

CALIFORNIA STUDENT WELLNESS STUDY

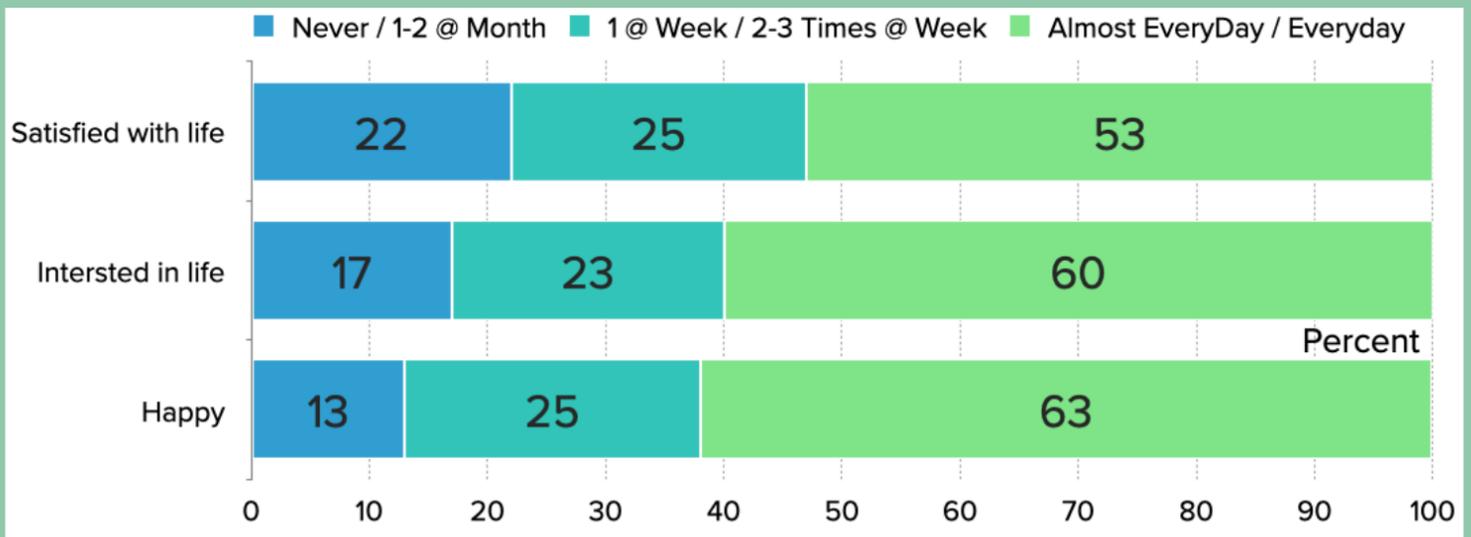
UNIVERSITY OF CALIFORNIA SANTA BARBARA

Emotional Well-Being

Mental Health Continuum—Short Form

Students in Grades 9 to 12 ($N = 10,836$) completed The Mental Health Continuum-Short Form. They rated how often in **past 30-days** they experienced emotional well-being
6-point response format: 0 = Never to 5 = Everyday.

During the past month, how often did you feel the following ways ...



How many emotional well-being indicators did students report experiencing "almost everyday" or "everyday?"



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.

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