PERMA: 幸福指数量表

#	Question 質問	Response Anchors 響應錨	Label 標籤
1	In general, to what extent do you lead a purposeful and meaningful life?	0 = not at all, 10 = completely	M1
	总的来说,你觉得自己的人生在多大程度上有目标性、有意义?	0=完全没有,10=非常有	
2	How much of the time do you feel you are making progress	0 = never, 10 = always	A1
	towards accomplishing your goals 你有多经常感觉到你在向自己的目标前进?	0=从来没有,10=总是	
3	How often do you become absorbed in what you are doing? 你有多经常地感觉到自己完全沉浸在你所做的事情里?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	E1
4	In general, how would you say your health is? 总的来说,你的健康状况如何?	0 = terrible, 10 = excellent 0 = 非常糟糕, 10 = 非常好	H1
5	In general, how often do you feel joyful? 总的来说,你有多经常感觉到开心?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	P1
6	To what extent do you receive help and support from others when you need it? 在多大程度上在你需要的时候你会得到他人的帮助和支持?	0 = not at all, 10 = completely 0 = 完全不会, 10 = 完全会	R1
7	In general, how often do you feel anxious	0 = 元主小云, 10 = 元主云 0 = never, 10 = always	N1
, í	总的来说,你有多经常感到焦虑?	0 = 从来没有, 10 = 总是	
8	How often do you achieve the important goals you have set for yourself?	0 = never, 10 = always	A2
	你有多经常达到你为自己所设定的重要的目标?	0=从来没有,10=总是	
9	In general, to what extent do you feel that what you do in your life is valuable and worthwhile?	0 = not at all, 10 = completely	M2
	总的来说,在多大程度上你感觉你做的事是有价值的?	0=完全没有,10=非常有	
10	In general, how often do you feel positive?	0 = never, 10 = always	P2
	总的来说,你有多经常有正面的、好的感觉?	0=从来没有,10=总是	
11	In general, to what extent do you feel excited and interested in things?	0 = not at all, 10 = completely	E2
	总的来说,在多大程度上你对事物感到兴奋和感兴趣?	0 = 完全没有兴趣, 10 = 非常有 兴趣	
12	How lonely do you feel in your daily life? 你在日常生活中感觉多孤单?	0 = not at all, 10 = completely 0 = 完全不孤单, 10 = 非常孤单	
13	How satisfied are you with your current physical health? 你有多满意你现在的身体状况?	0 = not at all, 10 = completely 0 = 非常不满意, 10 = 非常满意	H2
14	In general, how often do you feel angry? 总的来说,你有多经常地感到生气?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	N2
15	To what extent have you been feeling loved? 在多大程度上你感觉到被爱?	0 = not at all, 10 = completely 0 = 完全没有, 10 = 非常有	R2
16	How often are you able to handle your responsibilities? 你有多经常感到自己有能力处理好要做的事?	0 = 凡主((), 10 = 9)+(), 10 0 = never, 10 = always 0 = 从来没有, 10 = 总是	A3

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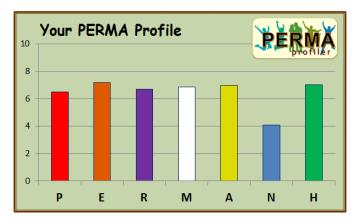
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#	Question	Response Anchors	Label
	質問	響應錨	標籤
17	To what extent do you generally feel you have a sense of direction	0 = not at all, 10 = completely	М3
	in your life?		
	在多大程度上,你感到人生有方向	0=完全没有,10=非常有	
18	Compared to others of your same age and sex, how is your health?	0 = terrible, 10 = excellent	Н3
	和你同龄同性别的人相比,你的健康状况如何?	0=非常糟糕,10=非常好	
19	How satisfied are you with your personal relationships?	0 = not at all, 10 = completely	R3
	你对自己与家人和亲密朋友的关系有多满意?	0=非常不满意,10=非常满意	
20	In general, how often do you feel sad?	0 = never, 10 = always	N3
	总的来说,你有多经常地感觉到悲伤?	0=从来没有,10=总是	
21	How often do you lose track of time while doing something you	0 = never, 10 = always	E3
	enjoy?		
	有多经常你会在做自己喜欢的事情的时候忘记时间?	0=从来没有,10=总是	
22	In general, to what extent do you feel contented?	0 = not at all, 10 = completely	P3
	总的来说,你感到多满足?	0=非常不满足,10=非常满足	
23	Taking all things together, how happy would you say you are?	0 = not at all, 10 = completely	hap
	总的来说,你有多幸福?	0=非常不幸福,10=非常幸福	

Scoring:

P = mean(P1,P2,P3) E = mean(E1,E2,E3) R = mean(R1,R2,R3) M = mean(M1,M2,M3) A = mean(A1,A2,A3) Overall = mean(P1,P2,P3,E1,E2,E3, R1,R2,R3, M1,M2,M3, A1,A2,A3,hap) N = mean(N1,N2,N3) Health = mean(H1,H2,H3) Lonely = single item

Sample Scoring Presentation



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