

1 = Japan, 2 = Korea, 3 = S3 California, 4 = Turkey, 5 = California x-validation, 6 = Preliminary California, 7 = Greece, 8 = Mexico, 9 = California

FLs below .50 highlighted.

Table 1

Standardized Factor Loadings for the Covitality Scales from Random Sample 1 (S1)

Items and Scale Loadings	1	2	3	4	5	6	7	8	9
Belief-in-Self									
<i>Self-Efficacy</i> ^a									
I can work out my problems.	.64	.55	.79	.59	.57	.69	.56	.57	.61
I can do most things if I try.	.57	.80	.81	.63	.63	.81	.52	.53	.62
There are many things that I do well.	.66	.73	.78	.69	.62	.80	.49	.52	.71
<i>Self-Awareness</i> ^a									
There is a purpose to my life.	.64	.71	.78	.57	.55	.66	.24	.40	.71
I understand my moods and feelings.	.59	.76	.81	.64	.69	.76	.16	.47	.59
I understand why I do what I do.	.67	.73	.73	.75	.71	.71	.28	.57	.58
<i>Persistence</i> ^a									
When I do not understand something, I ask the teacher again and again until I understand.	.54	.71	.66	.66	.66	.65	.50	.53	.66
I try to answer all the questions asked in class.	.68	.83	.85	.68	.60	.64	.71	.66	.61
When I try to solve a math problem, I will not stop until I find a final solution.	.51	.65	.81	.47	.61	.63	.64	.61	.55
Belief-in-Others									
<i>School Support</i> ^a (At my school there is a teacher or some other adult who)									
...always wants me to do my best.	.83	.72	.84	.76	.78	.77	.54	.80	.77
...listens to me when I have something to say.	.82	.84	.94	.73	.72	.78	.59	.75	.68
...believes that I will be a success.	.89	.82	.84	.83	.84	.82	.76	.68	.78
<i>Family Coherence</i> ^a									
My family members really help and support one another.	.86	.81	.79	.82	.78	.69	.77	.61	.83
There is a feeling of togetherness in my family.	.79	.94	.77	.86	.90	.94	.89	.61	.85
My family really gets along well with each other.	.85	.85	.86	.78	.81	.78	.84	.65	.84
<i>Peer Support</i> ^a (I have a friend my age who)									
...really cares about me.	.87	.92	.86	.82	.77	.76	.66	.76	.76
...talks with me about my problems.	.88	.88	.92	.87	.90	.87	.72	.81	.78
...helps me when I'm having a hard time.	.92	.90	.94	.89	.90	.94	.88	.46	.85
Emotional Competence									
<i>Emotional Regulation</i> ^a									
I accept responsibility for my actions.	.72	.74	.84	.75	.70	.73	.57	.66	.67
When I make a mistake I admit it.	.69	.77	.83	.68	.71	.70	.68	.58	.64
I can deal with being told no.	.58	.53	.71	.51	.54	.64	.42	.58	.47
<i>Empathy</i> ^a									
I feel bad when someone gets their feelings hurt.	.70	.51	.66	.56	.56	.73	.58	.54	.60
I try to understand what other people go through.	.72	.87	.74	.82	.86	.71	.77	.81	.74
I try to understand how other people feel and think.	.76	.87	.71	.80	.81	.64	.60	.69	.79
<i>Behavioral Self-Control</i> ^a									
I can wait for what I want.	.49	.66	.78	.49	.52	.61	.45	.54	.44
I don't bother others when they are busy.	.49	.64	.89	.61	.58	.63	.45	.51	.39
I think before I act.	.44	.63	.90	.54	.58	.58	.48	.54	.59
Engaged Living									
<i>Gratitude</i> ^b									
Grateful	.87	.63*	.81	.82	.84	.82	.79*	.63	.76
Thankful	.86	.86*	.92	.81	.85	.90	.71*	.79	.80
Appreciative	.89	.83*	.83	.73	.72	.86	.54*	.64	.72
<i>Zest</i> ^b									

Energetic	.87	.91	.88	.89	.85	.75	.87	.85	.76
Active	.86	.89	.92	.89	.88	.78	.82	.82	.80
Lively (Enthusiastic)	.91	.88	.86	.77	.73	.85	.78	.73	.80
<i>Optimism</i> ^a									
Each day I look forward to having a lot of fun.	.68	.90	.90	.55	.74	.75	.72	.75	.83
I usually expect to have a good day.	.76	.88	.91	.78	.82	.81	.76	.77	.85
Overall, I expect more good things to happen to me than bad things.	.72	.73	.85	.51	.69	.81	.70	.76	.76

Note. Response prompt for all items: Please mark the response that shows how true each of these statements is about you. All values were statistically significant at $p < .05$. See www.michaelfurlong.info for more information about the SEHS and a copy of other forms SEHS form.

^a Response options: 1 = *not at all true of me*, 2 = *a little true of me*, 3 = *pretty much true of me*, 4 = *very much true of me*

^b Response options: 1 = *not at all*, 2 = *very little*, 3 = *somewhat*, 4 = *quite a lot*, 5 = *extremely*

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