the score is 2, it becomes 5. If the score is 3, it becomes 4, and so on.

2. Then, add together the final degree of agreement in the 6 following dimensions:

- Autonomy: items 1, 7, 13, 19, 25, 31 and 37
- Environmental mastery: items 2, 8, 14, 20, 26, 32 and 38
- Personal Growth: items 3, 9, 15, 21, 27, 33 and 39
- Positive Relations: items: 4, 10, 16, 22, 28, 34 and 40
- Purpose in life: items: 5, 11, 17, 23, 29, 35 and 41
- Self-acceptance: items 6, 12, 18, 24, 30, 36, 42

## Credits & References

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of personality and social psychology*, 69(4), 719.