

# Success and Happiness Attributes Questionnaire (SHAQ): Complete HQ Scale/Subscales Scoring Information

(Note: There are no outcome, academic, or interest scales included here.)

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**NOTE: It is highly recommended that you use the downloadable SHAQ APP to administer and score SHAQ. It provides instant results. Go to: <http://www.csulb.edu/~tstevens/success>**

## HQ MEANING and IMPORTANCE

Your results are based upon the data analysis of hundreds of persons who have completed SHAQ. Your HQ score is calculated from a composite score from SHAQ scales. The underlying regression model based upon these scales correlates very well with peoples overall happiness. The SHAQ scales had moderate to high positive correlations with almost all outcome measures. SHAQ's subscales had surprisingly high multiple correlations with the emotional outcomes; with Overall Happiness,  $R = .865$ ; with Low Depression,  $R = .730$ ; with Low Anxiety  $R = .675$ ; with Low Anger-Aggression,  $R = .701$ . Results for other outcomes included for the Relationship Outcomes scale,  $R = .693$ ; for the Health Outcomes scale,  $R = .816$ ; for Highest Income,  $R = .486$ ; and for Educational Attainment,  $R = .458$ . Behavioral measures used as outcomes also yielded good results. For example, for a Major Depression Checklist,  $R = .596$ ; Amount of Therapy for Depression,  $R = .452$ ; and Amount of Medication for Depression,  $R = .409$ . The research results overall support SHAQ's reliability, validity, and utility.

These SHAQ scales together are very good at summarizing the factors that correlate with happiness. Though we cannot say for sure that these SHAQ variables cause overall happiness, you can see that it might be a very good idea to try to maximize these factors within yourself if you want to maximize your happiness in your future. Note that these 13 factors are all primarily determined our previous learning and we CAN CHANGE THEM BY NEW LEARNING. Some key SHAQ scales most strongly related to overall happiness and low negative emotions are Self-Management Skills, Emotional Coping Skills, Life theme--achievement, Life theme--internal values, Self-Worth beliefs, Internal Control beliefs, Positive World View, Low Greatest Fears, Self-Confidence Areas, and interpersonal skills and habits related to assertive conflict resolution, intimacy, valuing others, collaboration, and romantic habits (see the actual scale names and help below).

## HOW YOUR HQ SCORE COMPARES TO OTHERS' HQ SCORES

We used IQ (Intelligence Quotient) as our model for computing your score. The following list shows first an HQ score then a percentile. For example an HQ score of 112 would be about the 80th percentile. That means that about 80% of all people completing SHAQ scored below 112.

HQ Score = Percentile (percent of users below that score)

125 = 99%; 116 = 95%; 112 = 90%; 108 = 80%; 105 = 70%; 103 = 60%; 100 = 50%; 97 = 40%;  
95 = 30%; 92 = 20%; 88 = 10%

By Quartiles: 125 = 99%; 107 = 75%; 100 = 50%; 93 = 25%

## HOW TO INCREASE YOUR HQ

Study your SHAQ Results. Identify scales that may be areas of your life that you would like to improve. You can start you program to improve your HQ by (1) studying the questions to see why you scored the way you did and (2) follow the help links suggested under each scale to read more about how you can improve yourself in that area.

**BETA WEIGHTS:** Each scale score is multiplied by a BETA WEIGHT to get a weighted score [scales vary in how much they influence the overall HQ by their beta weights]. The beta weights are the value of the correlation coefficients ( $r$ ) between that scale and the overall happiness outcome variable in our research study.

## TO CALCULATE YOUR HQ SCORE:

1. Write YOUR SCALE/SUBSCALE RELATIVE-SCORE on the blank space beside each HQ scale. (From you scored answer sheet)
2. Multiply the beta weight X your scale score = weighted-score.
3. Add all the weighted scores together to get a TOTAL-WEIGHTED-SCORE.

4. Use the following formula to calculate your HQ score:

$$\rightarrow \text{HQ-SCORE} = 100 + [(\text{TOTAL-WEIGHTED-SCORE} - 13.3727) \times (10 / 2.60388)]$$

(See above for explanation of the meaning of the HQ-score.)

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### SCALE GROUP: VALUES-THEMES

DESCRIPTION: The 11 Value-Themes scales are the result of a factor and logical analysis of the original four scales Achievement-Status; Social-Family Related; Internal-Intrinsic; and Non-Dysfunctional Values-Themes.

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SCALE SYMBOL: sT1HigherSelf

LABEL: sT1-HigherSelf-Integrity happy balance devel discpn phil HQ-BETA: 0.38

DESCRIPTION: Values self happiness, integrity, development, learning, discipline, self-sufficiency, independence, balance, and strong philosophy of life. This scale correlated .380 with overall happiness, .166 with low depression, .137 with low anxiety,.327 with low anger/aggression, .327 with the health scale, and .351 with overall relationship success, (10 items)

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (THM6LEAR THM9SHAP THM14IND THM22BOD THM23BAL THMCOMPC THMINTEG THMPHIL THMSESUF THMSEDIS)

MEAN-SCORE: .749 WEIGHTED-SCORE [weight x scale-score] = 0.38 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT2SocIntimNoFamScale

LABEL: sT2-SocialIntimacyNotFamily love/rom respect support agreeable HQ-BETA: 0.256

DESCRIPTION: Values intimacy, romance and being liked, respected, and supported. This scale correlated .256 with overall happiness, .251 with low anger/aggression, .279 with the health scale, and .357 with overall relationship success,(6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (THM8ROMA THM12PLE THMRESPE THM20INT THMLIKED THMSUPPO)

MEAN-SCORE: .735 WEIGHTED-SCORE [weight x scale-score] = 0.256 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT3FamCareScale

LABEL: sT3-Family-EmotionalSupport and care giving parental love-respect HQ-BETA: 0.406

DESCRIPTION: Care-giving. This scale correlated .406 with overall happiness, .154 with low depression, .110 with low anxiety,.217 with low anger/aggression, .294 with the health scale, and .426 with overall relationship success, (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (THMCAREG THMPARLV THMFAMIL)

MEAN-SCORE: .701 WEIGHTED-SCORE [weight x scale-score] = 0.406 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT4SuccessStatusMater

LABEL: sT4-SuccessStatusIncomeMaterialism HQ-BETA: 0.295

DESCRIPTION: Values success, education, high income and possessions, respect, status, being a CEO, and completing important goals. This scale correlated .295 with overall happiness, .136 with low depression, .096 with low anxiety,.138 with low anger/aggression, .303 with the health scale, and .298 with overall relationship success,(8 items)

NUM-QUESTIONS: 9 SCALE-QUESTIONS: (THM3EDUC THM4MONE THM25POS THM26SUC THM30CEO THM33GOA THMRESPE THM1ACH THMRECOG)

MEAN-SCORE: .615 WEIGHTED-SCORE [weight x scale-score] = 0.295 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT5-OrderPerfectionGoodness

LABEL: sT5-OrderPerfectionGoodness cleanliness justice simplicity punctual HQ-BETA: 0.31

DESCRIPTION: Values goodness, beauty, idealism, orderliness, perfection, organization, justice, simplicity, cleanliness, wholeness. This scale correlated .310 with overall happiness, .102 with low depression, .214 with low anger/aggression, .278 with the health scale, and .338 with overall relationship success, (7 items)

NUM-QUESTIONS: 8 SCALE-QUESTIONS: (THMORDER THMCLEAN THMPERFE THMJUSTI THMSIMPL THMBEAUT THMGOODN THMWHOLE)

MEAN-SCORE: .649 WEIGHTED-SCORE [weight x scale-score] = 0.31 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT6GodSpiritRelig

LABEL: sT6-GodSpiritualReligion HQ-BETA: 0.302

DESCRIPTION: Values spiritual intimacy, God, religion, obedience to God. This scale correlated .302 with overall happiness, .126 with low depression, .137 with low anxiety,.103 with low anger/aggression, .224 with the health scale, and .269 with overall relationship success, (4 items)

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (THMOBGOD THMRELGD THMSPIRI THMRELIG)

MEAN-SCORE: .555 WEIGHTED-SCORE [weight x scale-score] = 0.302 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT7ImpactChallengeExplor

LABEL: sT7-ImpactContributionMentalChallenge-exploration HQ-BETA: 0.347

DESCRIPTION: Values giving, impact on world, mental challenge, exploration, uniqueness, and diversity. This scale correlated .347 with overall happiness, .136 with low depression, .133 with low anxiety,.296 with low anger/aggression, .277 with the health scale, and .326 with overall relationship success, (6 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (THM100TH THMIMPAC THM28CRE THMMENCH THM34EXP THMUNIQUE THMCREAT)

MEAN-SCORE: .672 WEIGHTED-SCORE [weight x scale-score] = 0.347 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT8AttentionFunEasy

LABEL: sT8-AttentionFunEasy playful adventure HQ-BETA: 0.311

DESCRIPTION: Values adventure, play, attention, fun, effortlessness. This scale correlated .311 with overall happiness, .106 with low depression, .101 with low anxiety,.192 with low anger/aggression, .247 with the health scale, and .335 with overall relationship success, (4 items)

NUM-QUESTIONS: 0 SCALE-QUESTIONS: (THMATTEN THM5ADVE THMEFORT THMPLAYF)

MEAN-SCORE: 100 WEIGHTED-SCORE [weight x scale-score] = 0.311 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT9ValueSelfAllUncond

LABEL: sT9-ValueSelf-AllUnconditionally HQ-BETA: 0.461

DESCRIPTION: Unconditional valuing of self and others--A key HQ scale. This scale correlated .461 with overall happiness, .276 with low depression, .209 with low anxiety,.311 with low anger/aggression, .232 with the health scale, and .336 with overall relationship success, (2 items)

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (THVUNCON THVSELFV THVSELFA THMUNCON)

MEAN-SCORE: .560 WEIGHTED-SCORE [weight x scale-score] = 0.461 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT10OvercmProbAcceptSelf

LABEL: sT10-OvercomeProblems-AcceptAllofSelf HQ-BETA: 0.185

DESCRIPTION: Values overcoming problems, self-protection, and personal healing. This scale correlated .185 with overall happiness, .135 with low anger/aggression, .168 with the health scale, and .209 with overall relationship success, (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (THMSPROT THMPHURT)

MEAN-SCORE: .585 WEIGHTED-SCORE [weight x scale-score] = 0.185 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sT11DutyPunctual

LABEL: sT11-DutyPunctuality HQ-BETA: 0.265

DESCRIPTION: Values duty, obligation, and punctuality. This scale correlated .265 with overall happiness, .097 with low depression, .155 with low anger/aggression, .264 with the health scale, and .264 with overall relationship success, (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (THMPUNCT THMOBLIG)

MEAN-SCORE: 582 WEIGHTED-SCORE [weight x scale-score] = 0.265 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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### SCALE GROUP: BELIEFS

DESCRIPTION: These scales are almost exactly from items originally presented in the book and were supported by factor analytic study.

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SCALE SYMBOL: worldview

LABEL: s-Positive world view HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: Optimism about the future of the world and own life, lack of entitlement thinking, plus daily positive versus negative thoughts. How constructively and positively you view the world and the future can significantly affect motivation, relationships, happiness, and success in most life areas.

Living life with a sense of gratitude (versus a sense of entitlement and deprivation) may be one of the most important factors for happiness. It correlates .687 with happiness, .528 with low depression, .375 with low anxiety, .235 with low anger/aggression, .384 with relationship success, .233 with positive health outcomes. (10 items)

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (WOVPROGR WOVGOODF WOVMYLIF WOVNFAIR TBVENTIT WOVINJUR WOVABUND TBVGRATI WOVENTIT WOVGRATE WOVPOSTH)

MEAN-SCORE: .624 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

>> SUBSCALE of SCALE: s-Positive world view; SCALE-SYMBOL: SWORLDVIEW

SCALE SYMBOL: sswvgratpt

LABEL: sswv-Grateful abundance beliefs HQ-BETA: 0.722

DESCRIPTION: High gratitude for life and whatever one has; high proportion of positive thoughts. (5 items). Had best correlation with overall happiness of any scale (0.722). Also correlated 0.574 with low depression, 0.445 with low anxiety, and 0.356 with low anger/aggression.

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (TBVGRATI WOVABUND WOVGRATE)

MEAN-SCORE: .668 WEIGHTED-SCORE [weight x scale-score] = 0.722 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

>> SUBSCALE of SCALE: s-Positive world view; SCALE-SYMBOL: SWORLDVIEW

SCALE SYMBOL: sswvoptims

LABEL: sswv-Optimism about self and world HQ-BETA: 0.543

DESCRIPTION: Optimism about self and the world. Good forces in control. Optimism increases motivation, energy, and positive thoughts. (3 items). Correlated .543 with happiness, .354 with low depression, .284 with low anxiety, and .265 with low anger/aggression.

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (WOVPROGR WOVGOODF WOVMYLIF WOVPOSTH)

MEAN-SCORE: .641 WEIGHTED-SCORE [weight x scale-score] = 0.543 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

>> SUBSCALE of SCALE: s-Positive world view; SCALE-SYMBOL: SWORLDVIEW

SCALE SYMBOL: sswventit

LABEL: sswv-NotEntitlement beliefs HQ-BETA: 0.157

DESCRIPTION: Not believing that person owed either the basic necessities or a high standard of living. Don't feel entitled to anything in life. Belief all we receive is a bonus.. (2 items). Correlated .157 with happiness, .164 with low depression, .185 with low anxiety, and .266 with low anger/aggression.

NUM-QUESTIONS: 0 SCALE-QUESTIONS: (TBVENTIT WOVNFAIR WOVINJUR WOVENTIT)

MEAN-SCORE: .496 WEIGHTED-SCORE [weight x scale-score] = 0.157 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

SCALE SYMBOL: stbslfwo

LABEL: s-Self-worth beliefs HQ-BETA: NOT-HQ-SCALE.

DESCRIPTION: A key HQ scale. Degree to which one accepts/values all parts of one's self and others not contingent on others' individual characteristics or behaviors. Unconditionally valuing yourself and others means that an important part of a person's worth is not dependent upon their success, income, appearance, personality, ethnic group, morality, or any other quality. Self-worth is the unconditional aspect of self-esteem. It differs from self-confidence which is the aspect conditional upon success or other factors. It correlates .391 with overall happiness, .283 with low depression, .260 with low anxiety, .300 with low anger/aggression.

NUM-QUESTIONS: 12 SCALE-QUESTIONS: (TBVOTHFI TBVLIKED TBVWEAK TBVBEST TBVRULES TBVWINNE TBVBALAN TBVHAPCA THVSELFA THVUNCON THVSELFW)

MEAN-SCORE: .595 WEIGHTED-SCORE [weight x scale-score] = NOT-HQ-SCALE. X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

>> SUBSCALE of SCALE: s-Self-worth beliefs; SCALE-SYMBOL: STBSLFWO

SCALE SYMBOL: ssswNonCont

LABEL: sssw-Not conting or dysf SelfWorth HQ-BETA: 0.364

DESCRIPTION: Self-worth based upon being human and internal qualities--not based upon being liked, strong, the best, living by the rules, being a winner, or any other conditional or external factor. (6 items).

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (TBVOTHFI TBVLIKED TBVWEAK TBVBEST TBVRULES TBVWINNE)

MEAN-SCORE: .655 WEIGHTED-SCORE [weight x scale-score] = 0.364 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-worth beliefs; SCALE-SYMBOL: STBSLFWO

SCALE SYMBOL: ssswHapAllGrat

LABEL: sssw-HigherSelf--MaxLoveHapBal-Grat HQ-BETA: 0.567

DESCRIPTION: Value love and happiness for self and all others, gratitude, and make decisions to maximize happiness balancing it across time and people.(5 items). Correlated .567 with happiness, .328, with low depression,.247 with low anxiety, and .360 with low anger/aggression.

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (TBVBALAN TBVHAPCA TBVGRATI THVUNCON THVSELFW)

MEAN-SCORE: .573 WEIGHTED-SCORE [weight x scale-score] = 0.567 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-worth beliefs; SCALE-SYMBOL: STBSLFWO

SCALE SYMBOL: ssswAcAllSelf

LABEL: sssw-Accept all of self 1 HQ-BETA: 0.16

DESCRIPTION: Accepting and valuing all parts of oneself including dysfunctional parts and parts not consistent with overall self-image, values, etc. even though may be trying to change them. Not anger at self parts or repression of them.(1 item).

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (THVSELFA)

MEAN-SCORE: .343 WEIGHTED-SCORE [weight x scale-score] = 0.16 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: siecontr

LABEL: s-Int-Ext control beliefs HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: Degree of self-sufficiency and responsibility one takes for his/her own life, health, and happiness without undue influence from others. More internal direction, planning, and self-control versus influence by others or external forces. Internal control correlates .357 with overall happiness, .366 with low depression, .393 with low anxiety, .255 with low anger/aggression.

Believing that you are in control of your own emotions, behavior, likes and dislikes, and your life increases internal control. Making your own decisions and plans and giving adequate priority to your own needs also helps. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (IECSELFS IECICONT IECGENET IECPEOPL IECDEPEN IECCOFEE IECCOPRB)

MEAN-SCORE: 616 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_(Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

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>> SUBSCALE of SCALE: s-Int-Ext control beliefs; SCALE-SYMBOL: SIECONTR

SCALE SYMBOL: ssieautony

LABEL: ssie Autonomy independence HQ-BETA: 0.553

DESCRIPTION: Autonomy, independence from being controlled by others. Belief in taking care of self, controlling own happiness, not dependent upon one person (3 items). Correlated .553 with happiness, .438, with low depression,.434 with low anxiety, and .367 with low anger/aggression.

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (IECSELFS IECICONT IECDEPEN)

MEAN-SCORE: .702 WEIGHTED-SCORE [weight x scale-score] = 0.553 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Int-Ext control beliefs; SCALE-SYMBOL: SIECONTR

SCALE SYMBOL: ssienodep

LABEL: ssie-Not codependent HQ-BETA: 0.213

DESCRIPTION: Not codependent or taken advantage of by others you help. Not care for others and neglect self or give too much more than others do for you. (3 items)Correlated .213 with happiness, .230, with low depression,.283 with low anxiety, and .243 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (IECCOFEE IECCOPRB)

MEAN-SCORE: .538 WEIGHTED-SCORE [weight x scale-score] = 0.213 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Int-Ext control beliefs; SCALE-SYMBOL: SIECONTR

SCALE SYMBOL: ssienother

LABEL: ssie-Not care-provider for other HQ-BETA: 0.246

DESCRIPTION: Belief that person has primary/direct control of own happiness and other emotions--not controlled by primarily heredity, environment, or others (2 Items).

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (IECPEOPL IECGENET)

MEAN-SCORE: .565 WEIGHTED-SCORE [weight x scale-score] = 0.246 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sethbel

LABEL: sethbel HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: Ethics philosophers and religions agree on many general principles. It is generally agreed that better ethics are based more on absolute principles and wholes such as humanity, nature, or God rather than on more specific or situational aspects such as self, family, or any group. An ethical system that judges people more on their inner qualities and assumes some basic inner goodness and inherent value in all people. It includes questions about astrology (very much frowned upon by philosophers, scientists, and religion) and life after death (a common belief). Many people base their ethics on the rewards they expect after death. (14 items). This scale correlated 0.459 with overall happiness, 0.306 with low depression, 0.336 with low anxiety, and 0.463 with low anger/aggression.

NUM-QUESTIONS: 14 SCALE-QUESTIONS: (TB2RELAT TB2PUNIS TBV2NOTR TB2GROUM TB2SELFM TB2GDWRK TB2GDATT TB2ALLGD TB2REASO TBV2ASTR TB2IDHUM TB2LIFAD TB2MOVEM TBV2CORE)

MEAN-SCORE: 0.62 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

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>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2Ethic

LABEL: ssb2-Ethics grounded in abstract absolutes HQ-BETA: 0.346

DESCRIPTION: Ethics based upon abstract absolutes versus relativism. Philosophical beliefs guide daily life. Believe we are ethically responsible even if bad genes or environment. Science/reason alone not enough to guide ethics. (4 items). Correlated .346 with happiness, .266, with low depression,.294 with low anxiety, and .373 with low anger/aggression.

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (TB2RELAT TBV2NOTR TB2REASO TBV2CORE)

MEAN-SCORE: .672 WEIGHTED-SCORE [weight x scale-score] = 0.346 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2Forgiv

LABEL: ssb2-Forgiving-egalitarian HQ-BETA: 0.282

DESCRIPTION: Highly forgiving of others, egalitarian/democratic beliefs. Forgiveness based upon inner qualities not based upon good works. Not believe bad only happens to bad (2 items). Correlated .282 with happiness, .216, with low depression,.294 with low anxiety, and .378 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2PUNIS TB2GDWRK)

MEAN-SCORE: .751 WEIGHTED-SCORE [weight x scale-score] = 0.282 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2IDgrnd

LABEL: ssb2-Identify with abstract whole HQ-BETA: 0.258

DESCRIPTION: Identify with abstract whole such as all humanity vs. a specific group (eg. family) or a specific role.(2 items). Correlated .258 with happiness and .214 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2IDHUM TB2MOVEM)

MEAN-SCORE: .412 WEIGHTED-SCORE [weight x scale-score] = 0.258 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL

SCALE SYMBOL: ssb2GrndMng

LABEL: ssb2-Meaning from abstract absolutes HQ-BETA: 0.256

DESCRIPTION: Base meaning on abstract principles such as integrity, honesty, God, Nature, etc. instead of particular objects, events, or situational factors (eg. money, career, home, or other people). Correlated .256 with happiness, .225, with low depression,.264 with low anxiety, and .277 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2GROUM TB2SELFM)  
MEAN-SCORE: .624 WEIGHTED-SCORE [weight x scale-score] = 0.256 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: sethbel; SCALE-SYMBOL: SETHBEL  
SCALE SYMBOL: ssb2InrGood

LABEL: ssb2-Inner goodness in all HQ-BETA: 0.327

DESCRIPTION: Belief in basic inner value and goodness in all people. Goodness depends more on attitude than behavior. (2 items).  
Correlated .327 with happiness and .226 with low anger/aggression.

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (TB2GDATT TB2ALLGD)  
MEAN-SCORE: .546 WEIGHTED-SCORE [weight x scale-score] = 0.327 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sgrfears

LABEL: s-Low greatest fears HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A key HQ scale. Low degree of common major fears such as illness, poverty, death, failure, rejection, and confidence in ability to overcome fears or circumstances. Fears are interesting to people per se. Your greatest fears reflect your top values and goals in life and are related to your happiness and success. The underlying fear is usually that one's greatest values/goals will be unsatisfied. Your underlying fears can be powerful sources of pain and avoidance motivation. Underlying fears give your little jolts of fear or anxiety daily as you get a thought that is related to them.

Overcoming these underlying fears can help you be less fearful and anxious the rest of your life! This scale correlates .462 with happiness, .417 with low depression, .375 with low anxiety, .241 with low anger/aggression. (12 items)

NUM-QUESTIONS: 12 SCALE-QUESTIONS: (WOVHAPPY WOVPOOR WOVILL WOVDEATH WOVALONE WOVNOLOV WOVLIKED WOVPERSO WOVPROBL WOVDISCO WOVSUCCE WOVOVERC)

MEAN-SCORE: .601 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

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>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS  
SCALE SYMBOL: sswfsocial

LABEL: sswf-Not not-social or alone HQ-BETA: 0.492

DESCRIPTION: Low fear of being unwanted, alone, unloved, etc. (4 items). Correlated .492 with happiness, .444, with low depression, .366 with low anxiety, and .275 with low anger/aggression.

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (WOVALONE WOVNOLOV WOVLIKED WOVPROBL)  
MEAN-SCORE: .550 WEIGHTED-SCORE [weight x scale-score] = 0.492 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS  
SCALE SYMBOL: sswfself

LABEL: sswf-Not self-related fears HQ-BETA: 0.574

DESCRIPTION: Confidence can overcome worst fears/problems. Low fear of being overwhelmed by personal problems. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (WOVPERSO WOVDISCO WOVOVERC)  
MEAN-SCORE: .625 WEIGHTED-SCORE [weight x scale-score] = 0.574 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS  
SCALE SYMBOL: sswfpovfai

LABEL: sswf-Not poverty-failure fears HQ-BETA: 0.38

DESCRIPTION: Low fear of poverty, failure, lack of career success. (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (WOVHAPPY WOVPOOR WOVSUCCE)  
MEAN-SCORE: .576 WEIGHTED-SCORE [weight x scale-score] = 0.38 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Low greatest fears; SCALE-SYMBOL: SGRFEARS  
SCALE SYMBOL: sswfilldea

LABEL: sswf-Not illness-death fears HQ-BETA: 0.221

DESCRIPTION: Low fear of illness or death. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (WOVILL WOVDEATH)  
MEAN-SCORE: .702 WEIGHTED-SCORE [weight x scale-score] = 0.221 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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## SCALE GROUP: LIFE SKILLS-CONFIDENCE

DESCRIPTION: The following scales cover cognitive-behavioral skill areas important to happiness and life success. The Self-Confidence scale is largely an overview consisting of items each covering broad skill areas.

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SCALE SYMBOL: sslfconf

LABEL: s-Self-confidence areas HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A list of knowledge and skills areas was developed, and subjects were asked to rate their own confidence/skills for each area. The Self-Confidence scale measures the contingent, efficacy aspect of self-esteem. This scale has emerged as a separate factor from the other main scales in factor analytic studies. Your self-report ratings should reflect a combination of actual knowledge and skill and of confidence level. It is similar to the concept of self-efficacy.

Your life skills and self-confidence can be powerful factors in your success and happiness in many life areas--including your academic and career success. It correlated .629 with happiness, .421 with low depression, .351 with low anxiety, .186 with low anger/aggression, .367 with relationship success, .233 with positive health outcomes. (41 items)

NUM-QUESTIONS: 41 SCALE-QUESTIONS: (SLFLEARN SLFCRITT SLFRESEA SLFANALY SLFSYNTH SLFCREAT SLFCOMPU SLFBIOSC SLFNATSC SLFLIBAR SLFSOCSC SLFPHILR SLFPERFA SLFFINEA SLFBUSAN SLFHEAL2 SLFENGIN SLFEDUCH SLFIQ SLFDECMA SLFTIMEM SLFCOPE SLFSELF4 SLFSELM SLFACHAN SLFMANA6 SLFHEAL3 SLFMEETP SLFLISTE SLFSELF5 SLFCONFL SLFPERSU SLFMANA7 SLFHELPS SLFSPEAK SLFJOBSE SLFADAPT SLFHAPPY SLFOPTIM SLFFRIEN SLFINDEP)

MEAN-SCORE: .682 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: sssclearn

LABEL: sssc-SelfConf-Learning HQ-BETA: 0.408

DESCRIPTION: Confidence in own intelligence, learning, study skills, analytical thinking, synthesis, research methodology, computer-related, and critical thinking. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (SLFLEARN SLFCRITT SLFRESEA SLFANALY SLFSYNTH SLFCOMPU SLFIQ)

MEAN-SCORE: .801 WEIGHTED-SCORE [weight x scale-score] = 0.408 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscscopopt

LABEL: sssc-SelfConf-PosAchCopeRelate HQ-BETA: 0.74

DESCRIPTION: Confidence/skills of optimistic-assertive engagement for both people and nonpeople tasks. Achievement motivation, work habits, emotional control, optimism, self-disclosure, and caring conflict resolution. (6 items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (SLFSELF4 SLFCOPE SLFSELF5 SLFCONFL SLFOPTIM SLFFRIEN)

MEAN-SCORE: .623 WEIGHTED-SCORE [weight x scale-score] = 0.74 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscsmmsd

LABEL: sssc-SelfConf-self control discipline develop HQ-BETA: 0.668

DESCRIPTION: Confidence/skills in self control, self-discipline, and self-development. Good decision-making and planning, time-management in all areas of self-development/change, finances, self-discipline, health, etc. (7 items).

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (SLFDECMA SLFTIMEM SLFSELM SLFACHAN SLFMANA6 SLFHEAL3 SLFINDEP)

MEAN-SCORE: .657 WEIGHTED-SCORE [weight x scale-score] = 0.668 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscinterp

LABEL: sssc-SelfConf-Career interpersonal skills HQ-BETA: 0.577

DESCRIPTION: Confidence/skills in career-related interpersonal skills. Managing others, persuasion, meeting people, public speaking, and adaptability (7 items).



NUM-QUESTIONS: 7 SCALE-QUESTIONS: (SLFADAPT SLFMEETP SLFPERSU SLFMANA7 SLFBUSAN SLFSPEAK SLFJOBSE)

MEAN-SCORE: .657 WEIGHTED-SCORE [weight x scale-score] = 0.577 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscalthelp

LABEL: sssc-SelfConf-Helping skills HQ-BETA: 0.48

DESCRIPTION: Confidence/skills for counseling or teaching others. Knowledge of philosophy, religion, and social science and helping, counseling, teaching interpersonal skills. (6 Items)

NUM-QUESTIONS: 6 SCALE-QUESTIONS: (SLFSOCSC SLFPHILR SLFLIBAR SLFEDUCH SLFLISTE SLFHELPS)

MEAN-SCORE: .740 WEIGHTED-SCORE [weight x scale-score] = 0.48 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscscience

LABEL: sssc-SelfConf-Natural science HQ-BETA: 0.318

DESCRIPTION: Confidence/skills in natural science knowledge and reasoning including physics, chemistry, biology, and engineering (4 items).

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (SLFBIOSC SLFNATSC SLFHEAL2 SLFENGIN)

MEAN-SCORE: .583 WEIGHTED-SCORE [weight x scale-score] = 0.318 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-confidence areas; SCALE-SYMBOL: SSLFCONF

SCALE SYMBOL: ssscartcre

LABEL: sssc-SelfConf-Art creative HQ-BETA: 0.349

DESCRIPTION: Fine and performing arts, and creative thinking (3 items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (SLFCREAT SLFPERFA SLFFINEA)

MEAN-SCORE: .659 WEIGHTED-SCORE [weight x scale-score] = 0.349 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: sselfman

LABEL: s-Self-management skills HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A key HQ scale. Skills related to self-care, decision-making, goal-setting, and time-management including leading a balanced life and attending to all main need/value areas. Many items are based upon OPATSM time-management system. Research shows that these vital skills are related to a more successful and happier life in almost all life areas. This scale correlated .606 with overall life happiness, .297 with low depression, .365 with relationship success, and over .30 with job status. (15 items)

NUM-QUESTIONS: 15 SCALE-QUESTIONS: (SMTBUSY SMTFUTUR SMTEXERC SMTEATH SMTSLEEP SMTSDEVE SMTNPROC SMTPTODO SMTGOALS SMTSCHD SMT2DTOD SMTACMPL SMTGHELP SMTBALAN SMTHABCH)

MEAN-SCORE: .537 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

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>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmTimeManGoalSet

LABEL: sssm-Time management-OPATSM HQ-BETA: 0.411

DESCRIPTION: Using a good self-management system. Time management/goal-setting/decision-making Frequent sessions prioritizing goals and writing daily task lists for each life area. Breaking large projects into organized, scheduled tasks. (5 items)

NUM-QUESTIONS: 5 SCALE-QUESTIONS: (SMTFUTUR SMTPTODO SMTGOALS SMTSCHD SMT2DTOD)

MEAN-SCORE: .505 WEIGHTED-SCORE [weight x scale-score] = 0.411 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmAccompLoRush

LABEL: sssm-Busy,accomplishment,efficient HQ-BETA: 0.553

DESCRIPTION: Accomplishment: busy, efficient task completion without feeling too rushed or pressured. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (SMTBUSY SMTACMPL)

MEAN-SCORE: .494 WEIGHTED-SCORE [weight x scale-score] = 0.553 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmSelfDevel

LABEL: sssm-Self-develop, take advice,habit chng HQ-BETA: 0.558

DESCRIPTION: Self-development habits and skills including taking advice and self-change program(s).(3 Items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (SMTSDEVE SMTGHHELP SMTHABCH)

MEAN-SCORE: .647 WEIGHTED-SCORE [weight x scale-score] = 0.558 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Self-management skills; SCALE-SYMBOL: SSELFMAN

SCALE SYMBOL: sssmHealthHabs

LABEL: sssmHealthHabits HQ-BETA: 0.46

DESCRIPTION: Health habits. Research has shown that your nutritional, exercise, sleep, substance abuse, safety and risk-taking habits, and stress management can have very large effects upon your health and life span. (3 Items)

NUM-QUESTIONS: 3 SCALE-QUESTIONS: (SMTEXERC SMTEATH SMTSLEEP)

MEAN-SCORE: .558 WEIGHTED-SCORE [weight x scale-score] = 0.46 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: semotcop

LABEL: s-Emotional coping skills HQ-BETA: NOT-HQ-SCALE

DESCRIPTION: A key HQ scale. How you habitually react to emotionally stressful situations. What do you do when you are upset? This scale correlates .683 with overall happiness, .578 with low depression, .466 with low anxiety, .374 with low anger/aggressiveness, and .314 with good, intimate personal relationships. It is also a moderate predictor of academic and career success. (20 items)

NUM-QUESTIONS: 20 SCALE-QUESTIONS: (COPNEGTH COPCOPEA COPPSOLV COPAVOPS COPEMOTA COPBLAME COPWDRW COPFUN COPTALKS COPPEPTA COPSMOKE COPDRUG COPPE COPNEGPH COPSELFB COPPOSPH COPEXPEC COPHAPPY COPAVOAT COPSELFE)

MEAN-SCORE: .585 RELATIVE-SCALE SCORE (0-1.0): \_\_\_\_\_ (Information only: Only this scale's SUBSCALES BELOW used in HQ calculations.)

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>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpProbSolv

LABEL: sscp-Prob solve talk,selfexpl,expect HQ-BETA: 0.491

DESCRIPTION: When upset, face problem now and use positive problem-solving to overcome it. Face, explore, and discuss problems. (4 items)

NUM-QUESTIONS: 4 SCALE-QUESTIONS: (COPPSOLV COPTALKS COPEXPEC COPSELFE)

MEAN-SCORE: .599 WEIGHTED-SCORE [weight x scale-score] = 0.491 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpPosThoughts

LABEL: sscp-Pos thoughts-phil, pep talk HQ-BETA: 0.577

DESCRIPTION: When upset, think positive thoughts. Positive; not critical, punitive, or negative thoughts in response to negative emotions. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (COPNEGTH COPPEPTA)

MEAN-SCORE: .477 WEIGHTED-SCORE [weight x scale-score] = 0.577 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpPosActs

LABEL: sscp-Pos acts,fun,exercise HQ-BETA: 0.362

DESCRIPTION: When upset, do positive, constructive activities such as complete problem-related or other involving tasks, have fun, exercise, etc. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (COPFUN COPPE)

MEAN-SCORE: .457 WEIGHTED-SCORE [weight x scale-score] = 0.362 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpNoBlameAngerWDraw

LABEL: sscp-Not anger,blame,withdraw HQ-BETA: 0.492

DESCRIPTION: When upset, don't get angry, too critical, or blame self or others or withdraw. (5 items)  
NUM-QUESTIONS: 5 SCALE-QUESTIONS: (COPEMOTA COPBLAME COPWDRW COPNEGPH COPSELF)  
MEAN-SCORE: .580 WEIGHTED-SCORE [weight x scale-score] = 0.492 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpNotSmokDrugMed

LABEL: sscp-Not smoke,drugs HQ-BETA: 0.192

DESCRIPTION: When upset, don't smoke, drink alcohol, or take drugs. (2 items)

NUM-QUESTIONS: 2 SCALE-QUESTIONS: (COPSMOKE COPDRUG)

MEAN-SCORE: .791 WEIGHTED-SCORE [weight x scale-score] = 0.192 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

>> SUBSCALE of SCALE: s-Emotional coping skills; SCALE-SYMBOL: SEMOTCOP

SCALE SYMBOL: sscpNotEat

LABEL: sscp-Not eat 1 HQ-BETA: 0.2

DESCRIPTION: When upset, don't eat to feel better. (1 item)

NUM-QUESTIONS: 1 SCALE-QUESTIONS: (COPCOPEA)

MEAN-SCORE: .665 WEIGHTED-SCORE [weight x scale-score] = 0.2 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

### SCALE GROUP: INTERPERSONAL ATTRIBUTES

DESCRIPTION: These interpersonal scales were part of the Stevens Relationship Questionnaire (SRQ) and have previous validating evidence from an earlier studies. Most items on these scales were originally taken from materials developed for assertion training and marital relationship workshops, and had been clinically tested on hundreds of consumers.

SCALE SYMBOL: IntSS1aAssertCR

LABEL: IntSS1a-AssertiveConfRes HQ-BETA: 0.463

DESCRIPTION: A key HQ scale: democratic, assertive communication and conflict resolution. Seeks win-win solutions to conflicts, with clear, caring, understanding, non-defensive, calm, persistent, honest, friendly, non-threatening behaviors. Finding and resolving the basic, underlying issues is very important. Your ability to resolve differences with others is a critical component of any good, lasting relationship from work to marriage. It is a vital skill in many professional situations. Our research shows a correlation of more than .70 between this scale and marital relationship happiness and .365 with overall relationship success. It also correlated .463 with overall happiness, .236 with low depression, .202 with low anxiety, .355 with low anger/aggression, .306 with positive health. A low score may predict a series of relationships that end in conflict or being left. (13 items)

NUM-QUESTIONS: 14 SCALE-QUESTIONS: (CRI1SSUE CRRESOLV CRNTHREA CRUNDERL CRWINWIN CRLONGTK CRSUMMAR CRCPRAIS CRBOASSR CROPHONE CRANGRES CRTLKMOR CREQWIN INTUNDRL)

MEAN-SCORE: .563 WEIGHTED-SCORE [weight x scale-score] = 0.463 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

SCALE SYMBOL: IntSS1bOpenHon

LABEL: IntSS1bIntimateOpenHonest HQ-BETA: 0.503

DESCRIPTION: A key HQ scale: Open, Honest, Communication and Goal Harmony. Reveal most private and sensitive thoughts and feelings regularly, shared goals, and feelings of relationship commitment. This scale correlated over .70 with marital satisfaction and .435 with overall relationship success. .503 with overall happiness, .289 with low depression, .230 with low anxiety, .302 with low anger/aggression, and .293 with the health scale. Intimacy is a critical part of any truly close relationship--especially marital relationships. (10 items)

NUM-QUESTIONS: 10 SCALE-QUESTIONS: (INTTELAL INTSMGOA INTEQDEC INTIOPEN INTWEOPN INTDAILY INTALLOP INTKNPFE INCOMTWO)

MEAN-SCORE: .643 WEIGHTED-SCORE [weight x scale-score] = 0.503 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

SCALE SYMBOL: IntSS2Romantic

LABEL: IntSS2-Romantic=sromantic HQ-BETA: 0.394

DESCRIPTION: Romantic attraction, playful, romantic surprises, fantasize about partner, go to romantic places, have special celebrations together. It correlates .267 with relationship success, .394 with overall happiness, .173 with low depression, and .238 with low aggression. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (ROMSURPR ROMFANTA ROMCELEB ROMPLACE ROMATTRA ROMPLAYF ROMCHARM)

MEAN-SCORE: .615 WEIGHTED-SCORE [weight x scale-score] = 0.394 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: IntSS3LibRole

LABEL: IntSS3-LiberatedRoles=slibrole HQ-BETA: 0.166

DESCRIPTION: Equality in decisions, roles, chores/tasks, career priority, some non-stereotypical role behaviors. Our research seems to show that people in relationships with more liberated roles may be happier. However, people with traditional male-female relationship views can be happy if both partners agree on these views and the male makes decisions adequately taking into account his/her partner's desires and needs. It correlated .166 with overall happiness, .182 with low anxiety, and .292 with low anger/aggression. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (LROMTASK LROFTASK LRMFINAL LROEMBAR LROMSTRO LROEQINC LRCARCON)

MEAN-SCORE: .703 WEIGHTED-SCORE [weight x scale-score] = 0.166 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: IntSS4LoveRes

LABEL: IntSS4-Love Respect HQ-BETA: 0.476

DESCRIPTION: Valuing Your Partner--A key HQ scale. Love, respect, cheerfully do favors for, praise more than criticize partner. Feel free when partner home, feel committed not trapped. This Love and Respect scale correlated .425 with overall relationship success, .476 with overall happiness, .289 with low depression, .268 with low anxiety, .432 with low anger/aggression, and .295 with the health scale. Love and Respect is a critical part of any truly close relationship--especially marital relationships. (9 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CRIFAVOR CRIFOLUP INTCOMIT INTRESPT INTLSQPR INTLOVE INNEVARG)

MEAN-SCORE: .751 WEIGHTED-SCORE [weight x scale-score] = 0.476 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: IntSS5Indep

LABEL: IntSS5-Rel Independ HQ-BETA: 0.379

DESCRIPTION: Autonomy within committed relationship. Partners feeling encouraged and free to pursue own interests and friendships. Each enjoy being alone, having partially separate funds, and believing they could be happy with another person if necessary. Value individual happiness over marriage per se. This scale correlated .215 with overall relationship success, .379 with overall happiness, .288 with low depression, .308 with low anxiety, .389 with low anger/aggression, and .296 with the health scale. (11 items)

NUM-QUESTIONS: 15 SCALE-QUESTIONS: (INRLUNCH INRINHAP INRIGROW INRSAYWE INDIFGOA INFINDAN INENALON INOKALON INRHATEA INSEPINT INRMONEY INRBEALN INALCNST INRFREEH INRFRIEN)

MEAN-SCORE: .676 WEIGHTED-SCORE [weight x scale-score] = 0.379 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: IntSS6PosSup

LABEL: IntSS6-Positive Supportive Com HQ-BETA: 0.421

DESCRIPTION: A key HQ scale. Supportive of partner even during disagreements, rarely use negative labels, exaggerations, threats, anger. If one partner gets angry, other usually uses deescalating response. This scale correlated .272 with overall relationship success, .421 with overall happiness, .275 with low depression, .267 with low anxiety, .538 with low anger/aggression, and .307 with the health scale. Note the large correlation with low anger and aggression. (7 items)

NUM-QUESTIONS: 8 SCALE-QUESTIONS: (CRNTHREA CRNNEGLB CREXAGGR CRANGANG CRIPRAIS CRANGRES INDIFDEC INSTSHLP)

MEAN-SCORE: .598 WEIGHTED-SCORE [weight x scale-score] = 0.421 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_.

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SCALE SYMBOL: IntSS7Collab

LABEL: IntSS7-Collaborative HQ-BETA: 0.406

DESCRIPTION: A key HQ scale. Neither partner manipulating or controlling. Partners feel safe revealing weaknesses. Can work together or teach each other effectively. This scale correlated .317 with overall relationship success, .406 with overall happiness, .268 with low depression, .235 with low anxiety, .328 with low anger/aggression, and .271 with the health scale. (7 items)

NUM-QUESTIONS: 7 SCALE-QUESTIONS: (CRTKLONG CRTEWEAK CRMANIPU CRREPRAI CRTEACH CRTLMOR INTWKTOG)

MEAN-SCORE: .562 WEIGHTED-SCORE [weight x scale-score] = 0.406 X SCORE (0-1.0): \_\_\_\_\_ = \_\_\_\_\_