

# Psychological Well-Being Scale (PWB-18)

Category: Wellbeing | Items: 18 | Time: ~5-10 min

## Description / When to Use

18-item short form assessing six dimensions of psychological well-being: autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 18 items in this scale. Estimated completion time: 5-10 min.

## Scale Items

1. I like most parts of my personality.
2. When I look at the story of my life, I am pleased with how things have turned out so far.
3. Some people wander aimlessly through life, but I am not one of them.
4. The demands of everyday life often get me down.
5. In many ways I feel disappointed about my achievements in life.
6. Maintaining close relationships has been difficult and frustrating for me.
7. I live life one day at a time and don't really think about the future.
8. In general, I feel I am in charge of the situation in which I live.
9. I am good at managing the responsibilities of daily life.
10. I sometimes feel as if I've done all there is to do in life.
11. For me, life has been a continuous process of learning, changing, and growth.
12. I think it is important to have new experiences that challenge how I think about myself and the world.
13. People would describe me as a giving person, willing to share my time with others.
14. I gave up trying to make big improvements or changes in my life a long time ago.
15. I tend to be influenced by people with strong opinions.
16. I have not experienced many warm and trusting relationships with others.
17. I have confidence in my own opinions, even if they are different from the way most other people think.
18. I judge myself by what I think is important, not by what others think.

## Scoring Guide

Score according to instrument-specific rules. See original publication.

## Cutoff Interpretation

| Score Range | Severity            | Recommended Action    |
|-------------|---------------------|-----------------------|
| 18–54       | Low well-being      | Consider intervention |
| 55–80       | Moderate well-being | Monitor               |
| 81–108      | High well-being     | Maintain              |

## Psychometric Properties

See original validation study for reliability and validity data.

## License

Free to use with citation.

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## Citation (APA Format)

Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727.

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*Disclaimer: Six 3-item subscales. Items scored 1-6 or 1-7. Several items are reverse-coded. Total range 18-108 (6-point) or 18-126 (7-point). Higher scores indicate greater well-being.*