

### **The Psychological Thriving scale (Sirois & Hirsch, 2013)**

The Psychological thriving scale was created to capture O'Leary and Ickovics (1995), and Carver's (1998) conceptualisations of psychological thriving in the context of living with a chronic illness. Carver's (1995) model posits that psychological thriving occurs as a result of continued growth and gains in one or more important psychosocial areas, namely, personal relationships, self-confidence, and important life skills. These gains are proposed to be ongoing and reflect a trajectory of growth as the individual learns to adapt to the stress of living with a chronic illness.

The 4-item thriving scale addresses the perception of change (for better or worse) due to chronic illness by asking respondents to compare their current circumstances to those in their life before they had chronic illness. Perceptions are assessed across each of three domains: life satisfaction, self-improvement, and quality of personal relationships.

Responses to each item are rated on a 4-point Likert-type scale individualized for each domain question with the first option reflecting positive change (thriving), the second reflecting no change (resilience), the third reflecting slight negative change, and the fourth reflecting large negative change. Items are first reverse-scored before combining them into a single index score so that higher scores reflected greater positive change. The thriving scale can be used with any chronic illness population as the items refer to a chronic illness which can be substituted for the chronic condition of interest.

The Psychological Thriving scale has demonstrated good internal consistency when combined into a single measure of thriving, in samples with arthritis (Cronbach's alpha = .80)(Sirois & Hirsch, 2013), The thriving scale has also demonstrated good criterion-related validity in a sample of people with inflammatory bowel disease, with baseline scores on the loss, resilience, and thriving items predicting differences in adjustment profiles at the 6-month follow-up (Sirois & Hirsch, 2017).

Please use the following reference when using the Psychological Thriving Scale:

Sirois, F. M., & Hirsch, J. K. (2013). Associations of psychological thriving with coping efficacy, expectations for future growth, and depressive symptoms over time in people with arthritis. *Journal of Psychosomatic Research*, 75(3), 279-286.

#### **References**

Carver, C. S. (1998). Resilience and thriving: Issues, models, and linkages. *The Journal of Social Issues*, 54, 245-266.

O'Leary, V. E., & Ickovics, J. R. (1995). Resilience and thriving in response to challenge: an opportunity for a paradigm shift in women's health. *Womens Health*, 1(2), 121-142.

Sirois, F. M., & Hirsch, J. K. (2013). Associations of psychological thriving with coping efficacy, expectations for future growth, and depressive symptoms over time in people with arthritis. *Journal of Psychosomatic Research*, 75(3), 279-286.

Sirois, F. M., & Hirsch, J. K. (2017). A longitudinal study of the profiles of psychological thriving, resilience, and loss in people with inflammatory bowel disease. *British Journal of Health Psychology*, 22(4), 920-939. doi:doi:10.1111/bjhp.12262

## Psychological Thriving Scale

Compared to how satisfied I was with my life **before** [insert condition here, e.g., fibromyalgia; chronic fatigue syndrome; arthritis, etc.] **right now** I am

	more satisfied with most aspects of my life now.
	just as satisfied with most aspects of my life now.
	less satisfied with most aspects of my life now.
	extremely dissatisfied with most aspects of my life now.

Compared to the person I was **before** getting [insert condition here, e.g., fibromyalgia; chronic fatigue syndrome; arthritis, etc.], right now, other than having this condition, **right now** I am

	a better person now in most ways, that is more like the person I always wanted to be.
	essentially the same person I was before in most ways.
	not quite the person I was before in most ways.
	a worse person now in most ways, and not at all like the person I always wanted to be.

Compared to the quality of my relationships **before** getting [insert condition here, e.g., fibromyalgia; chronic fatigue syndrome; arthritis, etc.], **right now** my relationships are

	much more satisfying and emotionally rewarding.
	just as satisfying and emotionally rewarding.
	somewhat less satisfying and emotionally rewarding.
	very unsatisfying and emotionally unrewarding.

### SPSS Syntax for the Psychological Thriving Scale

```
RECODE satisnow persnow qltyrelnow (1=4) (2=3) (3=2) (4=1) (MISSING=SYSMIS) INTO
satisnow_rev persnow_rev qltyrelnow_rev.
EXECUTE.
```

```
COMPUTE thriving_mn=MEAN(satisnow_rev,persnow_rev,qltyrelnow_rev).
EXECUTE.
```

RELIABILITY

```
/VARIABLES=satisnow_rev persnow_rev qltyrelnow_rev
/SCALE('Thriving 3 items') ALL
/MODEL=ALPHA
/STATISTICS=DESCRIPTIVE SCALE CORR ANOVA
/SUMMARY=TOTAL MEANS.
```