

**The EPOCH Measure of Adolescent Well-being**  
**Cuestionario de Bienestar en Adolescentes EPOCH**

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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.

**Contexto y Desarrollo del Instrumento**

El distinguido profesor de la Universidad de Pennsylvania-Dr. Martin Seligman, quien fundó el campo de la Psicología Positiva, definió el bienestar a través de la descripción de sus cinco pilares, PRISMA (Positividad, Relaciones Interpersonales, Involucramiento, Sentido de la vida y Metas Logradas) en su libro “Florecer: La nueva psicología positiva y la búsqueda del bienestar”. Con el objetivo, de ajustar este modelo a población adolescente realizamos algunos cambios basándonos en lo que es considerado apropiado en esta etapa del desarrollo

**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.

**E = Engagement-Involucramiento**

El involucramiento está definido como un estado en el que la persona se siente completamente absorbida e interesada en la actividad que está realizando. Un alto nivel de involucramiento implica lo que ha sido denominado con el nombre de “estado de flujo”, el cuál se caracteriza por la sensación de estar completamente absorbido en lo que se está haciendo, de tal modo que es posible perder la noción del tiempo.

**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.

**P = Perseverance-Perseverancia**

**Perseverancia** se refiere a contar con la tenacidad necesaria para permanecer interesado y comprometido con la realización de una meta sin importar los retos y obstáculos que puedan encontrarse en el camino. Terminas las cosas que empiezas, aún si te toma mucho tiempo. Cuando las cosas se ponen difíciles, es la percepción de dificultad lo que te reta y te mantiene en pie.

**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.

## **O = Optimism-Optimismo**

**Optimismo** se refiere a tener un sentido de esperanza y confianza acerca del futuro. Involucra una visión favorable acerca de las cosas y de la vida. Los eventos negativos se perciben como temporales y específicos a una situación determinada-con la creencia de que las cosas van a salir bien.

## **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.

**C = Connectedness- Conexión** se refiere al sentirse amado, apoyado y valorado por otros. Es más que contar con gente en tu vida, implica el sentirse cerca de otros.

## **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.

## **H = Happiness-Felicidad**

**Felicidad** es un sentimiento general de alegría, ánimo y de sentirse satisfecho con la vida. Puedes no sentirte feliz todo el tiempo, pero te puedes sentir satisfecho con la vida.

## **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](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.

**For commercial purposes**, please contact the University of Pennsylvania Center for Technology Transfer

## **Uso del Instrument de Medición**

Se presentan a continuación los items que componen el cuestionario de bienestar en adolescentes. Es posible agrupar las preguntas, pero es necesario tener presente que existen dos posibles opciones de respuesta. El Cuestionario se encuentra disponible de modo gratuito para investigación no comercial y evaluación luego de registrarse en el siguiente link:

[https://docs.google.com/forms/d/1eamBshwjtJyQDsWG72qum8Czi\\_J2lIz3Q7r5FE5ojEA/viewform?usp=send\\_form](https://docs.google.com/forms/d/1eamBshwjtJyQDsWG72qum8Czi_J2lIz3Q7r5FE5ojEA/viewform?usp=send_form)

En un futuro, se creará un portal en línea donde será posible completar el cuestionario y recibir los resultados de modo inmediato; sin embargo, por el momento no es posible ofrecer asistencia en la administración y calificación del cuestionario.

## Scoring EPOCH

### Instrucciones para calificar EPOCH

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<b>Item Elemento</b>	<b>Question Pregunta</b>
<b>C1</b>	When something good happens to me, I have people who I like to share the good news with. Cuando me sucede algo bueno, tengo gente con quien compartir las buenas noticias
<b>P1</b>	I finish whatever I begin. Termino lo que empiezo.
<b>O1</b>	I am optimistic about my future Soy optimista acerca de mi futuro.
<b>H1</b>	I feel happy. Me siento feliz.
<b>E1</b>	When I do an activity, I enjoy it so much that I lose track of time. Cuando realizo una actividad, suelo disfrutarlo tanto que pierdo la noción del tiempo
<b>H2</b>	I have a lot of fun. Me divierto mucho.
<b>E2</b>	I get completely absorbed in what I am doing. Me involucro completamente en las actividades que realizo
<b>H3</b>	I love life. Amo la vida.
<b>P2</b>	I keep at my schoolwork until I am done with it. Me quedo haciendo los deberes de la escuela hasta que los termino
<b>C2</b>	When I have a problem, I have someone who will be there for me. Cuando tengo un problema, sé que puedo contar con alguien que estará ahí para mí
<b>E3</b>	I get so involved in activities that I forget about everything else. Me involucro tanto en las actividades que realizo que suelo olvidarme de todo lo demás
<b>E4</b>	When I am learning something new, I lose track of how much time has passed. Cuando estoy aprendiendo algo nuevo, suelo perder la noción del tiempo
<b>O2</b>	In uncertain times, I expect the best. En momentos de incertidumbre, espero lo mejor.
<b>C3</b>	There are people in my life who really care about me. Hay personas en mi vida que realmente se preocupan por mí.
<b>O3</b>	I think good things are going to happen to me. Pienso que me van a suceder cosas buenas en la vida
<b>C4</b>	I have friends that I really care about. Tengo amigos a los que quiero mucho.
<b>P3</b>	Once I make a plan to get something done, I stick to it. Cuando planeo hacer y terminar algo, sigo siempre lo que he planeado
<b>O4</b>	I believe that things will work out, no matter how difficult they seem.

	Creo que las cosas van a salir bien, sin importar lo difícil que parezcan.
<b>P4</b>	I am a hard worker. Soy muy trabajador.
<b>H4</b>	I am a cheerful person. Soy una persona muy animada.

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 = mean(E1,E2,E3,E4).
- Perseverance = mean(P1,P2,P3,P4)
- Optimism = mean(O1,O2,O3,O4)
- Connectedness = mean(C1,C2,C3,C4)
- Happiness = mean(H1,H2,H3,H4)

A través de todos las áreas, cada ítem está calificado en una escala del 1 al 5 (casi nunca/nada como yo=1; casi siempre/muy parecido a mi=5). Los resultados de cada área se sacan mediante un promedio de los cuatro ítems, y los resultados se pueden presentar como un perfil a través de las áreas (Ve el ejemplo a continuación). Esto es:

Se califica cada item del 1 al 5 en cada una de las áreas del cuestionario (siendo 1: casi nunca y/o nada y 5: casi siempre y/o muy parecido a mi)

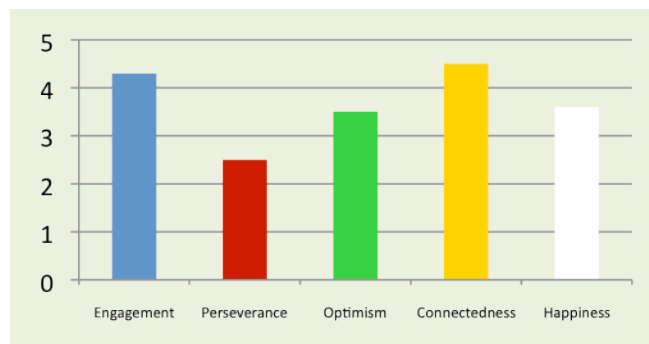
- Engagement- Involucramiento = media (E1,E2,E3,E4).
- Perseverance- Perseverancia = media (P1,P2,P3,P4).
- Optimism- Optimismo = media (O1,O2,O3,O4).
- Connectedness- Conexión = media (H1,H2,H3,H4).

### **Sample Scoring Presentation**

#### **Ejemplo de Presentación de resultados**

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

Estamos trabajando en la mejor forma de demostrar los resultados. A la fecha, estamos utilizando la gráfica de barras:



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!

¡Este cuestionario es acerca de ti! Por favor lee cuidadosamente cada una de las siguientes oraciones. Circula qué tanto te describe cada una de estas oraciones. ¡Se honesto – No hay respuestas correctas o incorrectas!

The questions are translated above, here are the answers to those questions:

Almost never Casi nunca	Sometimes Algunas veces	Often Seguido	Very Often Muy seguido	Almost Always Casi siempre	
Not at all like me Nada como yo	A little like me Se parece un poco a mi	Somewhat like me Parecido a mi	Mostly like me Muy parecido a mi	Very much like me Idéntico a mi	
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

<b>There are people in my life who really care about me.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
<b>I think good things are going to happen to me.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
<b>I have friends that I really care about.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
<b>Once I make a plan to get something done, I stick to it.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
<b>I believe that things will work out, no matter how difficult they seem.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
<b>I am a hard worker.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
<b>I am a cheerful person.</b>	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me

**Thank you!**

**¡Gracias!**