

## THE COMPAS-W SCALE OF WELLBEING©

### Scale Description

The COMPAS-W Scale of Wellbeing© (Gatt et al., 2014) is a 26-item composite scale of wellbeing. It provides a composite measure of Total Wellbeing in terms of both subjective or “hedonic wellbeing”, and psychological or “eudaimonic” wellbeing. It also provides scores for 6 subcomponents: Composure (competency and adaptability in stressful situations), Own-worth (autonomy and independent self-worth), Mastery (self-confidence and perceived control over one’s environment), Positivity (optimism and positive outlook), Achievement (goal orientation and striving) and Satisfaction (satisfaction with life, health, work, personal relationships and emotions).

The COMPAS-W Scale of Wellbeing© has been validated in a large sample of 1,669 healthy adults ranging in age from 18 to 61 years (Gatt et al., 2014). Good internal reliability was established for total wellbeing and the subscales (total wellbeing  $r=0.84$ , average  $r=0.71$ ), as well as test-retest reliability over a 12-month period (total wellbeing  $r=0.82$ , average  $r=0.62$ ). Good internal reliability has also been established in a cohort of 194 adolescents ranging in age from 12 to 17 years, across 4 countries (Australia, Canada, China, New Zealand), with reliability estimates ranging from 0.82 – 0.90 (Gatt et al., in preparation).

### Permission for using the scale

The COMPAS-W Scale may be used freely for non-commercial use on the express condition that:

- It is used without modification
- It is used only as a pen and paper tool and not in digital mediums (e.g., an App)
- It is appropriately cited by the following reference for each use:

*Gatt JM, Burton KLO, Schofield PR, Bryant RA and Williams LM. (2014). The heritability of mental health and wellbeing defined using COMPAS-W, a new composite measure of wellbeing. Psychiatry Research, 219, 204-21.*

### Instructions for completion

Please read through each question and mark how much you agree or disagree with each statement in terms of how you feel **most of the time**. There are no right or wrong answers.

Circle the number that indicates your best response.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1. I am very satisfied with my health   | 1 | 2 | 3 | 4 | 5 |
| 2. I have enough energy for everyday life   | 1 | 2 | 3 | 4 | 5 |
| 3. I am very satisfied with my capacity for work                                      | 1 | 2 | 3 | 4 | 5 |
| 4. I rarely feel scared or anxious  | 1 | 2 | 3 | 4 | 5 |
| 5. I often get upset at the way people treat me                                       | 1 | 2 | 3 | 4 | 5 |
| 6. I am rarely sad or depressed   | 1 | 2 | 3 | 4 | 5 |
| 7. Sometimes I have been so ashamed I just wanted to hide                             | 1 | 2 | 3 | 4 | 5 |
| 8. I am very satisfied with my personal relationships                                 | 1 | 2 | 3 | 4 | 5 |
| 9. I would rate my quality of life as very good                                       | 1 | 2 | 3 | 4 | 5 |
| 10. I usually accept jobs that require me to supervise others                         | 1 | 2 | 3 | 4 | 5 |
| 11. I usually like to have a say in any decisions made by any group I'm in            | 1 | 2 | 3 | 4 | 5 |
| 12. I usually consider the different sides of an issue before making any decisions    | 1 | 2 | 3 | 4 | 5 |
| 13. When something is going to affect me, I usually learn as much about it as I can   | 1 | 2 | 3 | 4 | 5 |
| 14. When part of a group, I usually prefer to let other people make all the decisions | 1 | 2 | 3 | 4 | 5 |

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| <b>15.</b> When I'm involved in something, I usually try to find out all I can about what is going on even when someone else is in charge | 1 | 2 | 3 | 4 | 5 |
| <b>16.</b> I have a clear set of goals and work toward them in an orderly fashion   | 1 | 2 | 3 | 4 | 5 |
| <b>17.</b> I work hard to accomplish my goals   | 1 | 2 | 3 | 4 | 5 |
| <b>18.</b> I strive for excellence in everything I do   | 1 | 2 | 3 | 4 | 5 |
| <b>19.</b> I laugh easily   | 1 | 2 | 3 | 4 | 5 |
| <b>20.</b> I am usually quite a happy and positive person   | 1 | 2 | 3 | 4 | 5 |
| <b>21.</b> I am not a cheerful optimist   | 1 | 2 | 3 | 4 | 5 |
| <b>22.</b> I am very satisfied with the support I get from my friends   | 1 | 2 | 3 | 4 | 5 |
| <b>23.</b> When I'm faced with a stressful situation, I usually make myself think about it in a way that helps me stay calm               | 1 | 2 | 3 | 4 | 5 |
| <b>24.</b> When I want to feel less negative emotion, I usually change the way I'm thinking about the situation                           | 1 | 2 | 3 | 4 | 5 |
| <b>25.</b> For me, knowing I've done something well is usually more important than being praised by someone else                          | 1 | 2 | 3 | 4 | 5 |
| <b>26.</b> Having someone important tell me I did a good job is usually more important to me than feeling I've done a good job            | 1 | 2 | 3 | 4 | 5 |

## COMPAS-W WELLBEING SCALE© SCORING SHEET

### Instructions

1. Enter your scores from the questionnaire for the specific items below in Row 1 in the spaces provided.
2. Then, in Row 2, circle the new corresponding number that is directly underneath your original score. So, for example, for Item 5, if you circled the number '2' in Row 1, then in Row 2, your new reversed score is '4'. **This new score will be used in the scoring table below (point 2).**

|                |                            |   |   |   |   |   |
|----------------|----------------------------|---|---|---|---|---|
| <b>Item 5</b>  | Row 1 (original score)     | 1 | 2 | 3 | 4 | 5 |
|                | Row 2 (new reversed score) | 5 | 4 | 3 | 2 | 1 |
| <b>Item 7</b>  | Row 1 (original score)     | 1 | 2 | 3 | 4 | 5 |
|                | Row 2 (new reversed score) | 5 | 4 | 3 | 2 | 1 |
| <b>Item 14</b> | Row 1 (original score)     | 1 | 2 | 3 | 4 | 5 |
|                | Row 2 (new reversed score) | 5 | 4 | 3 | 2 | 1 |
| <b>Item 21</b> | Row 1 (original score)     | 1 | 2 | 3 | 4 | 5 |
|                | Row 2 (new reversed score) | 5 | 4 | 3 | 2 | 1 |
| <b>Item 26</b> | Row 1 (original score)     | 1 | 2 | 3 | 4 | 5 |
|                | Row 2 (new reversed score) | 5 | 4 | 3 | 2 | 1 |

3. Please enter your **new reversed scores** from above in the appropriate spaces below, for the 5 listed items (shaded in grey).
4. Once you have done this, please then enter your scores for all other items from the questionnaire in the spaces below.

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 |    |    |    |    |

5. Add the 26 item scores together to create a Total score for Wellbeing:

**Total Wellbeing: \_\_\_\_\_ (add all 26 items)**

6. Add the corresponding items below to create the 6 subscale total scores:

**Composure: \_\_\_\_\_**

|   |   |    |    |
|---|---|----|----|
| 4 | 6 | 23 | 24 |
|---|---|----|----|

**Own-worth: \_\_\_\_\_**

|   |   |   |    |    |    |    |    |    |
|---|---|---|----|----|----|----|----|----|
| 5 | 7 | 8 | 12 | 13 | 15 | 22 | 25 | 26 |
|---|---|---|----|----|----|----|----|----|

**Mastery: \_\_\_\_\_**

|    |    |    |    |    |    |
|----|----|----|----|----|----|
| 10 | 11 | 12 | 13 | 14 | 15 |
|----|----|----|----|----|----|

**Positivity: \_\_\_\_\_**

|   |    |    |    |    |
|---|----|----|----|----|
| 8 | 19 | 20 | 21 | 22 |
|---|----|----|----|----|

**Achievement: \_\_\_\_\_**

|    |    |    |
|----|----|----|
| 16 | 17 | 18 |
|----|----|----|

**Satisfaction: \_\_\_\_\_**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|

## COMPAS-W WELLBEING SCALE© SCORE INTERPRETATION

### Total Wellbeing

The total wellbeing score provides a composite measurement of both subjective and psychological wellbeing; that is, an index of both affect and life satisfaction (subjective wellbeing) and core attributes of wellbeing (psychological wellbeing).

### The 6 COMPAS-W Subscales

Scores for each of these 6 subscales provides an indication of relative strengths for different aspects of wellbeing.

**Composure:** Measures competency and adaptability in stressful situations.

**Own-worth:** Measures levels of autonomy and self-worth.

**Mastery:** Measures self-confidence and perceived control over one's environment.

**Positivity:** Measures levels of optimism and positive outlook.

**Achievement:** Measures levels of goal orientation and striving.

**Satisfaction:** Measures levels of satisfaction across different domains of life including health, work, personal relationships and emotions.

### Using total scores versus categorical groupings

For all scales, higher total scores indicate higher levels of wellbeing (or 'flourishing'), whereas lower scores indicate lower levels of wellbeing (or 'languishing'). The total scores provide the most precise measures of wellbeing.

For a broader indicator of levels of wellbeing, total scores can also be categorised into one of three general groupings ('Languishing', 'Moderate', or 'Flourishing'). These groupings were validated using standardized z-score cut-offs of -1/+1 of a sample of 846 healthy adult twins ranging in age from 18 to 61 years (Gatt et al., 2014). The cut-offs below are based on the averages and standard variance of this healthy community sample, and therefore should be interpreted as an approximate guide only.

|   |  |
|---|--|
| <b>If your Total Wellbeing score is:</b>  | <i>You can be categorized into the following broad category:</i> |
| 109+                                      | Flourishing  |
| 89-108                                    | Moderate   |
| <88                                       | Languishing  |
| <b>If your Composure sub-score is:</b>    | <i>You can be categorized into the following broad category:</i> |
| 17+                                       | Flourishing  |
| 12-16                                     | Moderate   |
| <11                                       | Languishing  |
| <b>If your Own-worth sub-score is:</b>    | <i>You can be categorized into the following broad category:</i> |
| 39+                                       | Flourishing  |
| 30-38                                     | Moderate   |
| <29                                       | Languishing  |
| <b>If your Mastery sub-score is:</b>      | <i>You can be categorized into the following broad category:</i> |
| 27+                                       | Flourishing  |
| 19-26                                     | Moderate   |
| <18                                       | Languishing  |
| <b>If your Positivity sub-score is:</b>   | <i>You can be categorized into the following broad category:</i> |
| 23+                                       | Flourishing  |
| 18-22                                     | Moderate   |
| <17                                       | Languishing  |
| <b>If your Achievement sub-score is:</b>  | <i>You can be categorized into the following broad category:</i> |
| 13+                                       | Flourishing  |
| 9-12                                      | Moderate   |
| <8  | Languishing  |
| <b>If your Satisfaction sub-score is:</b> | <i>You can be categorized into the following broad category:</i> |
| 39+                                       | Flourishing  |
| 31-38                                     | Moderate   |
| <30                                       | Languishing  |