

Wellbeing Model and Validation Study

Wellbeing balance and lived experiences assessment: a novel, valid, comprehensive measure of positive well-being

Ashley F. McDermott¹, Christopher R. Brydges², Troy W. Norris¹

¹WellBalance Institute, Boston, MA, United States

²NIH West Coast Center, University of California, Davis, Davis, CA, United States

This study confirms the validity of the Wellbeing Balance and Lived Experience (WBAL) Model and Assessment which evaluates self-reported frequency of positive experiences and positive feelings of well-being, balanced across activation and arousal levels. A total of 496 evaluable subjects completed the WBAL Assessment, the PERMA+ Profiler (PERMA+) and the Well-Being Assessment Adult 24-item (WBA-24). A confirmatory factor model of the WBAL Model showed good fit, indicating that each of the model factors are related but distinct. The WBAL Assessment demonstrated high internal consistency (Cronbach's $\alpha = 0.95$) and internal validity across well-being factors, and Feelings ($r = 0.96$) and Experiences ($r = 0.94$) domains. The WBAL Assessment demonstrated strong convergent validity in comparison to PERMA+ ($r = 0.80$) and WBA-24 ($r = 0.75$), indicating that the WBAL Assessment measures a similar overall concept of wellbeing and flourishing. Discriminant validity of WBAL factors was demonstrated for an average of 14.3 of 17 comparator domains, indicating that WBAL is measuring a different conceptualization of wellbeing. The WBAL Assessment is a reliable and valid instrument to comprehensively measure positive aspects of well-being that evaluates multiple modifiable contributors to individuals' wellbeing to guide design of personalized intervention programs to enhance positive wellbeing.

Biography

Troy Norris is the Founder and Chief Wellbeing Officer of the WellBalance Institute, a research institute dedicated to advancing and bringing the science of positive psychology and well-being into people's lives, relationships and workplaces to create resilient well-being and flourishing. Troy serves as an Innovation Fellow for Harvard Innovation Labs and is an advisor and mentor for multiple life sciences, mental health and wellbeing new ventures. Troy is a triple-certified health, wellness and life coach, and a published author with Bachelor of Arts and Master of Business Administration degrees from Harvard University.

Troy@wellbalance.org

Abstract received : November 5, 2024 | Abstract accepted : November 7, 2024 | Abstract published : May 5, 2025