The Development of a Shortened Hungarian Version of the Savoring Beliefs Inventory

HENRIETT NAGY[1]* – TÍMEA MAGYARÓDI[1] –
ANDRÁS VARGHA[1,2] – ATTILA OLÁH[1]

[1] Department of Personality and Health Psychology, Faculty of Education
and Psychology, Institute of Psychology, ELTE Eötvös Loránd University,
Budapest, Hungary

[2] Department of Personality and Health Psychology, Faculty of Humanities
and Social Sciences, Institute of Psychology, Károli Gáspár University
of the Reformed Church in Hungary, Budapest, Hungary

Background: The Savoring Beliefs Inventory (SBI) has been widely used to measure attitudes towards savoring positive experiences. *Aim:* Our aim was to develop a short yet reliable and valid form of the inventory for use in circumstances where the application of the full form is not feasible. *Methods:* We used two separate samples in our cross-sectional research. We used convenient and snowball sampling methods. One sample (n = 3.782, males: 274, females: 3.485, gender not identified: 23, ages ranged from 18 to 86 years, mean: 43.6 years, SD = 13.7 years) completed the original SBI, which consists of 24 items, while the second (n = 825, males: 112, females: 713, ages ranged from 18 to 100, mean: 41.4 years, SD = 11.1 years) completed a shortened form, consisting of 10 items. In the second study, participants also completed other well-being measures so that we could assess external validity. *Results:* According to our results, the 10-item short form of the SBI has sound psychometric properties that are comparable to those obtained using the full form. Cronbach's alpha values of initial scale = savoring via anticipation: 0.86, savoring the moment: 0.84, savoring via reminiscence: 0.84; reduced scale = savoring via anticipation: 0.85, savoring the moment: 0.81, savoring via reminiscence: 0.81. The fit indices show that the ten-item, 3-factor model was confirmed (RMSEA: 0.060, CI_{90}: 0.049, pClose: 0.07, CFI: 0.966, TLI: 0.952, SRMR: 0.027). The external validity of the SBI (10) was also demonstrated. *Conclusion:* The Short Savoring Beliefs Inventory has got appropriate psychometric properties, therefore it can be used in future studies about a Hungarian population.

Keywords: Savoring Beliefs Inventory, shortened version, validity, reliability

---

* Corresponding author: Dr. Henriett Nagy, Department of Personality and Health Psychology, Faculty of Education and Psychology, Institute of Psychology, ELTE Eötvös Loránd University, Izabella u. 46, H-1046 Budapest, Hungary. E-mail: nagy.henriett@ppk.elte.hu

1. Introduction

When administering surveys, researchers often include several different instruments, which can make the assessment battery too long. There is a growing need for shorter measures that are nevertheless reliable. The Savoring Beliefs Inventory (SBI; Bryant, 2003) has been widely used to measure attitudes towards savoring positive experiences. However, due to its length, the administration of the original 24-item version can be too time-consuming. The goal of the present research was to create a short yet reliable and valid form of this inventory to support future research and clinical practice.

Savoring is one of the most interesting new concepts in positive psychology and is linked to the coping perspective (Bryant & Veroff, 2007). The approach of positive psychology leads to a more differentiated perspective of coping (Gable & Haidt, 2005). While traditional coping models (Lazarus, 1991; 1993) have focused on efforts towards making life bearable, and have emphasized difficulties and how to cope with them, positive psychology highlights skills related to well-being and optimal experiences (Sin, Della Porta, & Lyubomirsky, 2011). Fred B. Bryant and Joseph Veroff (Bryant and Veroff, 2007) found that the phenomenon of savoring is related to that of coping, as it implies the conscious and active experience of positive moments in life. Bryant states that *savoring* is a perceived control over positive emotions, while *coping* refers to perceived control over negative emotions (Bryant, 2003).

The regulation of positive emotions has additional conceptual levels (Bryant, Chadwick, & Kluwe, 2011): (1) savoring experience; (2) savoring process; and (3) savoring strategy. *Savoring experience* is the broadest concept, as it summarizes all the sensations, perceptions, thoughts, behaviors, actions, and emotions experienced when mindfully attending to and appreciating the positive stimulus. On the next level, *savoring process* refers to all the mental and physical operations that transform the positive stimulus into positive feelings. The least abstract and most specific level is *savoring strategy*, which encompasses the exact cognitive process and behaviors that strengthen or reduce the duration and intensity of positive feelings. These strategies are: sharing with others, memory building, self-congratulation, comparison to others, sensory-perceptual sharpening, absorption, behavioral expression, temporal awareness, counting one's blessings, or (as a negative strategy) kill-joy thinking (Bryant & Veroff, 2007). The savoring strategies may be structured according to the perspective of time: past, present, and future. A person may get positive experiences from the past via reminiscence and recall, which they can relate to the future via anticipation and planning (Bryant & Veroff, 2007). Szondy

and his colleagues in 2014 presented the adaptation of the Hungarian version of the Abridged Ways of Savoring Checklist (WOSC), which is a useful measure of the reactions during positive experiences.

The expression *savoring belief* refers to a person's attitude in terms of their ability to enjoy and appreciate positive experience. The first tool that was published to measure savoring beliefs was the Perceived Ability to Savor Positive Outcomes scale (PASPO) (Bryant, 1989), although in this scale, only 5 general items referred to savoring beliefs. To measure the concept more specifically, Bryant established the SBI, a 24-item self-report questionnaire that measures the extent of beliefs about prolonging and intensifying positive experiences (Bryant, 2003). After a principal component analysis, which suggested a 3-factor model behind the construct of savoring beliefs in parallel with the theoretical background, maximum likelihood confirmatory factor analysis was used. The resulting SBI measures a person's thoughts about savoring via reminiscence, savoring the moment, and savoring via anticipation using three subscales.

Total SBI scores correlate positively with the following constructs: (1) affect intensity; (2) extraversion; (3) optimism; (4) internal locus of control; (5) reported self-control behaviors; (6) life satisfaction; (7) value fulfilment; (8) self-esteem; and (9) intensity and frequency of happiness; and correlate negatively with (1) neuroticism; (2) guilt; (3) physical and social anhedonia; (4) hopelessness; (5) depression; and (6) frequency of unhappy and neutral affect. There was no significant correlation with socially desirable responding, which also supports the validity of the SBI. The anticipation subscale had a stronger correlation with optimism than the other two subscales; and savoring the moment correlated more strongly with the construct of subjective adjustment than the other two. In a longitudinal study, the reminiscence subscale had a lower predictive validity than the others (Bryant, 2003).

Several studies have tested the psychometric properties of the SBI and have verified the reliability of the questionnaire (Ford, Klibert, Tarantino, & Lamis, 2017; Ramsey & Gentzler, 2014; Smith & Bryant, 2016). Studies focusing on the structure of the questionnaire have highlighted that although there is one dominant factor behind the SBI, the tripartite model related to the past, present, and future significantly improved model fit. This tripartite structure was repeated in a sample of older participants (Smith & Bryant, 2016). However, Ford and his colleagues (2017) have suggested a bifactor structure behind the SBI, which appears to be the best fitting model.

Gender differences were found in the case of all total SBI score and the three subscales, as women had significantly higher scores than men (Bryant, 2003). Later studies also proved the reliability of the questionnaire and

revealed gender differences with respect to savoring beliefs (Bryant & Veroff, 2007; Ford et al., 2017; Ramsey & Gentzler, 2014; Ritchie & Bryant, 2012). Studies have also reported that age correlates with the intensity of savoring beliefs. This relationship has been explained with reference to the reduced future time perspective with the passing of the years, which can lead to greater appreciation of positive experiences (Bryant & Veroff, 2007). More recent studies have yielded different results. There was no significant correlation between age and savoring beliefs, and, in addition, researchers found a marginal effect: younger adults reported higher savoring capacity (Ramsey & Gentzler, 2014). As part of the convergent validity of the construct, all three SBI subscales correlated positively with two of the dimensions of positive state mindfulness – focused attention and novelty appreciation – although (contrary to the hypothesis) savoring via remin-iscence correlated negatively with the third dimension, open-ended expectations (Bryant & Veroff, 2007). Further studies have emphasized the positive relationship between savoring beliefs and subjective well-being (Ramsey & Gentzler, 2014), and a negative correlation with depressive symptoms (Ford et al., 2017).

The SBI was developed by means of studies with adults to measure time-related savoring beliefs (Bryant & Veroff, 2007; Eisner, Johnson, & Carver, 2009). To develop the Children's Savoring Beliefs Inventory (CSBI; Cafasso, 1994), the original SBI items were transformed in order to make them understandable for grade-school children. Studies performed using the CSBI revealed that children have more global beliefs about their overall savoring capacity (Cafasso, Bryant, & Jose, 1994), thus we can assume that preadolescents differ from adults in terms of the multidimensionality of savoring beliefs: At an earlier age, children have a one-dimensional savoring capacity (Bryant & Veroff, 2007).

In English-speaking areas, a lot of research has revealed the positive effect of savoring beliefs on well-being (Csikszentmihalyi & Hunter, 2003; Fredrickson, Cohn, Coffey, Pek, & Finkel, 2008; Hurley & Kwon, 2013). In the course of a literature review, we found research related to the SBI from Switzerland (Nguyen et al., 2016) and Korea (Kim, Han, Sahw, McTavish, & Gustafson, 2010). These studies revealed certain cultural differences with respect to savoring: Asian people engaged less in savoring than Europeans and Americans (Ryff et al., 2014). In order to be able to verify the concept in further cultures, the original English version of the SBI needs to be adapted (Bryant, 2003). The aim of the present paper is to present the Hungarian adaptation of the SBI using two different samples.

We report on two studies in the present paper. In *Study 1*, our aim was to shorten the initial questionnaire in order to create a reduced Hungarian version of the SBI; and in *Study 2* we aimed to check the fit of the structure of this reduced version and to test the external validity of the questionnaire.

2. Methods

2.1. Study 1

2.1.1. Participants

The only inclusion criterion in the study was age: Participants had to be adults (over the age of 18). We recruited participants via e-mail (their e-mail addresses had been collected in an earlier study) and asked them to voluntarily fill in our anonymous online questionnaire. We used convenient and snowball sampling methods. The starting sample size was $n = 4,449$ (males: 325; females: 4,092; gender not identified: 32). The sample size after rejecting invalid or dubious questionnaires and participants below the age of 18 years was $n = 3,782$ (males: 274; females: 3,485; gender not identified: 23). Ages ranged from 18 to 100 (mean = 41.4 years, SD = 11.1 years).

2.1.2. Measures

Savoring Beliefs Inventory. The SBI (Bryant, 2003) is a 24-item self-report questionnaire. In its original form it has a tripartite model: anticipating, savoring the moment, and reminiscing (each subscale comprising 8 items). Participants report the extent of their agreement using a 7-point Likert scale (1 = strongly disagree, 7 = strongly agree). Higher scores indicate higher savoring capacity. The reliability scores for the subscales in the development studies were satisfactory (anticipating: Cronbach's alpha = 0.71–0.84; savoring the moment: Cronbach's alpha = 0.68–0.89; reminiscing: Cronbach's alpha = 0.75–0.83 [Bryant, 2003]).

2.1.3. Procedure

The Research Ethics Committee of Eötvös Loránd University approved the study (permission registration number: 2015/284). After obtaining written permission from Professor Fred B. Bryant to create a Hungarian adaptation of the SBI, in the adaptation procedure we followed the guidelines of the International Test Commission (Bartram et al., 2018), the process considered the linguistic, psychological and cultural differences between the American and Hungarian populations. At first a bilingual (English-Hungarian) psychologist translated the scale, then another bilingual colleague translated it back to the original English language. After the data administration, we reconsidered the structure of the scale based on its psychometric quality. The research was performed using an online survey

platform, where participants read an informed consent form and gave their signature to indicate willingness to contribute to the study. Subjects chose the time and place of questionnaire completion individually.

2.1.4. Statistical Analysis

The length of the questionnaire was reduced in two steps. In the first step, an item analysis was performed on each subscale and we rejected from each of them those items that had the smallest item-remainder correlations. For the analysis, we used SPSS 25 and ROPstat software (Vargha, Torma, & Bergman, 2015). In the next step, a confirmatory factor analysis (CFA) series was carried out on the remaining items via structural equation modelling in MpPlus 8.4, where the items with the smallest factor loadings were dropped from the model at each stage. In CFA a robust mean- and variance-adjusted LR estimator (called MLMV) was applied, since even with normally distributed data it yields the best combination of accurate standard errors and Type I errors (Maydeu-Olivares, 2017).

2.2. Study 2

The aim of this control study was to check the fit of the structure of the reduced Hungarian SBI (SBI-HU), that we had developed in *Study 1*, and to start the validity testing of this shortened questionnaire.

2.2.1. Participants

Adults over the age of 18 participated in the study. The sample size was n = 825 (males: 112, females: 713), and the ages ranged from 18 to 86 (mean = 43.6 years, *SD* = 13.7 years). As mentioned above, we used the pool of e-mail addresses obtained during a previous study to recruit participants for this online (anonymous and voluntary) survey, and used convenient and snowball sampling methods.

2.2.2. Measures

Sociodemographic Questions. Participants were asked to state their gender and age, and their highest level of education (elementary school: 2%, high school: 32%, university bachelor's degree: 35%, university master's degree: 31%).

The Hungarian Short Form of the Savoring Beliefs Inventory. The SBI-HU is a 10-item self-report questionnaire structured according to a 3-factor model: anticipating (4 items), savoring the moment (3 items), and reminiscing (3 items). Participants were asked to report the extent of their agreement using a 7-point Likert scale (1 = strongly disagree, 7 = strongly agree). Higher scores indicated higher savoring capacity.

Diener's Flourishing Scale (DFS). The DFS (Diener et al., 2010; Görgényi, 2012) is an 8-item self-report questionnaire. Participants were asked to report the extent of their agreement using a 7-point Likert scale (1 = strongly disagree, 8 = strongly agree). Higher scores indicated a higher level of flourishing (positive emotions, engagement, relationships, meaning, accomplishments). According to Görgényi (2012) the Cronbach-alpha value is 0.89, in the present sample it was .92.

Ratings of Physical and Mental Health Status. Four ratings were used: (1) PhysSt: physical status rating (My physical state is: 1 = very bad, 2 = bad, 3 = acceptable, 4 = good, 5 = very good, 6 = excellent); (2) MentSt: general psychological health status rating (My general psychological state is: 1 = very bad, 2 = bad, 3 = acceptable, 4 = good, 5 = very good, 6 = excellent); (3) HealthSt: general health status rating (I am satisfied with my general health state: 1 = disagree strongly, 2 = disagree moderately, 3 = disagree slightly, 4 = agree slightly, 5 = agree moderately, 6 = agree strongly); and (4) PosExp: proportion of positive experiences (1 = 10% positive experiences – 90% negative experiences, … , 9 = 90% positive experiences – 10% negative experiences).

2.2.3. Procedure

The Research Ethics Committee of Eötvös Loránd University approved the study (permission registration number: 2015/284). The research was carried out on an online survey platform, where participants read an informed consent form and gave their signature to indicate their willingness to contribute to the study. Subjects chose the time and place of questionnaire completion individually.

2.2.4. Statistical Analysis

A CFA was carried out to verify the tripartite structure of the reduced SBI in Mplus 8.4. Next, in order to evaluate the external validity of the instrument, Welch's *t*-test was performed with Cohen's *d* effect size, the Pearson's correlation *(r)* or Spearman's rank correlation *(rho)* was calculated, and an analysis of variance (ANOVA) was run, all in ROPstat.

3. Results

3.1. Study 1

3.1.1. Confirmatory Factor Analysis of the 24-Item Questionnaire

We performed a CFA with robust MLMV model estimator to reveal possible support for the 3-factor version of the SBI, but the model fit was unacceptable according to the model fit indices: $\chi^2(249) = 6515.730$, $p < 0.001$, $CMIN/df = 26.16$, $CFI = 0.805$, $TLI = 0.754$, $SRMR = 0.070$, $RMSEA = 0.082$, $pClose = 0.000$. According to Wheaton, Muthen, Alwin, and Summers (1977) a $CMIN/df$ value below 5 begins to be reasonable, and according to the recommendation of Hu and Bentler (1999) the indicators of a good fit are $CFI \geq .95$, $TLI \geq .95$, $SRMR \leq .06$, $RMSEA \leq .06$, $pClose > .05$. Some authors are more permissible with some criteria of a good fit, like Ayikwa, De Jager, and Van Zyl (2019), according to whom the indicators of a good fit are $CFI \geq .90$, $TLI \geq .90$, $SRMR \leq .08$, $RMSEA \leq .08$.

As the Hungarian version of the SBI could not support the original structure, we continued the psychometric assessment of the questionnaire and decided to shorten it.

3.1.2. Shortening of the 24-Item Questionnaire

The questionnaire was shortened in two steps. An item analysis was performed on each subscale, and those items that had the smallest item-remainder correlations were rejected (S04f, S10f, S22f, S02pr, S08pr, S23pr, S06p, S09p, S12p — f = future, pr = present, p = past, reversed score items are underlined). The internal consistency scores shown in *Table 1* were acceptable.

Table 1. Cronbach's alpha values of the SBI-HU before and after scale reduction

	Number of items	Savoring via anticipation	Savoring the moment	Savoring via reminiscence
Initial scale	8	0.86	0.84	0.84
Reduced scale	5	0.85	0.81	0.81

A CFA series was carried out on the remaining 15 items via structural equation modelling, where the items with the smallest factor loadings were dropped from the model at each step. In the first step, three items were dropped, having loadings less than 0.60. In the second and third steps, the item that had the smallest loading that was less than 0.65 was dropped in order to obtain the best loading items and the shortest but most reliable structure that covered the original. After the third step, we had 10 items remaining in an appropriate model (see *Table 2*), and since we had 3 or more items in each subscale, we stopped. The 10 items remaining in the final model were: S01f, S07f, S13f, S19f, S05pr, S11pr, S17pr, S03p, S15p, S21p. We note that in the final model (Step 3) CI_{90}(RMSEA) = (0.044; 0.054) and pClose = 0.668.

Table 2. Basic adequacy measures of the consecutive models

Step	Number of items	Items to be dropped	RMSEA	CFI	TLI	SRMR
0	15		0.082	0.887	0.863	0.052
1	12	S16f, S18p, S24p (a < 0.60)	0.065	0.948	0.933	0.035
2	11	S20pr (a = 0.619)	0.049	0.973	0.964	0.023
3	10	S14pr (a = 0.632)	0.049	0.976	0.967	0.021

Note. a = factor loading; RMSEA = root mean square error of approximation; CFI = comparative fit index; TLI = Tucker-Lewis Index; SRMR = standardized root mean square residual.
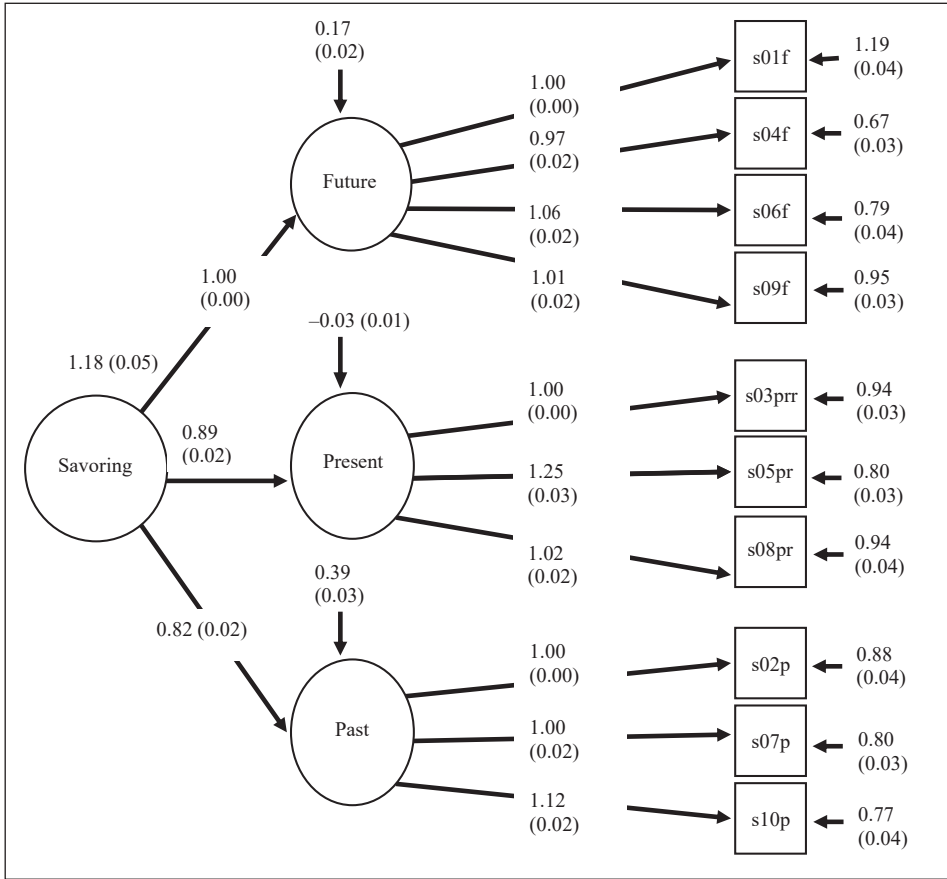
3.2. Study 2

The fit indices (presented in *Table 3*) show that the 10-item, 3-factor model (see *Figure 1*) was confirmed in this control sample.

Table 3. The model fit indices of the confirmatory factor analysis of the shortened Hungarian SBI (SBI-HU)

Study 2	*RMSEA*	*CI_{90}(RMSEA)*	pClose	CFI	TLI	SRMR
Total sample	0.060	(0.049; 0.071)	0.071	0.966	0.952	0.027

Internal consistencies of the scales were assessed by item analysis, and the following results (see *Table 4*) were obtained in terms of the Cronbach's alpha reliability measure.

Note. Unstandardized coefficients and covariances.

Figure 1. The final structure of the shortened SBI (Study 2)

Table 4. Cronbach's alphas in the SBI-HU (Study 2)

Scales	Number of items	Total (*n* = 825)	Males (*n* = 112)	Females (*n* = 713)
Savoring future	4	0.86	0.89	0.86
Savoring present	3	0.82	0.83	0.80
Savoring past	3	0.82	0.86	0.81
Total score of the scale	10	0.92	0.92	0.93

Note. New notation is applied, see Appendix 1.

Females had a higher savoring level than males. The Cohen's *d* effect size values were around 0.50 (moderate size difference), with the exception of the *savoring past* subscale, where $d = 0.32$ (a just interpretable difference) (see *Table 5*).

In *Table 6* we present the results of Spearman's correlation calculations for the savoring subscales with continuous variables such as age, physical status, health status, mental status, and proportion of positive experiences, as well as the flourishing score. All the correlations we obtained were significant and positive. We found only a small correlation between age and savoring, while the association between the flourishing score and savoring was strong. We found medium to strong correlations between the different ratings for physical and mental health status and savoring capacities.

Table 5. Gender differences for the Savoring Subscales (Study 2)

Variable	Males (*n* = 112)		Females (*n* = 713)		Cohen's *d*	Welch's *t*	*df*	*p*
	Mean	*SD*	Mean	*SD*				
Savoring the future	20.63	5.20	22.94	4.59	–0.49	–4.43	139.5	< 0.001
Savoring the present	15.38	3.72	17.19	3.24	–0.55	–4.87	138.6	< 0.001
Savoring the past	16.83	3.70	17.91	3.40	–0.32	–2.91	142	0.004
Total scale	52.85	11.36	58.04	10.07	–0.507	–4.57	139.7	< 0.001

Table 6. Spearman's Rank Correlations of the Savoring Subscales with Continuous Variables (Study 2) (*n* = 825)

Variable	Savoring the future	Savoring the present	Savoring the past	Total SBI score
Age	0.100**	0.175**	0.057	0.121**
General physical status rating (PhysSt)	0.324**	0.316**	0.214**	0.317**
General health status rating (HealthSt)	0.264**	0.272**	0.202**	0.272**
General mental status rating (MentSt)	0.460**	0.508**	0.362**	0.496**
Proportion of positive experiences (PosExp)	0.403**	0.400**	0.312**	0.417**
Diener's Flourishing Scale (DFS)	0.570**	0.649**	0.512**	0.642**

Note. ** $p < 0.01$.

To assess the effect of age on all three savoring subscales more subtly, a two-way ANOVA was performed with the factors of gender and categorized age (18–25 [n = 110], 26–35 [n = 129], 36–50 [n = 316], 51–65 [n = 223], 66–99 [n = 37] years). The only significant age effect was obtained for *savoring the present*: $F(4; 805) = 3.69$, $p = 0.005$ (*Study 2*). The type of age influence for this subscale can be seen in *Figure 2* below. Performing Scheffé-type contrast tests for all age groups, the mean of the youngest group (19–25yrs) was significantly smaller (p = 0.002) than the mean of the remaining sample, whereas the mean of the '51–65yrs' group was significantly larger (p = 0.001) than the mean of the remaining sample.
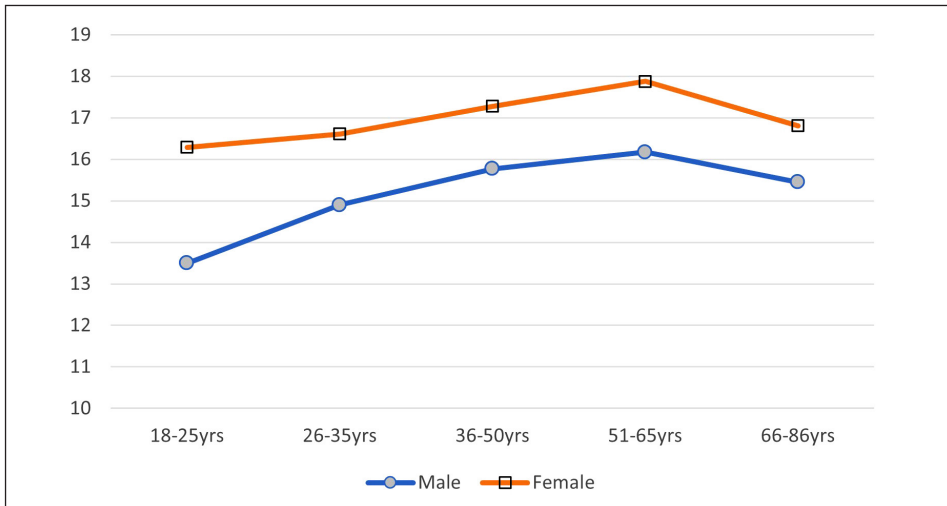

Figure 2. The influence of age and gender on the mean of the savoring the present subscale (Study 2)

4. Discussion

The Savoring Beliefs Inventory (SBI; Bryant, 2003) has been widely used to measure savoring capacity. The main purpose of the present research was to develop a short yet reliable and valid form of the questionnaire. In the present paper, we report on two separate studies. The first sample completed the original 24-item SBI, while the second sample completed a shortened version of the questionnaire (consisting of 10 items) and indicated additional ratings for their physical and mental health status. Although the SBI has been translated into several languages, we need to investigate potential cultural differences in savoring, and for this reason, it might also be useful to adapt it to Hungarian.

Several previous studies have tested the psychometric properties of the SBI and have confirmed the reliability and validity of the questionnaire (e.g., Ford et al., 2017; Ramsey & Gentzler, 2014; Smith & Bryant, 2016). However, the SBI's factor structure has been the subject of only a few studies, and the results obtained to date are contradictory (Ford et al., 2017). The present research proposed a tripartite model relating to the past, present, and future in a shortened form of the questionnaire. Our results were consistent with earlier studies (working with the original 24-item questionnaire), which confirmed that, although there is a dominant factor behind the SBI, the tripartite model relating to the past, present, and future yielded a significant improvement in model fit (Bryant, 2003; Smith & Bryant, 2016).

Earlier studies (Bryant & Veroff, 2007; Ford et al., 2017; Ramsey & Gentzler, 2014; Ritchie & Bryant, 2012) found that in all three subscales, women had significantly higher scores than men. We also found that women reported a higher level of savoring capacity than men on all the savoring subscales.

However, with respect to age, the results were more contradictory. While Bryant and Veroff (2007) found positive correlations between age and savoring beliefs, according to later studies (Ramsey & Gentzler, 2014) there was no significant correlation between age and savoring beliefs. In addition, these latter studies found a marginal effect: younger adults reported higher savoring capacity. In our study, we found only one significant age effect for the *savoring the present* subscale—specifically, the older participants had a higher present-related savoring capacity.

Our most important result was that we were able to produce a shortened form of the SBI in Hungarian (see Appendix 2), which consists of just 10 items and which demonstrated acceptable internal consistency. The moderate to strong correlations between the short form of the inventory and other measures demonstrated its external validity.

Certain limitations of the present study should be noted. Firstly, we had no records concerning the clinical history of our respondents. Secondly, most of our respondents were female, which resulted in a gender imbalance that may have biased our results. In the future, more balanced studies are needed to verify and further support our results.

References

Ayikwa, L. C., De Jager, J. W., & Van Zyl, D. (2019). Enhancing the theory of planned behaviour by incorporating social marketing behavioural enhancers: A first VS second order confirmatory factor analysis approach. *Journal of Economics and Behavioral Studies*, *11*(1(J)), 139–151.

Bartram, D., Berberoglu, G., Grégoire, J., Hambleton, R., Muniz, J., & van de Vijver, F. (2018). ITC Guidelines for translating and adapting tests (2nd ed.). *International Journal of Testing*, *18*(2), 101–134. https://doi.org/10.1080/15305058.2017.1398166

Bryant, F. B. (1989). A four-factor model of perceived control: Avoiding, coping, obtaining, and savoring. *Journal of Personality*, *57*(4), 773–797.

Bryant, F. B. (2003). Savoring Beliefs Inventory (SBI): A scale for measuring beliefs about savouring. *Journal of Mental Health*, *12*(2), 175–196.

Bryant, F. B., Chadwick, E. D., & Kluwe, K. (2011). Understanding the processes that regulate positive emotional experience: unsolved problems and future directions for theory and research on savoring. *International Journal of Wellbeing*, *1*(1), 107–126.

Bryant, F. B., & Veroff, J. (2007). *Savoring: A new model of positive experience*. Mahwah, NJ: Lawrence Erlbaum Associates.

Cafasso, L. L. (1994). *Uplifts and hassles in the lives of young adolescents*. Loyola University of Chicago, Chicago.

Cafasso, L. L., Bryant, F. B., & Jose, P. R. (1994). A scale for measuring children's savoring beliefs. In *102nd annual American Psychological Association convention*. Los Angeles CA.

Csikszentmihalyi, M., & Hunter, J. (2003). Happiness in everyday life: The uses of experience sampling. *Journal of Happiness Studies*, *4*, 185–199.

Diener, E., Wirtz, D., Toy, W., Kim-Prieto, C., Choi, D., Oishi, S., Biswas-Diener, R. (2010) New well-being measures: Short scales to assess flourishing and positive negative feelings. *Social Indicators Research, 97*(2), 143–156.

Eisner, L. R., Johnson, S. L., & Carver, C. S. (2009). Positive affect regulation in anxiety disorders. *Journal of Anxiety Disorders*, *23*(5), 645–649.

Ford, J., Klibert, J. J., Tarantino, N., & Lamis, D. A. (2017). Savouring and self-compassion as protective factors for depression. *Stress and Health, 33*(2), 119-128.

Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, *95*(5), 1045–1062.

Gable, S. L., & Haidt, J. (2005). What (and why) is positive psychology? *Review of General Psychology*, *9*(2), 103–110.

Görgényi, J. (2012). *A poszttraumás növekedés és flourishing vizsgálata külszolgálatot teljesített katonák körében.* Szakdolgozat. Eötvös Loránd Tudományegyetem, Pedagógiai és Pszichológiai Kar, Budapest.

Hu, L., & Bentler, P. M. (1999). Cutoff criterion for fit indices in covariance structure analysis: conventional criteria versus new alternatives. *Structural Equation Modeling, 6*, 1–55.

Hurley, D. B., & Kwon, P. (2013). Savoring helps most when you have little: interaction between savoring the moment and uplifts on positive affect and satisfaction with life. *Journal of Happiness Studies, 14*, 1261–1271.

Kim, J., Han, J. Y., Shaw, B., McTavish, F., & Gustafson, D. (2010). The roles of social support and coping strategies in predicting breast cancer patients' emotional well-being: testing mediation and moderation models. *Journal of Health Psychology*, *15*(4), 543–552.

Lazarus, R. S. (1991). *Emotion and adaptation*. New York: Oxford University Press.

Lazarus, R. S. (1993). From psychological stress to emotions: A history of changing outlooks. *Annual Review of Psychology, 44*, 1–21.

Maydeu-Olivares, A. (2017). Maximum likelihood estimation of structural equation models for continuous data: Standard errors and goodness of fit. *Structural Equation Modeling: A Multidisciplinary Journal*, *24*(3), 383–394.

Nguyen, A., Frobert, L., McCluskey, I., Golay, P., Bonsack, C., & Favrod, J. (2016). Development of the positive emotions program for schizophrenia: An intervention to improve pleasure and motivation in schizophrenia. *Frontiers in Psychiatry*, 7, 13. https://doi.org/10.3389/fpsyt.2016.00013

Ramsey, M. A., & Gentzler, A. L. (2014). Age differences in subjective well-being across adulthood: the roles of savoring and future time perspective. *International Journal of Aging and Human Development*, *78*(1), 3–22. https://doi.org/10.2190%2FAG.78.1.b

Ritchie, T. D., & Bryant, F. B. (2012). Positive state mindfulness: A multidimensional model of mindfulness in relation to positive experience. *International Journal of Wellbeing*, 2(3), 150–181.

Ryff, C. D., Love, G. D., Miyamoto, Y., Markus, H. R., Curhan, K. B., Kiayama, S., et al. (2014). Culture and the promotion of well-being in East and West: Understanding varieties of attunement to the surrounding context. In G. A. Fava & C. Ruini (Eds.), *Increasing psychological wellbeing in clinical and educational settings. Interventions and cultural contexts* (pp. 1–19). Dordrecht: Springer Netherlands.

Sin, N. L., Della Porta, M. D., & Lyubomirsky, S. (2011). Tailoring positive psychology interventions to treat depressed individuals. In S. I. Donaldson, M. Csikszentmihalyi, & J. Nakamura (Eds.), *Applied positive psychology: Improving everyday life, health, schools, work, and society* (pp. 79–96). New York: Routledge.

Smith, J. L., & Bryant, F. B. (2016). The benefits of savoring life. *The International Journal of Aging and Human Development*, *84*(1), 3–23.

Szondy, M., Martos, T., Szabó-Bartha, A., & Pünkösdy, M. (2014). A Rövidített Pozitív Élmények Feldolgozási Módjai Skála magyar változatának reliabilitás és validitás vizsgálata. *Mentálhigiéné és Pszichoszomatika*, 15 (3), 305–316.

Vargha, A., Torma, B., & Bergman, L. R. (2015). ROPstat: a general statistical package useful for conducting person-oriented analyses. *Journal for Person-Oriented Research*, *1*(1–2), 87–98.

Wheaton, B., Muthen, B., Alwin, D. F., & Summers, G. F. (1977). Assessing reliability and stability in panel models. *Sociological Methodology*, *8*, 84–136.

Acknowledgements

Authors' Contributions

Henriett Nagy: translation of the SBI, theoretical background, presentation and discussion of the results, writing of the first draft of the manuscript. Tímea Magyaródi: translation of the SBI, theoretical background, writing of the first draft of the manuspcript. András Vargha: statistical analysis, presentation and discussion of the results. Attila Oláh: translation of the SBI, planning of the data collection, theoretical background.

Conflict of Interest

The authors declare that they have no competing interest.

Appendix 1. New notation for the items

original notation	S01f	S03p	S05pr	S07f	S11pr	S13f	S15p	S17pr	S19f	S21p
new notation	S01f	S02p	S03pr	S04f	S05pr	S06f	S07p	S08pr	S09f	S10p

Appendix 2. The Hungarian Savoring Beliefs Inventory

For each statement listed below, please circle the one number that best indicates how true the particular statement is for you. There are no right or wrong answers. Please be as honest as you can. 1 = strongly disagree, 7 = strongly agree

Kérem, hogy jelölje be a számok bekarikázásával, hogy milyen mértékben ért egyet a felsorolt állításokkal! Nincsenek jó és rossz válaszok. Kérem legyen olyan őszinte, amilyen csak tud, a válaszok megadásakor! 1 = egyáltalán nem értek egyet, 7 = teljesen egyetértek

1. Before a good thing happens, I look forward to it in ways that give me pleasure in the present.	1. Mielőtt valami jó történik, úgy rákészülök, hogy az már a jelenben is örömet ad nekem.	1	2	3	4	5	6	7
2. I enjoy looking back on happy times from my past.	2. Élvezettel tölt el, ha a múltam boldog időszakára visszagondolok.	1	2	3	4	5	6	7
3. I know how to make the most of a good time	3. Tudom, hogy kell kihozni a legjobbat egy dologból.	1	2	3	4	5	6	7
4. I feel a joy of anticipation when I think about upcoming good things.	4. Ha a jövendő jó dolgokra gondolok a várakozás is örömmel tölt el.	1	2	3	4	5	6	7
5. When something good happens, I can make my enjoyment of it last longer by thinking or doing certain things.	5. Ha valami jó történik velem, el tudom nyújtani az élvezetét azzal, hogy bizonyos dolgokra gondolok, vagy bizonyos dolgokat teszek.	1	2	3	4	5	6	7
6. I can enjoy pleasant events in my mind before they actually occur.	6. Képes vagyok már előre élvezni az eseményeket, mielőtt azok megtörténnek.	1	2	3	4	5	6	7
7. I like to store memories of fun times that I go through so that I can recall them later.	7. Szeretem elraktározni az átélt örömteli idők emlékét, hogy később felidézhessem őket.	1	2	3	4	5	6	7
8. I feel fully able to appreciate good things that happen to me.	8. Úgy érzem, hogy maximálisan képes vagyok a velem történő jó dolgokat értékelni.	1	2	3	4	5	6	7
9. I can make myself feel good by imagining what a happy time that is about to happen will be like.	9. Jó kedvre tudom hangolni magam, ha elképzelem milyen lesz egy közelgő boldog idő.	1	2	3	4	5	6	7

10. It's easy for me to rekindle the joy from pleasant memories.	10. Könnyen fel tudom eleveníteni a múlt kellemes emlékeinek örömét.	1	2	3	4	5	6	7

Notes:

The score on the scales is calculated by adding the items belonging to the given scales.
Savoring via anticipation (Várakozás): items 1, 4, 6, 9.
Savoring the moment (A pillanat élvezete): items 3, 5, 8.
Savoring via reminiscence (Emlékezés): items 2, 7, 10.

A Savoring Hiedelmek Kérdőív
rövidített magyar változatának kidolgozása

NAGY HENRIETT – MAGYARÓDI TÍMEA –
VARGHA ANDRÁS – OLÁH ATTILA

Elméleti háttér: A Savoring Hiedelmek Kérdőív (Savoring Beliefs Inventory, SBI) a pozitiv élmények élvezetével kapcsolatos hiedelmek széleskörűen használt mérőeszköze. *Célkitűzés:* Célunk a kérdőív egy rövid változatának kialakítása volt, amely megbízható és valid módon méri a savoring hiedelmeket, olyan körülmények között is, amikor a kérdőív hosszú változatának alkalmazása nem kivitelezhető vagy kényelmes. *Módszerek:* Két különálló mintán végeztünk keresztmetszeti kutatásokat, kényelmi mintavétel alkalmazásával. Az első minta résztvevői az eredeti 24 tételből álló SBI kérdőívet töltötték ki (*n* = 3.782, férfi: 274 fő, nő: 3.485 fő, nincs adat a nemre vonatkozóan: 23 fő, életkor: 18-tól 86-ig, átlag: 43,6 év, *SD* = 13,7 év). A második minta résztvevői a rövidített 10 tételből álló kérdőív tételeire válaszoltak (*n* = 825, férfi: 112 fő, nő: 713 fő, életkor 18-tól 100-ig, átlag: 41,4 év, *SD* = 11,1 év). Ebben a kutatásban további jóllét kérdőívek is felvételre kerültek, ami lehetővé tette a validitás tesztelését. *Eredmények:* Az eredményeink szerint az SBI kérdőív 10-tételből álló rövid verziója ugyanolyan jó megbízhatósági mutatókkal rendelkezik, mint az eredeti kérdőív. (Az eredeti kérdőív Cronbach-α értékei a következők: Várakozás: 0,86, A pillanat élvezete: 0,84, Emlékezés: 0,84; a rövid változat Cronbach-α értékei pedig: Várakozás: 0,85, A pillanat élvezete: 0,81, Emlékezés: 0,81. Az illeszkedési mutatók a 10 tételes verzió esetében is megerősítik a 3-faktoros struktúrát (RMSEA: 0,060; CI$_{90}$: 0,049; pClose: 0,07; CFI: 0,966; TLI: 0,952; SRMR: 0,027). *Következtetések:* Eredményeink támogatják a rövid verzió érvényességét is. *Következtetés:* A Rövid Savoring Hiedelmek kérdőív rövid változata megfelelő pszichometriai mutatókkal rendelkezik, ezért alkalmazható a jövőbeli magyar nyelvű kutatásokban.

Kulcsszavak: Savoring Hiedelmek Kérdőív, rövid változat, érvényesség, megbízhatóság

---