

Development of an Instrument: The Contemporary Adolescent Well-Being Scale (CAWBS)

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Abstract : The aim of the present study was to develop a contemporaneous instrument measuring adolescent's subjective well-being (SWB). The instrument development underwent a three-phase pilot study. Phase one (N = 31) used a qualitative approach to generate domains of SWB relevant to adolescents. During the second phase (N = 22), items were tested targeting these domains. Finally, the third phase (N = 22) assisted in addition, deletion and refinement according to the first two phases of the pilot. A total of 49 items were retained for the final version of the instrument. The Contemporary Adolescent Well-Being Scale (CAWBS) was administered to 1071 school children (599 girls) aged between ten to 18 years old (M = 14,70; SD = 1.45) from Queensland, Australia. Results confirmed the seven-factor construct hypothesized and explained 45% of the variance. The questionnaire pertained to seven domains of adolescent's SWB, namely; Overall life satisfaction; Bullying; Body image; Social connectedness; Activities; Control appraisal; and Negative feelings. Reliability was shown to be acceptable with Cronbach's alpha ranging from .58 to .89. Future research should refine the CAWBS and investigate the psychometric properties of this instrument.

Keywords : adolescence, construct validity, instrument, subjective well-being

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