

Wammerl, M., Jaunig, J., Maierunteregger, T., & Streit, P.

Background

Wellbeing is a slippery concept. But Positive Psychology suggests that human wellbeing is not only obtainable but measurable.

The PERMA-Profiler (Kern & Butler, 2013) and the Positive Psychotherapy Inventory (PPTI; Rashid & Seligman, 2013) are two reliable self report questionnaires, which measure the PERMA-structure of wellbeing (Seligman, 2011; Butler & Kern, 2013; Khanjani et al., 2014).

However, until now there are no studies testing the PERMA-theory in the German speaking population.

This study aims to test the cross-cultural validity of the PERMA-model in a large German speaking sample.

Methods

Participants:

- $N = 854$ German speaking individuals (714 females)
- Age: $M = 27$ years ($SD = 10.6$)
- 520 Austrian, 317 German, 17 Switzerland

Validation Measures:

- Depression Anxiety Stress Scale (DASS)
- Ryff Scale of Psychological Wellbeing (RYFF)

Measure 1: PERMA-Profiler

- Brief multidimensional wellbeing measurement
- Based on PERMA-theory of wellbeing
- 16 items (3 items for each factor, 1 general wellbeing item)

Measure 2: Positive Psychotherapy Inventory (PPTI)

- General strength measure
- Based on PERMA-theory of wellbeing
- 25 items (5 items for each factor)

Results

Validity indices

- Discriminant validity (DASS): $-.28 < r < -.69$
- Convergent validity (RYFF): $.50 < r < .70$

Reliability indices

- Reliability (Cronbach's Alpha): PERMA-Profiler: $\alpha = .92$, PPTI: $\alpha = .89$

Confirmatory Factorial Analysis

PERMA-Profiler

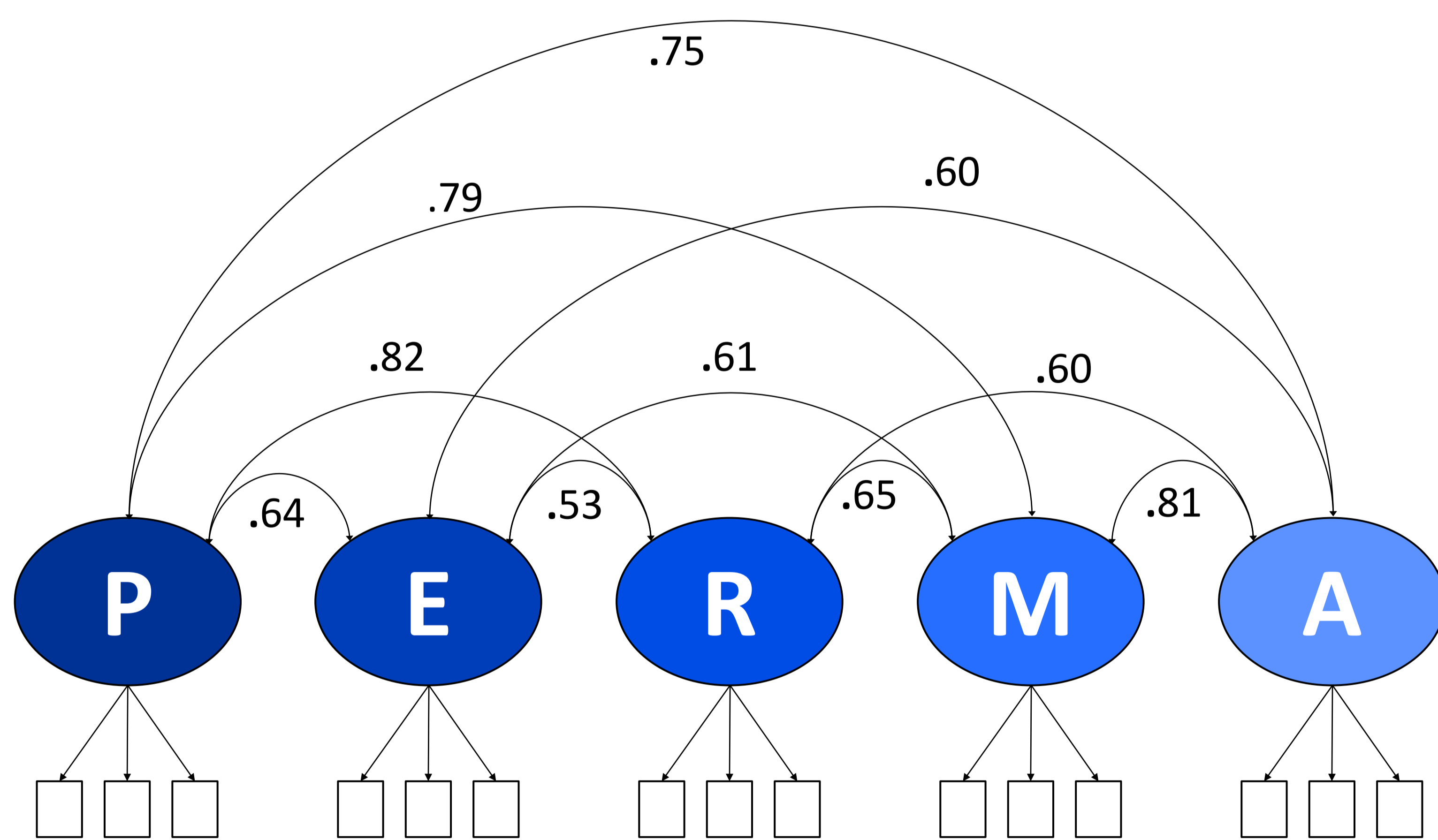


Fig. 1: $\chi^2 [80] = 301.384, p < .001$ [$\chi^2/df = 3.767$], CFI = .970, SRMR = .036, RMSEA = .057. All paths are significant at $p < .001$.

PPTI

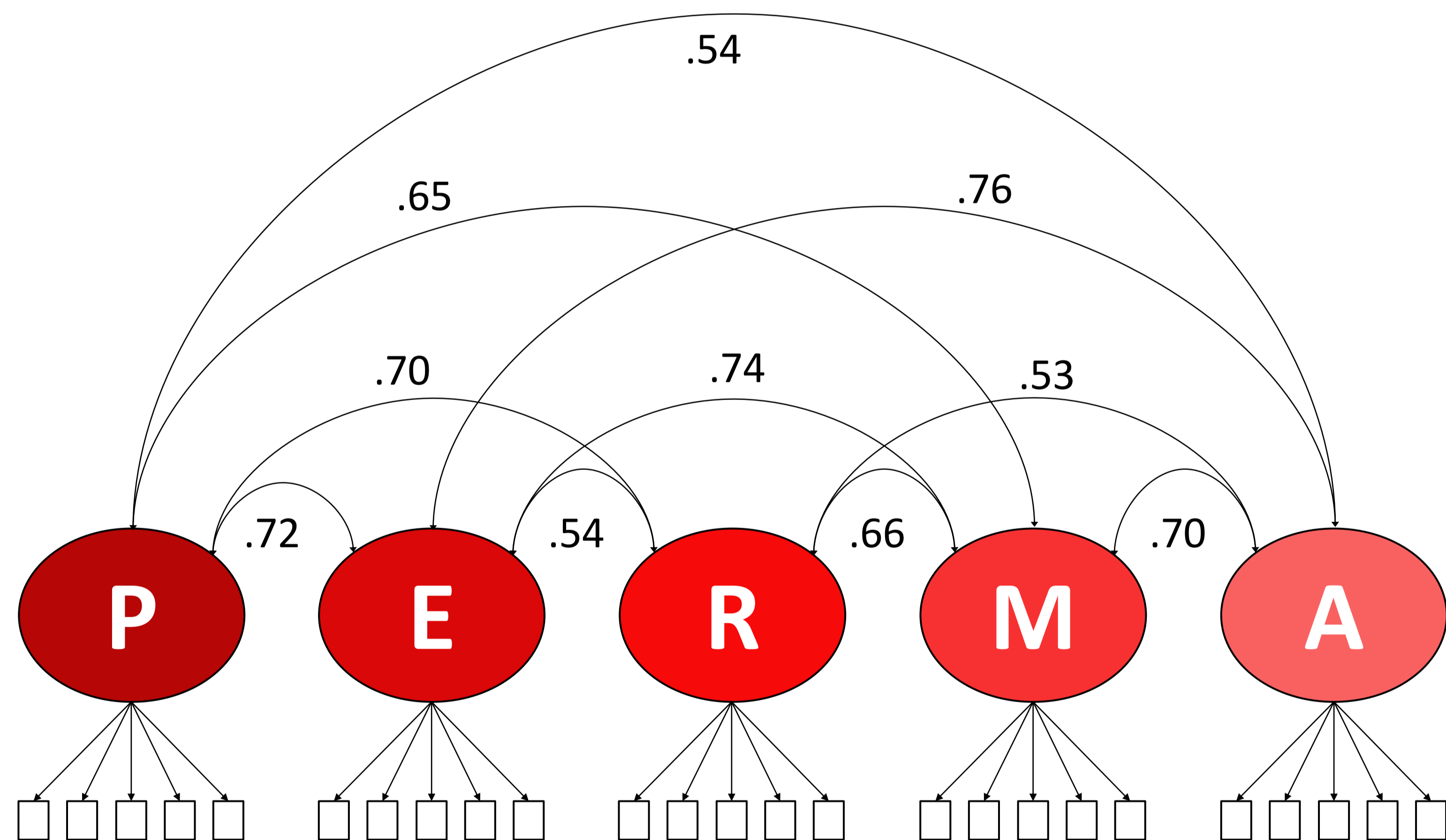


Fig. 2: $\chi^2 [265] = 1212.95, p < .001$ [$\chi^2/df = 4.577$], CFI = .853, SRMR = .059, RMSEA = .065. All paths are significant at $p < .001$.

Discussion

This study was the first to test the PERMA-structure of wellbeing in a large German speaking sample.

Both the PPTI and the PERMA-Profiler showed high reliability and validity.

The five factors are not independent but separable. A one-factor solution, as an alternative, couldn't be confirmed.

The high chi-square value could be the result of the large sample size, as well as of the large number of positively skewed items.

Model fit indices indicate that the PERMA structure can be tentatively confirmed. However our results suggest a need to reconstruct some of the items, in order to avoid distributional ceiling effects.

References

- Butler, J., & Kern, M. L. (2013). *The PERMA-Profiler: A brief multidimensional measure of flourishing*. International Positive Psychology Association. Los Angeles.
- Khanjani, M., Shahidi, S., FathAbadi, J., Mazaheri, M. A., & Shokri, O. (2014). The factor structure and psychometric properties of the Positive Psychotherapy Inventory (PPTI) in an Iranian sample. *Iranian Journal of Applied Psychology, 7*(5), 26–47.
- Rashid, T., & Seligman, M. E. P. (2013). Positive Psychotherapy. In R. J. Corsini & D. Wedding (Eds.), *Current Psychotherapies* (10th ed.). Belmont, CA: Cengage.
- Seligman, M.E.P. (2011). *Flourish*. New York: Simon & Schuster.