

Ryff Scales of Psychological Well-Being

(42-item version)

Name: _____ Date of birth: _____

Gender: _____ Date of assessment: _____

Please indicate your degree of agreement (using a score ranging from 1-6) to the following statements.

Statement	Strongly disagree				Strongly agree	
	1	2	3	4	5	6
1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.						
2. In general, I feel I am in charge of the situation in which I live.						
3. I am not interested in activities that will expand my horizons.						
4. Most people see me as loving and affectionate.						
5. I live life one day at a time and don't really think about the future.						
6. When I look at the story of my life, I am pleased with how things have turned out.						
7. My decisions are not usually influenced by what everyone else is doing.						
8. The demands of everyday life often get me down.						
9. I think it is important to have new experiences that challenge how you think about yourself and the world.						
10. Maintaining close relationships has been difficult and frustrating for me.						
11. I have a sense of direction and purpose in life.						
12. In general, I feel confident and positive about myself.						
13. I tend to worry about what other people think of me.						
14. I do not fit very well with the people and the community around me.						
15. When I think about it, I haven't really improved much as a person over the years.						
16. I often feel lonely because I have few close friends with whom to share my concerns.						
17. My daily activities often seem trivial and unimportant to me.						

Statement	Strongly disagree				Strongly agree	
	1	2	3	4	5	6
18. I feel like many of the people I know have gotten more out of life than I have.						
19. I tend to be influenced by people with strong opinions.						
20. I am quite good at managing the many responsibilities of my daily life.						
21. I have the sense that I have developed a lot as a person over time.						
22. I enjoy personal and mutual conversations with family members or friends.						
23. I don't have a good sense of what it is I'm trying to accomplish in life.						
24. I like most aspects of my personality.						
25. I have confidence in my opinions, even if they are contrary to the general consensus.						
26. I often feel overwhelmed by my responsibilities.						
27. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.						
28. People would describe me as a giving person, willing to share my time with others.						
29. I enjoy making plans for the future and working to make them a reality.						
30. In many ways, I feel disappointed about my achievements in life.						
31. It's difficult for me to voice my own opinions on controversial matters.						
32. I have difficulty arranging my life in a way that is satisfying to me.						
33. For me, life has been a continuous process of learning, changing, and growth.						
34. I have not experienced many warm and trusting relationships with others.						
35. Some people wander aimlessly through life, but I am not one of them.						
36. My attitude about myself is probably not as positive as most people feel about themselves.						
37. I judge myself by what I think is important, not by the values of what others think is important.						

Statement	Strongly disagree				Strongly agree	
	1	2	3	4	5	6
38. I have been able to build a home and a lifestyle for myself that is much to my liking.						
39. I gave up trying to make big improvements or changes in my life a long time ago.						
40. I know that I can trust my friends, and they know they can trust me.						
41. I sometimes feel as if I've done all there is to do in life.						
42. When I compare myself to friends and acquaintances, it makes me feel good about who I am.						

Scores

Autonomy:	Environmental mastery:
Personal growth:	Positive relations:
Purpose in life:	Self-acceptance:
Total score:	

Scoring

Recode negative phrased items: #3,5,10,13,14,15,16,17,18,19,23,26,27,30,31,32, 34, 36, 39, 41. (i.e., if the score is 6 in one of these items, the adjusted score is 1; if 5, the adjusted score is 2, and so on...)

Add together the final degree of agreement in the 6 dimensions:

- **Autonomy:** items 1,7,13,19,25, 31, 37
- **Environmental mastery:** items 2,8,14,20,26,32,38
- **Personal growth:** items 3,9,15,21,27,33,39
- **Positive relations:** items: 4,10,16,22,28,34,40
- **Purpose in life:** items: 5,11,17,23,29,35,41
- **Self-acceptance:** items 6,12,18,24,30,36,42

Interpretation

Autonomy

High scorer: Is self-determining and independent; able to resist social pressures to think and act in certain ways; regulates behavior from within; evaluates self by personal standards.

Low scorer: Is concerned about the expectations and evaluations of others; relies on judgments of others to make important decisions; conforms to social pressures to think and act in certain ways.

Environmental mastery

High scorer: Has a sense of mastery and competence in managing the environment; controls a complex array of external activities; makes effective use of surrounding opportunities; able to choose or create contexts suitable to personal needs and values.

Low scorer: Has difficulty managing everyday affairs; feels unable to change or improve surrounding context; is unaware of surrounding opportunities; lacks a sense of control over the external world.

Personal growth

High scorer: Has a feeling of continued development; sees self as growing and expanding; is open to new experiences; has a sense of realizing his or her potential; sees improvement in self and behavior over time; is changing in ways that reflect more self-knowledge and effectiveness.

Low scorer: Has a sense of personal stagnation; lacks a sense of improvement or expansion over time; feels bored and uninterested in life; feels unable to develop new attitudes or behaviors.

Positive relations

High scorer: Has warm, satisfying, trusting relationships with others; is concerned about the welfare of others; capable of strong empathy, affection, and intimacy; understands give and take of human relationships.

Low scorer: Has few close, trusting relationships with others; finds it difficult to be warm, open, and concerned about others; is isolated and frustrated in interpersonal relationships; not willing to make compromises to sustain important ties with others.

Purpose in life

High scorer: Has goals in life and a sense of directedness; feels there is meaning to present and past life; holds beliefs that give life purpose; has aims and objectives for living.

Low scorer: Lacks a sense of meaning in life; has few goals or aims, lacks a sense of direction; does not see the purpose of past life; has no outlook or beliefs that give life meaning.

Self-acceptance

High scorer: Possesses a positive attitude toward the self; acknowledges and accepts multiple aspects of self, including good and bad qualities; feels positive about past life.

Low scorer: Feels dissatisfied with self; is disappointed with what has occurred with past life; is troubled about certain personal qualities; wishes to be different than what he or she is.

References

Ryff, C. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology, 57*, 1069–1081.

Ryff, C., & Keyes, C. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology, 69*, 719–727.