




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Factor structure of urdu version of the flourishing scale (Article)

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Abstract

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Background: A great deal of research has been carried out on the assessment of the eudaimonic perspective of psychological well-being and the hedonic perspective of subjective well-being. The Flourishing Scale (FS) has been extensively used in research and practice, as it assesses the fundamental aspects of social psychological functioning. Nevertheless, the psychometric properties of Urdu versions of eudaimonic measures, such as the FS, have not yet been ascertained. The translation and validation of the FS in the Urdu language was not available, and hence this study was planned with the aim to validate the Urdu version of the FS. Methods: We assessed the psychometric properties of the FS in a sample of adults aged 18 years and above in Pakistan (N = 130) using exploratory factor analysis based on principal component analysis with varimax rotation and confirmatory factor analysis. Results: The exploratory factor analysis confirmed the unidimensional nature of the 8-item FS. We assessed that the Urdu version of the FS showed a high internal consistency reliability ($\alpha = 0.914$) with a significant intraclass correlation coefficient (ICC), $p < 0.001$. In our study, the Kaiser-Meyer-Olkin value was 0.915 with a chi-square test value (χ^2) of 637.687, and Bartlett's test of sphericity was significant ($df = 28$, $p < 0.001$). The intraclass correlation coefficients (ICCs) at test-retest for all domains were statistically significant ($p < 0.001$) and showed excellent agreement for all the items. The revised confirmatory factor analysis revealed a good-fit model, but with item 8-"People respect me"-removed due to its lower factor loading. Conclusions: The findings suggest that the FS is a psychometrically sound instrument for assessing social psychological functioning among adults in Pakistan. Therefore, the validated Urdu version of the FS may be used in future studies of well-being in clinical psychology and positive psychology. © Choudhry, Al-Worafi, Akram, Ahmed, Anwar ul Haq, Khan, Rehman, Barki, Munawar, Kamal, Kassab, Bakrin and Golden.

SciVal Topic Prominence

Topic: Psychology | Mental Health | Eudaimonic well-being

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[Confirmatory factor analysis](#) [Flourishing](#) [Mental well-being](#) [Pakistan](#) [Positive psychology](#) [Psychological well-being](#)
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