

Psychological Well-being Inventory (PWI) :

Psychological Well-being Inventory (PWI) の日本語版 PDF はメールにてご請求ください

Kitamura, T., Kishida, Y., Gatayama, R., Matsuoka, T., Miura, S. and Yamabe, K.: Ryff's psychological well-being inventory: factorial structure and life history correlates among Japanese university students. *Psychological Reports*, 94; 83-103, 2003.

The theoretical model of psychological well-being that encompasses six domains (self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth) was tested in a Japanese University student population (N = 574) using Ryff's (1989) Psychological Well-being Inventory. A factor structure emerged which was similar to Ryff's original model. Both depression and anxiety correlated only moderately with some subscales of the Psychological Well-being Inventory, suggesting the relative independence of these dimensions of psychological well-being and negative affectivity. With negative affectivity controlled, some early life experiences were significantly linked with psychological well-being: relationships with romantic partners were linked with greater autonomy, and experiences which enhance self-esteem were linked with greater personal growth.

Liu, Q., and Kitamura, T.: Psychological well-being, depression, and anxiety in Japanese university students. *Depression and Anxiety*, 26; E99-E105, 2009.

Background: In order to further investigate the relationship of psychological wellbeing with depression and anxiety. Method: Students from five universities were solicited to participate in this study and 545 students with a mean age of 20.1 (SD = 2.2) years were finally accessed to analysis. Result: All six dimensions—autonomy (AU), environment mastery (EM), personal growth (PG), positive relationships with others (PR), purpose in life (PL), and self-acceptance (SA)—of the Scales of Psychological Well-being Inventory (SPWB) were moderately negatively correlated with depression and anxiety as measured by the Hospital Anxiety and Depression Scale (HADS). Furthermore, due to a good fit with the present data, the model of SPWB on depression and anxiety was consistent with the theory of psychological well-being and indicated that HADS depression was predicted by EM, PR, and SA, while HADS anxiety was predicted by AU, EM, PG, PR, and SA. Conclusion: SPWB is a reliable measure of well-being for Japanese young adults, and the negative affectivity such as depression and anxiety is to some extent determined by the lack of psychological well-being.