

# CALIFORNIA STUDENT WELLNESS STUDY

UNIVERSITY OF CALIFORNIA SANTA BARBARA

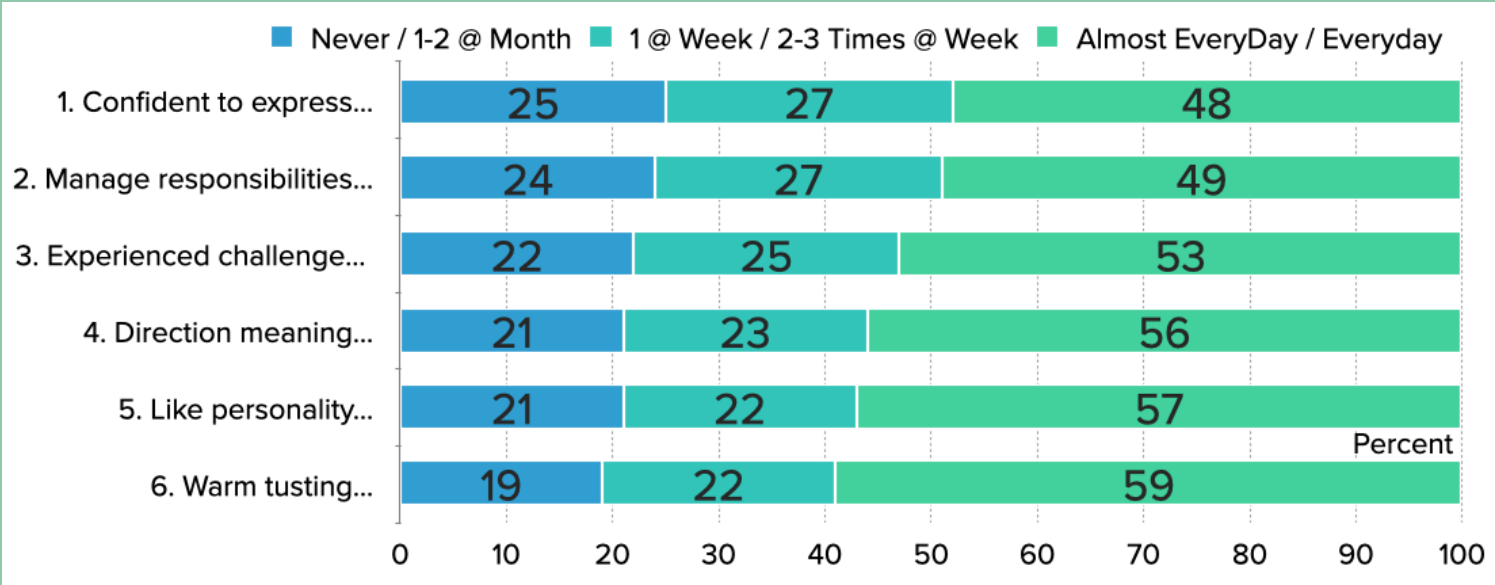
## Psychological Well-Being

### Mental Health Continuum—Short Form

Students in Grades 9 to 12 completed The Mental Health Continuum–Short Form. They rated how often in **past 30-days** they experienced personal psychological well-being

6-point response format: 0 = Never to 5 = Everyday.

During the past month, how often did you feel the following ways ... (N = 10,604)



### Psychological Well-being Items

- 1. Confident to think or express your own ideas and opinions
- 2. Good at managing the responsibilities of your daily life.
- 3. You had experiences that challenged you to grow and become a better person.
- 4. Your life has a sense of direction or meaning to it.
- 5. You liked most parts of your personality.
- 6. You had warm and trusting relationships with others.

#### Mental Health Continuum-Short Form

The Mental Health Continuum Short Form (MHC–SF, Corey Keyes) is a 14–item measure of emotional (EWB), psychological (PWB), and social (SWB) well-being. The question stem is, During the past month, how often did you feel the following ways: (a) an example item for emotional well-being is ...happy; (b) an example item for the psychological well-being is ...that you liked most parts of your personality; and (c) an example item for social well-being is, ...that people are basically good. Response options are as follows 0 = never, 1 = once or twice, 2 = about once a week, 3 = 2 or 3 times a week, 4 = almost every day, and 5 = every day.

See: <https://www.psytoolkit.org/survey-library/mhc-sf.html>

See: <https://www.aacu.org/sites/default/files/MHC-SFEnglish.pdf>

The California Wellness Study is a collaboration among the UC Santa Barbara International Center for School-Based Youth Development, The California Department of Education, and WestEd. Between October 2017 and June 2019, Wested administered the CHKS Core Module, the Social Emotional Health Survey, and the Social Emotional Distress Scale to more than 100,000 students in Grade 7–12. A smaller, but still substantial group of more than 10,000 students in Grades 9 to 12, completed additional mental health and well-being measures. Infographics in this series draw upon these data sets.

Furlong, M. J., Dowdy, E., Nylund–Gibson, K., Wagle, R., Carter, D., & Hinton, T. (2020). *Enhancement and standardization of a universal social-emotional health measure for students’ psychological strengths*. International Center for School Based Youth Development, University of California Santa Barbara.

The research reported here was supported in part by the Institute of Education Sciences, U.S. Department of Education, through Grant # R305A160157 to the University of California, Santa Barbara. The opinions expressed are those of the authors and do not represent views of the Institute of Education Sciences or the U.S. Department of Education.



PROJECT  
COVITALITY

[www.covitalityucsb.info](http://www.covitalityucsb.info)

GEVIRTZ GRADUATE  
SCHOOL OF EDUCATION

Michael Furlong, PhD  
Erin Dowdy, PhD  
Karen Nylund–Gibson, PhD  
[mfurlong@ucsb.edu](mailto:mfurlong@ucsb.edu)