

# Ryff Scales Of Psychological Well Being

The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. The six-factor model of psychological well-being is a theory developed by Carol Ryff that determines six factors that contribute to an individual's psychological well-being, contentment, and happiness. [1] The Psychological Well-Being Scale (Ryff, 1989) is intended to measure aspects of positive functioning, namely Self Acceptance, Positive Relations with Others, Autonomy, Environmental Mastery, Purpose ... Developed by psychologist Carol D. Ryff, the 42-item Psychological Wellbeing (PWB) Scale measures six aspects of wellbeing and happiness: autonomy, environmental mastery, personal growth, positive ... Jan 1, 2022 · 'Ryff's Psychological Well-Being Scale' published in 'Encyclopedia of Gerontology and Population Aging' Sep 14, 2024 · Explore the Ryff Scales of Psychological Well-Being, their dimensions, applications, and impact on mental health research and clinical practice. Temporal structures of psychological well-being: Continuity or change. Paper presented at the 58th annual scientific meeting of the Gerontological Society of America, Orlando, Florida. Apr 30, 2026 · An in-depth look at the Ryff Scales of Psychological Wellbeing, how to interpret the results, and more top resources for assessing wellbeing. Oct 14, 2025 · Based on developmental and humanistic theories (e.g., Maslow, Rogers, Jung), the scale conceptualizes well-being as a multi-dimensional construct comprising six core factors: Self ... Available subscales: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, self-acceptance.

*Psychological Well-Being Scale (SPWB) - Psychological Scales ...*

[Ryff's Psychological Well-Being Scale | Springer Nature Link](#)

**The Ryff Scales of Psychological Wellbeing: Your How-To Guide**

[Ryff Scales: Measuring Psychological Well-Being and Flourishing](#)

*RYFF SCALES OF PSYCHOLOGICAL WELL-BEING*

[Psychological Well Being Scales \(WBS\) - Addiction Research Center](#)

**Six-factor model of psychological well-being - Wikipedia**

[Scales of Psychological Well-Being | The Human Flourishing Program](#)

[Psychological Well-Being Scale - APA PsycNet](#)

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