

The EPOCH Measure of Adolescent Well-being

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Measure Overview

In his 2011 book *Flourish*, Dr. Martin Seligman, Distinguished Professor of Psychology at the University of Pennsylvania and founder of the field of positive psychology, defined 5 pillars of wellbeing, PERMA (positive emotion, engagement, relationships, meaning, accomplishment). In applying this model to youth, we adjusted the model to be developmentally appropriate. The resulting model consists of five different positive characteristics that together support higher levels of well-being: engagement, perseverance, optimism, connectedness, and happiness.

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.

P = Perseverance

Perseverance refers to having the tenacity to stick with things and pursue a goal, despite any challenges that occur. You finish things that you start, even if it takes awhile. When the going gets tough, the tough get going.

O = Optimism

Optimism refers to having a sense of hope and confidence about the future. It involves generally taking a favorable view of things. Negative events are seen as temporary and specific to the situation – believing that things will work out in a good way.

C = Connectedness

Connectedness refers to feeling loved, supported, and valued by others. It’s more than simply having people in your life, but also feeling close to others.

H = Happiness

Happiness is a general feeling of happiness, cheer, and contentment with life. You might not feel happy all the time, but you tend to feel generally content with life.

Use of the Measure

Items are presented below. The questions can be grouped together, but note the two sets of response options.

The measure is **freely available for noncommercial research and assessment purposes, after registering** (please complete the form at

https://docs.google.com/forms/d/1eamBshwjtJyQDsWG72qum8Czi_J2lIz3Q7r5FE5ojEA/viewform?usp=send_form). In the future, we will have an online portal for taking the measure and receiving results and insights, but at this point, we cannot provide assistance with administering or scoring the measure.

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Scoring EPOCH

Item	Question
C1	When something good happens to me, I have people who I like to share the good news with.
P1	I finish whatever I begin.
O1	I am optimistic about my future
H1	I feel happy.
E1	When I do an activity, I enjoy it so much that I lose track of time.
H2	I have a lot of fun.
E2	I get completely absorbed in what I am doing.
H3	I love life.
P2	I keep at my schoolwork until I am done with it.
C2	When I have a problem, I have someone who will be there for me.
E3	I get so involved in activities that I forget about everything else.
E4	When I am learning something new, I lose track of how much time has passed.
O2	In uncertain times, I expect the best.
C3	There are people in my life who really care about me.
O3	I think good things are going to happen to me.
C4	I have friends that I really care about.
P3	Once I make a plan to get something done, I stick to it.
O4	I believe that things will work out, no matter how difficult they seem.
P4	I am a hard worker.
H4	I am a cheerful person.

Across domains, each item is scored on a 1 to 5 scale (almost never/ not at all like me = 1; almost always/ very much like me = 5). Scores are computed for each domain as the average of the four items, and results can be presented as a profile across domains (see sample image below). That is:

Engagement = $\text{mean}(E1, E2, E3, E4)$.

Perseverance = $\text{mean}(P1, P2, P3, P4)$

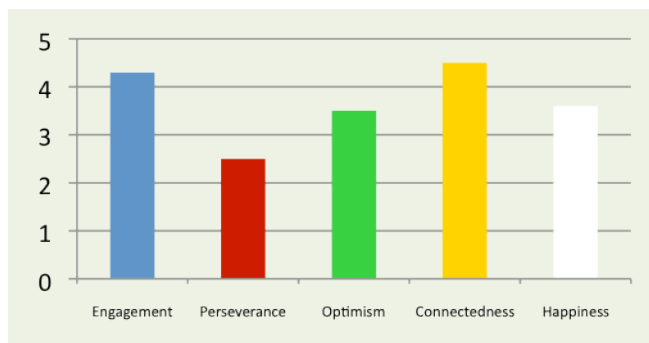
Optimism = $\text{mean}(O1, O2, O3, O4)$

Connectedness = $\text{mean}(C1, C2, C3, C4)$

Happiness = $\text{mean}(H1, H2, H3, H4)$

Sample Scoring Presentation

We are working on the best way to display scores. To date, we have used bar graphs:



This is a survey about you! Please read each of the following statements. Circle how much each statement describes you. Please be honest - there are no right or wrong answers!

When something good happens to me, I have people who I like to share the good news with.	Almost never	Sometimes	Often	Very Often	Almost Always
I finish whatever I begin.	Almost never	Sometimes	Often	Very Often	Almost Always
I am optimistic about my future	Almost never	Sometimes	Often	Very Often	Almost Always
I feel happy.	Almost never	Sometimes	Often	Very Often	Almost Always
When I do an activity, I enjoy it so much that I lose track of time.	Almost never	Sometimes	Often	Very Often	Almost Always
I have a lot of fun.	Almost never	Sometimes	Often	Very Often	Almost Always
I get completely absorbed in what I am doing.	Almost never	Sometimes	Often	Very Often	Almost Always
I love life.	Almost never	Sometimes	Often	Very Often	Almost Always
I keep at my schoolwork until I am done with it.	Almost never	Sometimes	Often	Very Often	Almost Always
When I have a problem, I have someone who will be there for me.	Almost never	Sometimes	Often	Very Often	Almost Always
I get so involved in activities that I forget about everything else.	Almost never	Sometimes	Often	Very Often	Almost Always
When I am learning something new, I lose track of how much time has passed.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
In uncertain times, I expect the best.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
There are people in my life who really care about me.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I think good things are going to happen to me.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I have friends that I really care about.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
Once I make a plan to get something done, I stick to it.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I believe that things will work out, no matter how difficult they seem.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I am a hard worker.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
I am a cheerful person.	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me

Thank you!