

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? 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 = not at all, 10 = completely 0 = 完全没有, 10 = 非常有	M1
2	How much of the time do you feel you are making progress towards accomplishing your goals 你有多经常感觉到你在向自己的目标前进?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	A1
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 总的来说, 你有多经常感到焦虑?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	N1
8	How often do you achieve the important goals you have set for yourself? 你有多经常达到你为自己所设定的重要的目标?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	A2
9	In general, to what extent do you feel that what you do in your life is valuable and worthwhile? 总的来说, 在多大程度上你感觉你做的事是有价值的?	0 = not at all, 10 = completely 0 = 完全没有, 10 = 非常有	M2
10	In general, how often do you feel positive? 总的来说, 你有多经常有正面的、好的感觉?	0 = never, 10 = always 0 = 从来没有, 10 = 总是	P2
11	In general, to what extent do you feel excited and interested in things? 总的来说, 在多大程度上你对事物感到兴奋和感兴趣?	0 = not at all, 10 = completely 0 = 完全没有兴趣, 10 = 非常有兴趣	E2
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 = never, 10 = always 0 = 从来没有, 10 = 总是	A3

#	Question 質問	Response Anchors 響應錨	Label 標籤
17	To what extent do you generally feel you have a sense of direction in your life? 在多大程度上, 你感到人生有方向	0 = not at all, 10 = completely 0 = 完全没有, 10 = 非常有	M3
18	Compared to others of your same age and sex, how is your health? 和你同齡同性別的人相比, 你的健康狀況如何?	0 = terrible, 10 = excellent 0 = 非常糟糕, 10 = 非常好	H3
19	How satisfied are you with your personal relationships? 你對自己與家人和親密朋友的关系有多滿意?	0 = not at all, 10 = completely 0 = 非常不滿意, 10 = 非常滿意	R3
20	In general, how often do you feel sad? 總的來說, 你有多經常地感覺到悲傷?	0 = never, 10 = always 0 = 從沒有, 10 = 總是	N3
21	How often do you lose track of time while doing something you enjoy? 有多經常你會在做自己喜歡的事情的時候忘記時間?	0 = never, 10 = always 0 = 從沒有, 10 = 總是	E3
22	In general, to what extent do you feel contented? 總的來說, 你感到多滿足?	0 = not at all, 10 = completely 0 = 非常不滿足, 10 = 非常滿足	P3
23	Taking all things together, how happy would you say you are? 總的來說, 你有多幸福?	0 = not at all, 10 = completely 0 = 非常不幸福, 10 = 非常幸福	hap

Scoring:

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

$$E = \text{mean}(E1, E2, E3)$$

$$R = \text{mean}(R1, R2, R3)$$

$$M = \text{mean}(M1, M2, M3)$$

$$A = \text{mean}(A1, A2, A3)$$

$$\text{Overall} = \text{mean}(P1, P2, P3, E1, E2, E3, R1, R2, R3, M1, M2, M3, A1, A2, A3, \text{hap})$$

$$N = \text{mean}(N1, N2, N3)$$

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

$$\text{Lonely} = \text{single item}$$

Sample Scoring Presentation

