The PERMA-Profiler: A brief multidimensional measure of flourishing

(Butler et al, 2016)

Questions are on an 11-point scale ranging from 0 to 10, with the end points labeled. Blocks 1, 5: 0 = never 10 = always, Blocks 2, 6: 0 = terrible 10 = excellent, Blocks 3, 4, 7, 8: 0 = not at all 10 = completely

Block 1.
- A1. How much of the time do you feel you are making progress towards accomplishing your goals?
- E1. How often do you become absorbed in what you are doing?
- P1. In general, how often do you feel joyful?
- N1. In general, how often do you feel anxious?
- A2. How often do you achieve the important goals you have set for yourself?

Block 2.
- H1. In general, how would you say your health is?

Block 3.
- M1. In general, to what extent do you lead a purposeful and meaningful life?
- R1. To what extent do you receive help and support from others when you need it?
- M2. In general, to what extent do you feel that what you do in your life is valuable and worthwhile?
- E2. In general, to what extent do you feel excited and interested in things?
- Lon. How lonely do you feel in your daily life?

Block 4.
- H2. How satisfied are you with your current physical health?

Block 5.
- P2. In general, how often do you feel positive?
- N2. In general, how often do you feel angry?
- A3. How often are you able to handle your responsibilities?
- N3. In general, how often do you feel sad?
- E3. How often do you lose track of time while doing something you enjoy?

Block 6.
- H3. Compared to others of your same age and sex, how is your health?

Block 7.
- R2. To what extent do you feel loved?
- M3. To what extent do you generally feel you have a sense of direction in your life?
- R3. How satisfied are you with your personal relationships?
- P3. In general, to what extent do you feel contented?

Block 8.
- Hap. Taking all things together, how happy would you say you are?

Scoring: Scores are calculated as the average of the items comprising each factor: Positive Emotion: \( P = \text{mean}(P1,P2,P3) \), Engagement: \( E = \text{mean}(E1,E2,E3) \), Relationships: \( R = \text{mean}(R1,R2,R3) \), Meaning: \( M = \text{mean}(M1,M2,M3) \), Accomplishment: \( A = \text{mean}(A1,A2,A3) \), Overall wellbeing: \( \text{PERMA} = \text{mean}(P1,P2,P3,E1,E2,E3, R1,R2,R3, M1,M2,M3, A1,A2,A3,hap) \), N = mean(N1,N2,N3), Health: \( H = \text{mean}(H1,H2,H3) \), Lonliness: Lon (single item)