

Flourishing Scale (FS)

Category: Wellbeing | Items: 8 | Time: ~2 min

Description / When to Use

8-item measure of self-perceived success in relationships, self-esteem, purpose, and optimism.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 8 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

1 = Strongly disagree | 2 = Disagree | 3 = Slightly disagree | 4 = Neither agree nor disagree | 5 = Slightly agree | 6 = Agree | 7 = Strongly agree

Scoring Guide

Sum all 8 items scored 1-7. Total range 8-56. Higher scores = greater flourishing.

Cutoff Interpretation

Score Range	Severity	Recommended Action
8-24	Low flourishing	Consider intervention
25-40	Moderate flourishing	Monitor
41-56	High flourishing	Maintain

Psychometric Properties

Cronbach's alpha: 0.87 | Test-retest reliability: 0.80

Validity: Positive psychology measure; correlates with life satisfaction.

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Citation (APA Format)

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures. *Social Indicators Research*, 39(2), 247-264.

DOI: 10.1007/s11205-009-9493-4

URL: <https://pubmed.ncbi.nlm.nih.gov/20552466/>