A CONcise Measure Of Subjective Well-Being (COMOSWB):

Scale Development and Validation

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A concise, culturally nuanced 9-item subjective well-being scale is introduced. The measure includes 3 positive and negative emotion items, respectively, representing high, medium, and low levels of arousal. Satisfaction is measured in three separate domains of life—personal, relational, and collective. This Concise Measure of Subjective Well-Being (COMOSWB) shows strong levels of reliability (internal, test-retest) and clear patterns of convergent and discriminant validity. Compared to existing measures of happiness, the COMOSWB adds interdependent aspects in measuring satisfaction and includes emotion items that are more balanced in terms of arousal level.
Appendix B: Concise Measure of Subjective Well-Being (COMOSWB)

The following are questions about your life satisfaction. Three important aspects of our life are the personal achievements, personality, health etc.), relational (how I get along with others), and collective (groups or organizations that I belong to—work, community etc.) domains. Please think about each area, and rate how satisfied you are with each of the domains. Please select a number from 1 (“strongly disagree”) to 7 (“strongly agree”) that best reflects your thought.

1. I am satisfied with the personal aspects of my life.
2. I am satisfied with the relational aspects of my life.
3. I am satisfied with the collective aspects of my life.

The following are questions about your emotional experience. Please think about the events and thoughts you had in the past month, and rate how frequently you have experienced each of the following emotions during this period. Please select a number from 1 (“never”) to 7 (“always”) that best reflects your experience.

4. joyful
5. happy
6. peaceful
7. irritated
8. negative
9. helpless

SCORING:

Satisfaction Sum: Add items 1, 2, 3

Positive Emotion (PE) Sum: Add items 4, 5, 6

Negative Emotion (NE) Sum: Add items 7, 8, 9

Subjective Well-Being Total Score = Satisfaction Sum + PE Sum + NE Sum