

# Technical Report: Survey Results of the Working Definition of EWB Collected at the 2022 APS Convention

The University of Connecticut  
Mechanisms Underlying Mind-Body Interventions &  
Measurement of Emotional Well-Being

# M3EWB

NETWORK



# Overview:

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## Purpose:

Emotional well-being (EWB) is an essential concept of healthy human functioning, but due to its varied use, it is difficult to define and integrate across disciplines. This technical report presents the thoughts and opinions of psychologists surveyed at the Association of Psychological Science Convention on the working definition of EWB created by the U24 EWB Research Network.

## Key Findings:

- Respondents were in favor of and supported the working definition.
- Respondents supported the concepts that the working definition currently focuses on
- Inclusion of the the word "positive" is supported, although two respondents brought up concerns in the comments section.
- Possible concepts to consider about inclusion are:
  - Relationship/Social connection
  - Coping, Resilience, Adaptability
  - Culture

# Introduction:

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**What is  
Emotional  
Well-Being?**



Over the past 11 months, an interdisciplinary team of researchers comprised of representatives of all of the U24 Networks came together as the Taxonomy Working Group (TWG) to create a working definition of Emotional Well-Being (EWB).

Through discussions, compromises, and many drafts the TWG created the following working definition of EWB:

# Definition:

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EWB is a multi-dimensional composite that encompasses how positive an individual feels generally and about life overall.

It has both experiential features such as the emotional quality of everyday experiences and reflective features such as judgments about: life satisfaction, sense of meaning, and ability to pursue goals that can include and extend beyond the self.

These features occur in the context of culture, life circumstances, resources, and life course.

# The Problem:

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All feedback and opinions on the working definition have been collected internally within the U24 EWB Research Network.

One goal of the working definition is to have a framework that all U24 members can utilize to facilitate collaboration with a common understanding.

A second goal is to present our work to the larger academic and research community.

# The Proposed Solution:

Gain feedback about the working definition from those who work in the field of EWB through an online survey.

UConn

What is the top thing that comes to mind when you see the term emotional well-being?

Do you use the term emotional well-being in your current work?

- ☐ No  
☐ Yes



# Survey Design

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Created by:

- Dr. Sandra Chafouleas (TWG Co-Chair)
- Dr. Crystal Park (TWG Co-Chair)
- Dr. Richard Colon (TWG Member)

Areas for exploration:

- What terms are associated with EWB?
- What terms are currently in use?
- How functional and useful is the current working definition?
- How necessary are the components of the working definition?
- Examine the bigger questions members of the U24 Network have with the definition

# Survey Administration



The survey was available online via Qualtrics from May 26th to May 28th, 2022, at the Association for Psychological Science Annual Convention

Participants were recruited

- In-person at an exhibition booth hosted by the M3EWB Network on behalf of the U24 EWB Research Network.
- Through the information presented at the two symposia hosted by the U24 Measurement Working Group.

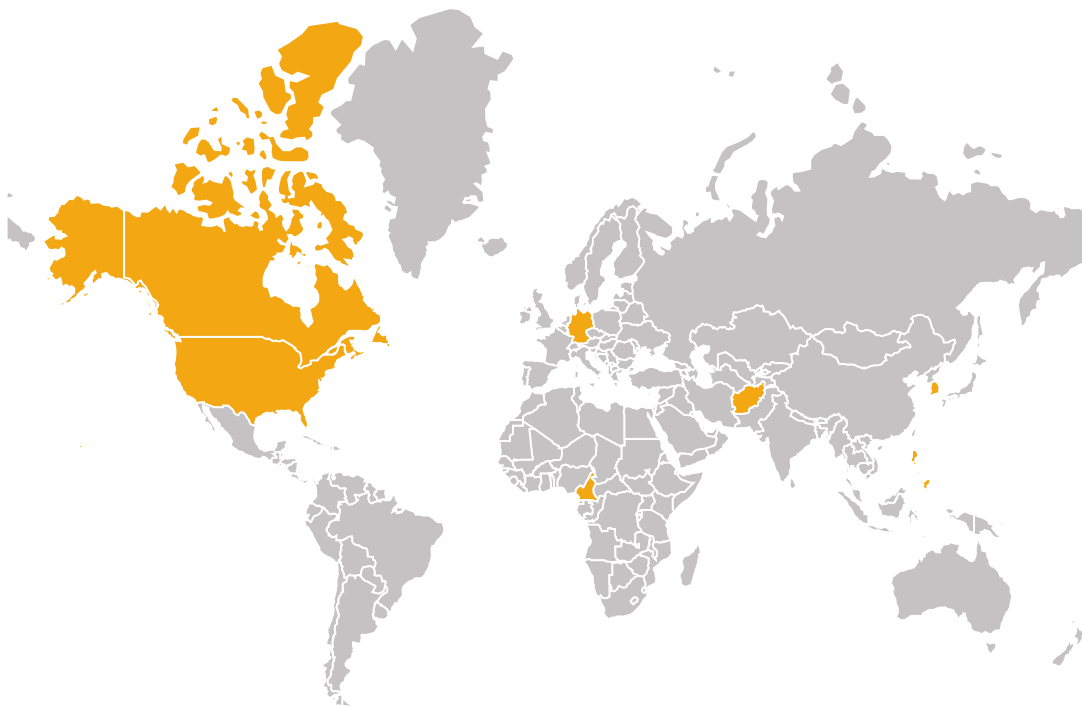
Participants could complete the survey immediately on iPads at the booth or scan a QR code to complete it later.

Respondents were offered entry into a raffle for a \$10 Starbucks gift card.



# Respondents:

A total of 60 convention attendees, from 7 different countries, completed the survey.



Country	Freq.
United States	42
Canada	2
Germany	2
Afghanistan	1
Cameroon	1
Philippines	1
South Korea	1
Unknown	10

## Demographics



Faculty



Clinicians



Scientists

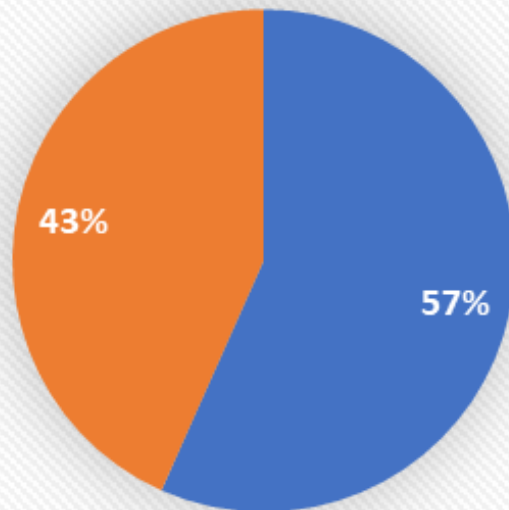


Grad Students

# Survey Results Terminology:

While many respondents work with the concept of EWB, only about half are using the specific term EWB in their current work.

**Do you use the term emotional well-being in your current work?**

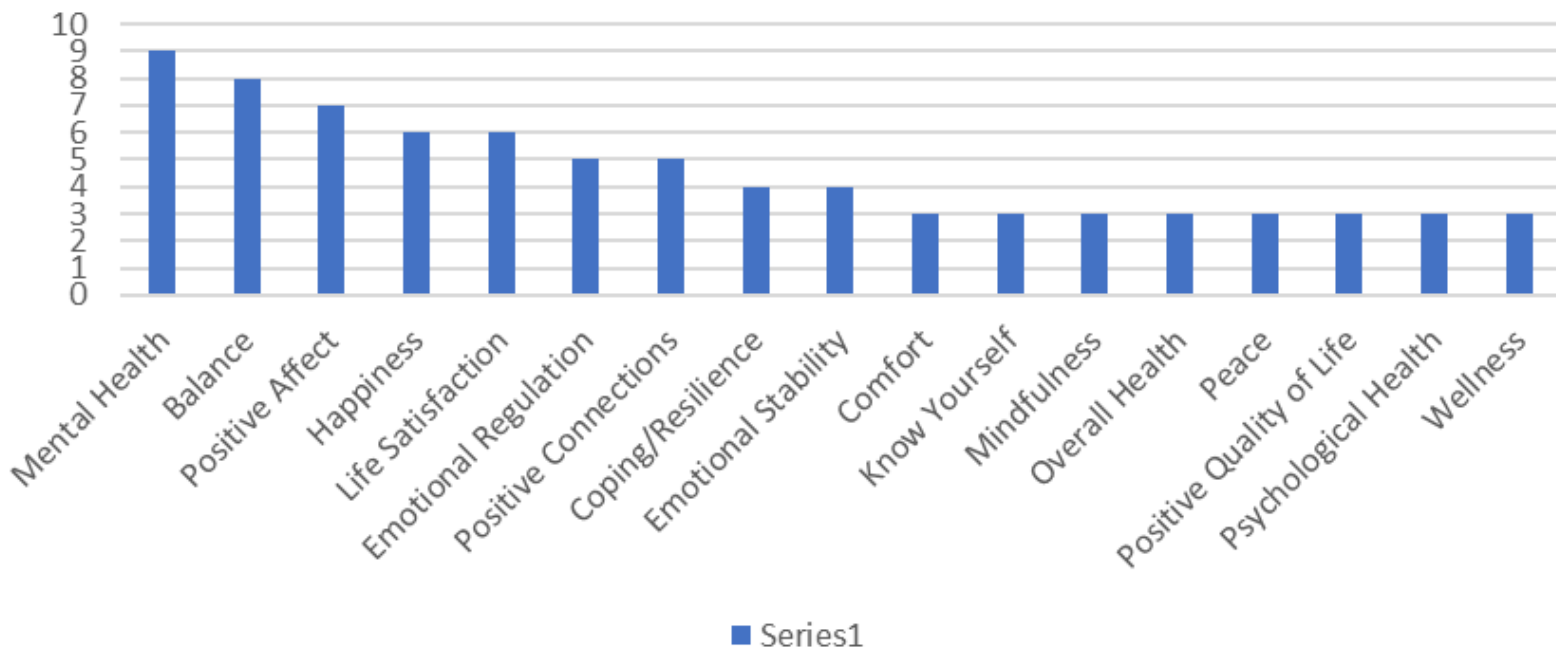


■ Yes ■ No

# Survey Results Terminology:

Before seeing the working definition, respondents noted these concepts as things they associated with EWB:

What is the top thing that comes to mind when you see the term emotional well-being?



Top item:

- Mental Health

Items currently included in our working definition:

- Positive Affect, Life Satisfaction, and Quality of Life

Items not in current working definition:

- Balance, Peace
- Social, Relationships, Connections
- Coping, Resilience,

# Survey Results Terminology:

For those that do not use the term EWB, these were the terms that they use in their current work:

Term	Freq.
Mental Health	7
Asymptomatic	6
Well-Being	3
Wellness	3
Happiness	2
Subjective Well-Being	2
Do not use the term	2

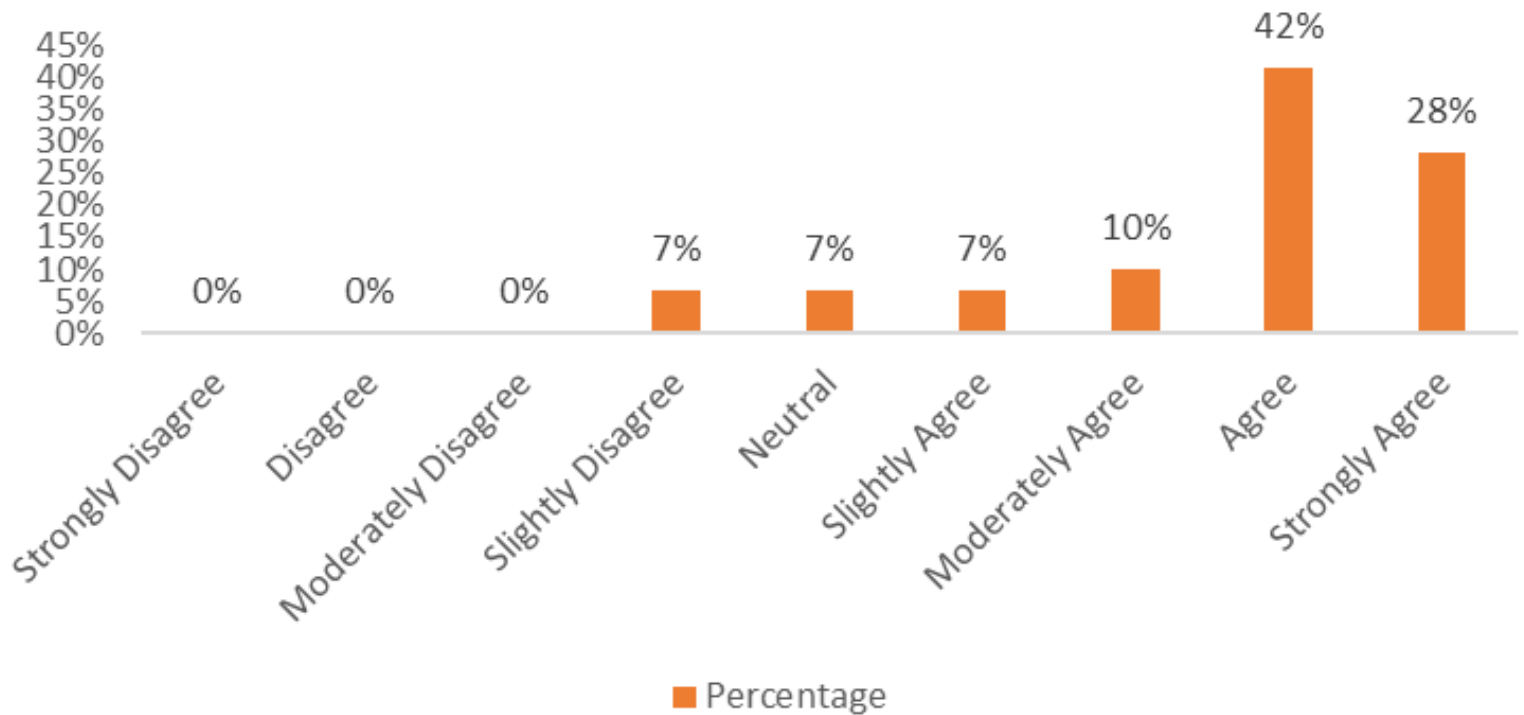
Other Terms				
Affective	Eudemonic Well-Being	Emotional Regulation	Emotional Health	Emotional Stability
Goals	Feelings	Mindfulness	Overall Health	Performance
Positive Development	Positive Mood	Progress/Success	Psychological Well-Being	Quality of Life
Self-care/Self-love	Social Support	Socio-emotional Experiences	Spirituality	State of Mind

# Survey Results: Definition Well-Liked

Respondents found this as a good way to define EWB

- 70% agreed or strongly agreed

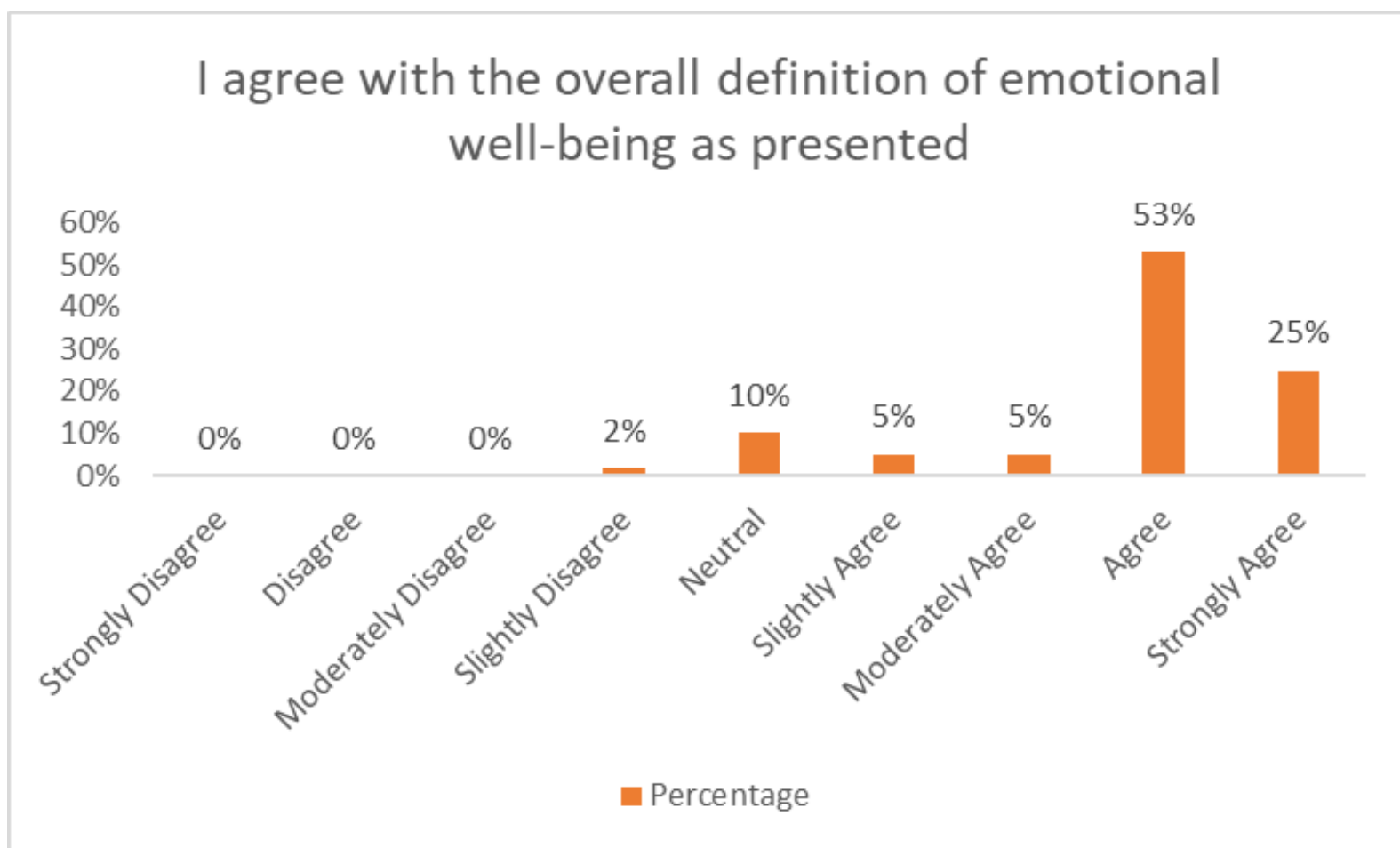
The definition presented offers a good way to define emotional well-being



# Survey Results: Definition Well-Liked

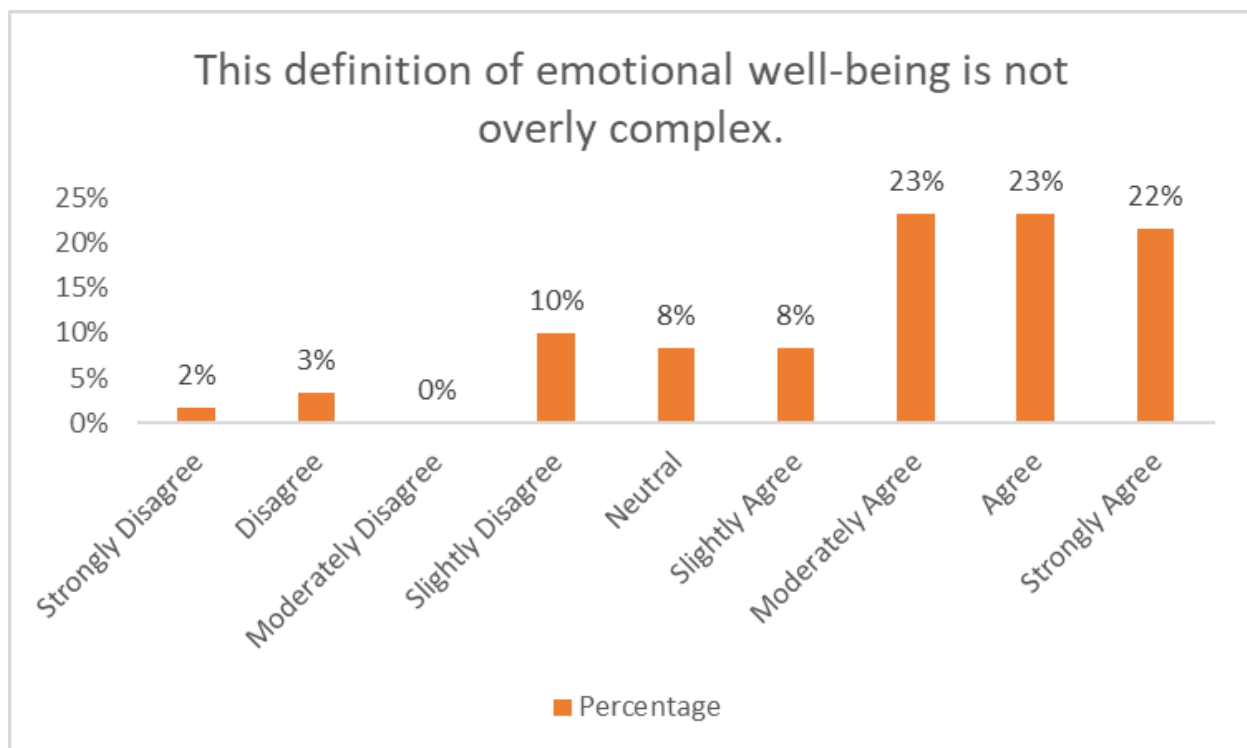
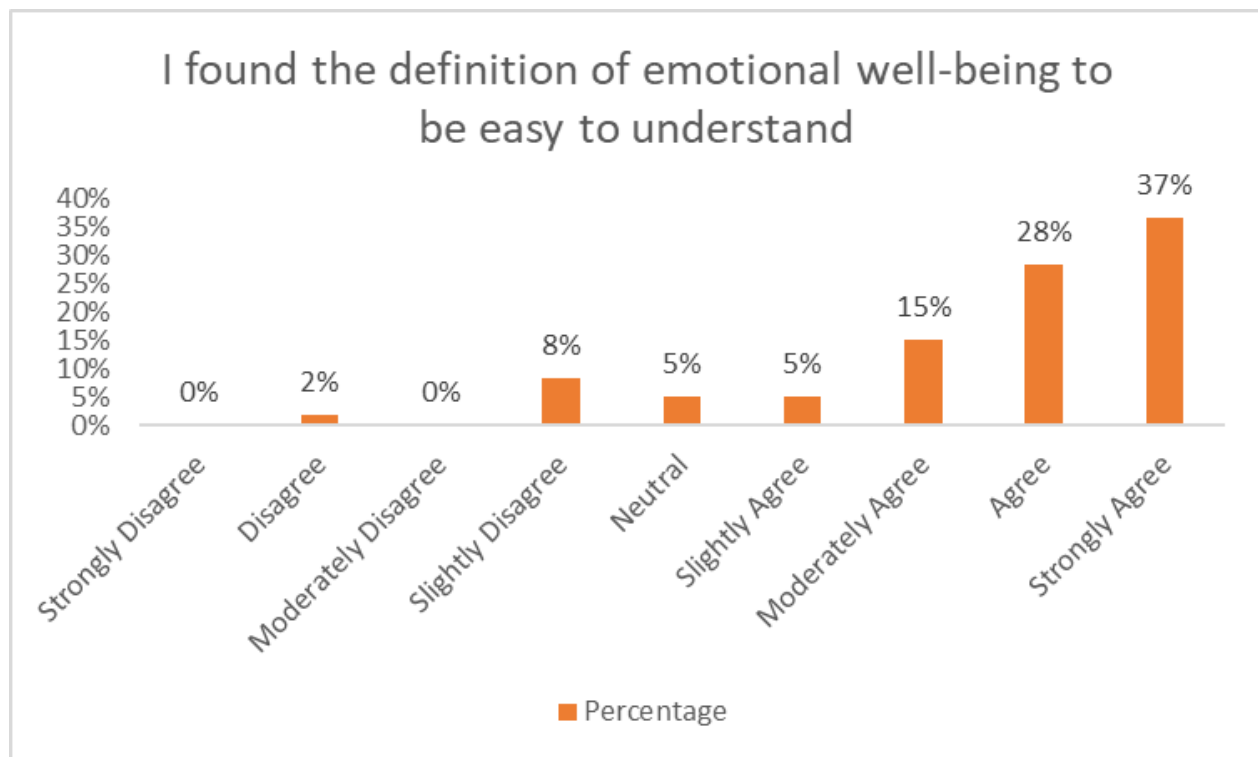
Respondents overwhelmingly agreed with the overall definition

- 78% agreed or strongly agreed



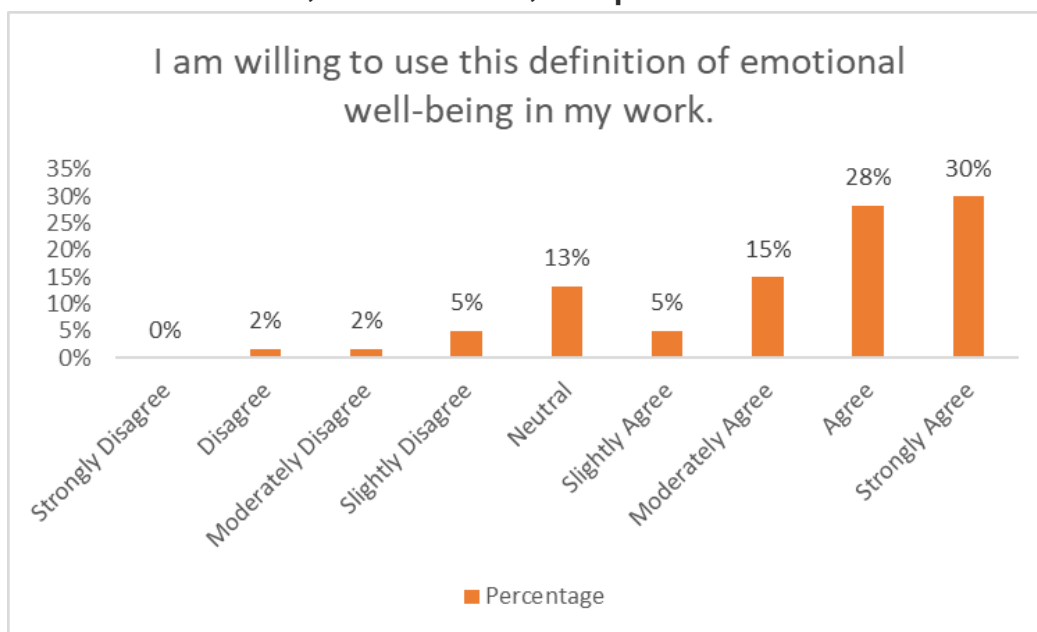
# Survey Results: Clarity of Definition

Overall, respondents found the definition easy to understand and not too complex.

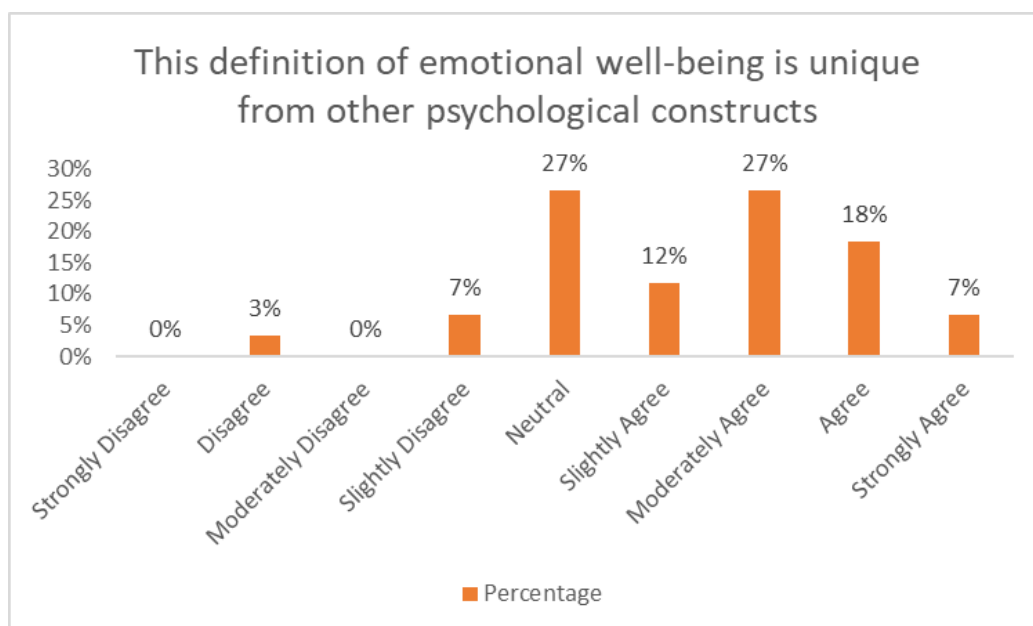


# Survey Results: Use of Definition

The majority of respondents were willing to use the current working definition in their work, research, or practice.



While most (74%) felt that the working definition was unique, the proportion was not as strong.





# Survey Results: Importance of Concepts

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In its current form, the working definition includes 5 concepts.

1. Goal Pursuit
2. Life Satisfaction
3. Positive Affect
4. Quality of Life
5. Sense of Meaning

We asked respondents if each of these concepts should be included in the working definition. There was strong support for the inclusion of each of these concepts.

The following charts are presented in the order of support for each concept.

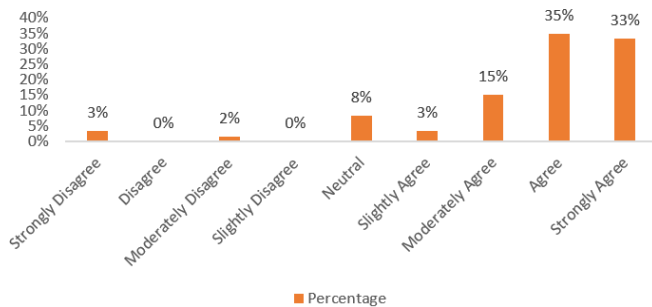
## Survey Results: Importance of Concepts

We asked respondents if each of these concepts should be included in the working definition. There was support for the inclusion of each of these concepts. Here are the average scores:

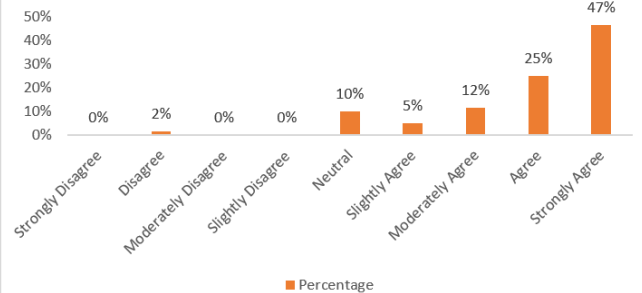
Concept	Mean	SD
Life Satisfaction	8.8	1.6
Quality of Life	8.5	1.9
Positive Emotion	8.0	2.3
Sense of Meaning	7.9	2.3
Goal Pursuit	7.3	2.2

# Survey Results: Importance of Concepts

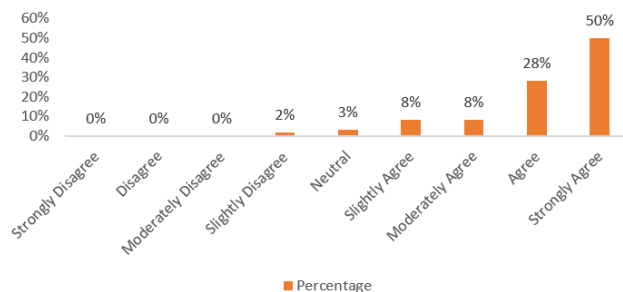
Positive Emotion should be included in the definition



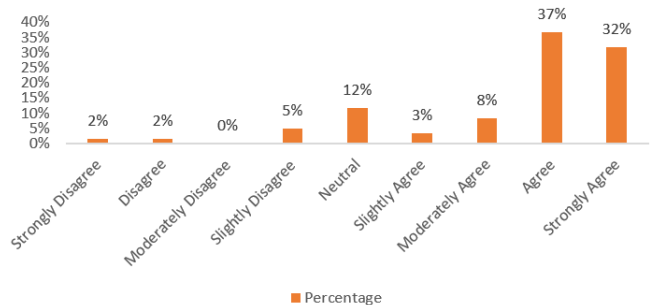
Quality of Life should be included in the definition



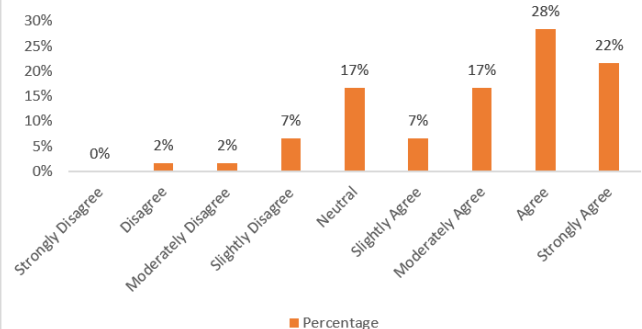
Life Satisfaction should be included in the definition



Sense of Meaning should be included in the definition



Goal Pursuit should be included in the definition



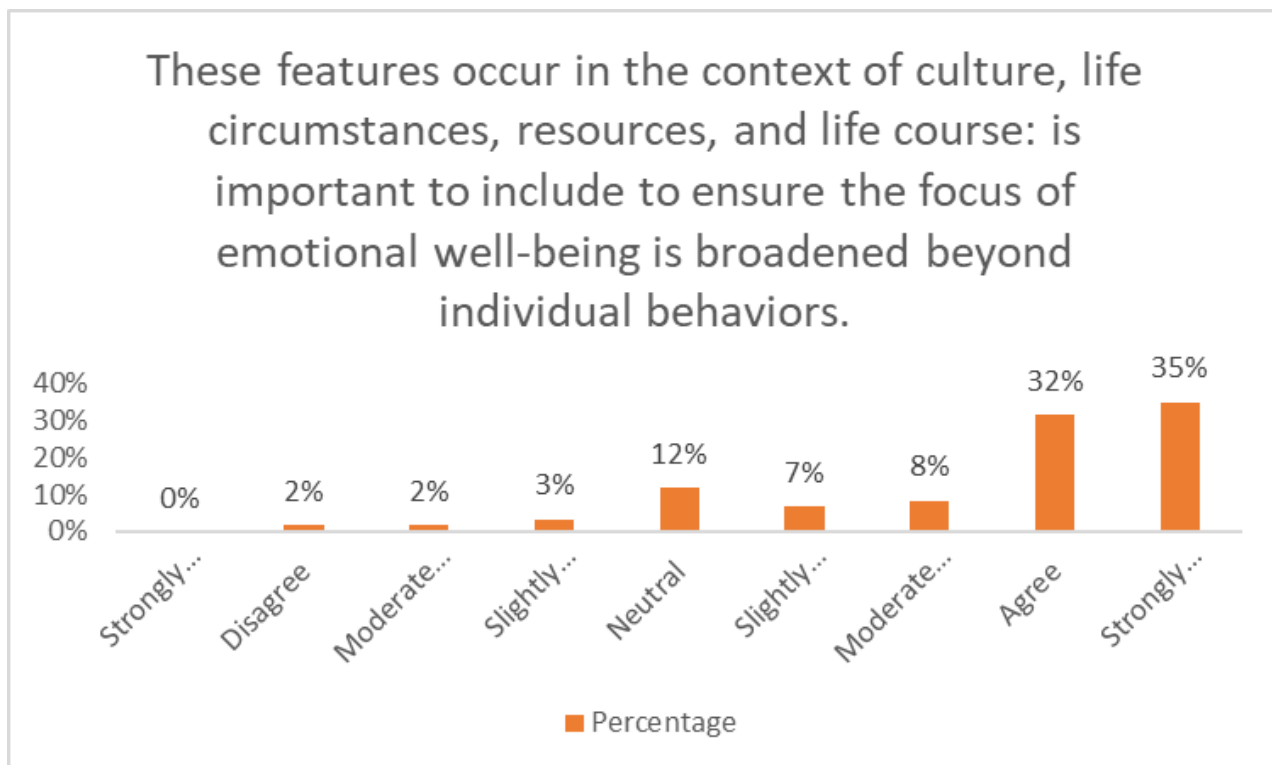
## Survey Results: Importance of Last Sentence

One of the questions the TWG dealt with was the construction of the last sentence of the working definition:

- These features occur in the context of culture, life circumstances, resources, and life course.

Respondents believed that the inclusion of the last sentence is important

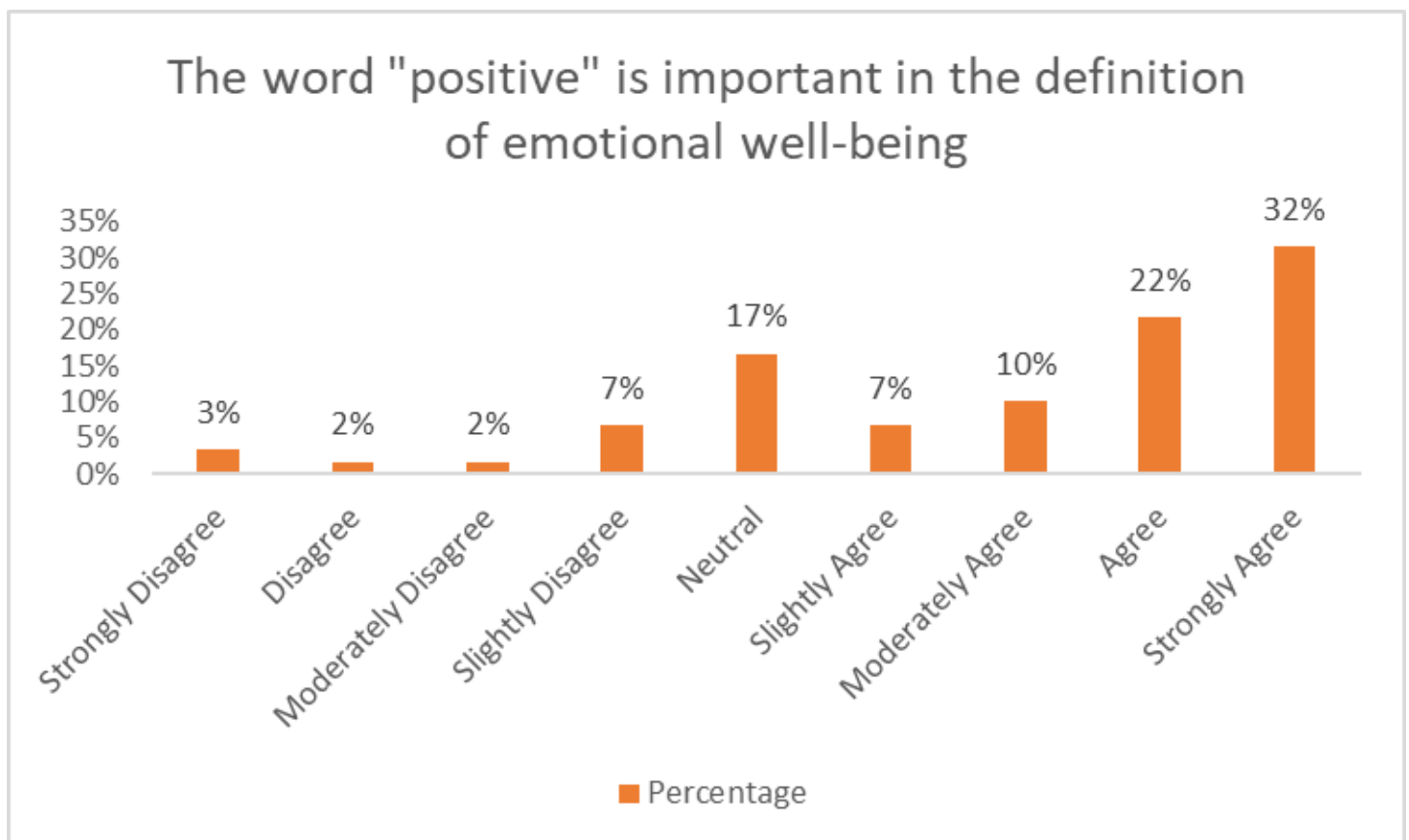
- 67% of respondents agreed or strongly agreed



# Survey Results: Inclusion of the Word "Positive"

The topic that has garnered the most discussion on the working definition is if the word "Positive" should be included.

- A majority of respondents (54%) agreed or strongly agreed that the word "positive" is important
- In the comments section of the survey, two individuals brought up specific concerns with the use of this word.



# Survey Results: "Positive"

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Overall respondents were in favor of the use of the word "positive" in the working definition.

Respondents also found positive affect to be an important component of the working definition.

Two respondents had specific comments regarding the use of the word "positive"

- I am concerned about the word "positive" since non-positive emotions are beneficial in certain contexts, value of positive might depend on culture
- I think that 'positive' sounds very American. I think that part of the mental health crisis is due to not being adequately prepared to cope with ALL facets of life, positive and negative. Doing just great all the time is not gonna happen, I think that it's about being in valence and coping appropriately, seeing emotions as both positive and negative signposts within a tapestry.

## Survey Results Components not Included:

We asked respondents to list components to consider for inclusion

Item	Freq.
Relationships/Social Connection	8
Coping	4
Culture	3
Emotional regulation	3
Resources/SES/Education	3
Adaptability	2
Concern about the word positive	2
Resiliency	2
Stability	2
Treat others well	2

## Survey Results Components not Included:

We asked respondents to list components to consider for inclusion

### Other Concepts

Being in valence and coping appropriately, seeing emotions as both positive and negative signposts within a tapestry.

Emotional boundaries

Emotional quality of everyday experiences includes and extend beyond the self: not limited to goal pursuits

Expectations regarding the future

Extrinsic support factors

Freedom

Functionality

Gender identity

Grit

Happiness



## Survey Results Components not Included:

Other Concepts
Life satisfaction
Maintain a sense of hope during dark times
Mental health satisfaction
Positive thinking
Recognition of humanity and the beauty of an emotional spectrum
Reflective features
Self-efficacy
Values and value-driven goals, commitment to values. They are close to “meaning” but convey more information.
Ways to enhance EWB such as mindfulness, and meditation, or give examples to clarify.

## Survey Results: Final Comments

Finally, we asked respondents if there was anything else that they would like to tell us or comment on about the definition or about our network. Here are their responses.

Comments
Assess the validity of this definition across different cultural and religious groups
Consider work on the impact of culture on ideal positive to negative emotion ratios
Cooperative propensities
I like the use of experiential.
Identifying the objectivity of the subjective experience
Maybe not use words such as “positive”, this term maybe different depending on their person
Positive feedback on our work
A thorough definition that is widely applicable and easy to understand, conceptualize, and digest.
Using the measure for research in our country.

## Limitations

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It is unknown if the results from this report could be generalized.

The sample size is relatively small (60).

The respondents for this report were from a convenience sample of attendees of an academic conference.

Data were drawn from an audience targeting psychologists.



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Special thanks to:

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Sophie Hall

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The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health

# Appendix

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## Comments: Additional components for inclusion that could be considered.

Ability to adapt in difficult situations; maintain a sense of hope during dark times
Ability to cope with hard emotions, etc.
Adaptability
Connectedness
Consider discussing ways to enhance EWB such as mindfulness, meditation, or give examples to clarify.
Emotion regulation abilities/functionality
Emotion regulation/stability
Emotional quality of everyday experiences, life satisfaction, can include and extend beyond the self (not necessarily limited to goal pursuits).
Emotional regulation
Emotional well-being can also include self-efficacy
Extrinsic support factors i.e. culture
Freedom
Gender identity
Grit
Happiness

## Comments: Additional components for inclusion that could be considered.

how people can maintain stability when faced with an adverse event. resilience, the ability to cope, should be part of emotional well-being.
I am concerned about the word “positive” since non-positive emotions are beneficial in certain contexts, value of positive might depend on culture
I think that ‘positive’ sounds very American. I think that part of the mental health crisis is due to not being adequately prepared to cope with ALL facets of life, positive and negative. Doing just great all the time is not gonna happen, I think that it’s about being in valence and coping appropriately, seeing emotions as both positive and negative signposts within a tapestry.
I wonder if a sense of resiliency plays a role in emotional well-being. I also think there may be some components of positive relationships/connection that may not be included here.
Maybe emotional boundaries
Mental health satisfaction
Positive thinking/expectations regarding the future
possibly including aspects of having the ability to treat others well / sense when having positive experiences and effects on others
recognition of humanity and the beauty of an emotional spectrum
Reflective features
Relate to satisfaction in terms of well off
Relationships
resources
Sense of connection with other people
SES and education

Comments: Additional components for inclusion that could be considered.



Social connectedness
Social connection
Social relationships
Values and value driven goals, commitment to values. They are close to “meaning” but convey more information.



## Comments: Is there anything you would like to share to inform the work of the EWB networks?

Cooperative propensities
I assume you've done work to assess the validity of this definition across different cultural and religious groups?
I hope young will consider work on the impact of culture on ideal positive to negative emotion ratios
I like the use of experiential.
Identifying the Objectivity of the subjective experience
Maybe not use words such as "positive", this term maybe different depending on their person
thank you for doing this important work!
Thorough definition that is widely applicable and easy to understand, conceptualize, and digest.
Using the measure for research in our country.
You guys rock

# Working Definition of EWB Survey Items

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- 1) What is the top thing that comes to mind when you see the term emotional well-being?
- 2) Do you use the term emotional well-being in your current work?
  - a. Yes/No
- 3) If response to question 2 is no: You indicated that you do not use the term emotional well-being in your work. Please share term(s) that you do use that you think are closely related.

# Working Definition of EWB Survey Items: Definition shared



Members from the NIH-funded networks to advance the science of emotional well-being have been working to generate a common framework for defining emotional well-being.

Take a minute to read our working definition:

- **EWB is a multi-dimensional composite that encompasses how positive an individual feels generally and about life overall.**
- **It has both experiential features such as the emotional quality of everyday experiences and reflective features such as judgments about: life satisfaction, sense of meaning, and ability to pursue goals that can include and extend beyond the self.**
- **These features occur in the context of culture, life circumstances, resources, and life course.**

This definition is shown above each of the following questions.

# Working Definition of EWB Survey Items

4) On a scale of 1 (strongly disagree) to 10 (strongly agree), rate your agreement with the following:

- I agree with the overall definition of emotional well-being as presented.
- The definition presented offers a good way to define emotional well-being.
- I found the definition of emotional well-being to be easy to understand.
- I am willing to use this definition of emotional well-being in my work.
- This definition of emotional well-being is not overly complex.
- This definition of emotional well-being is unique from other psychological constructs.
- The last sentence in the definition is important to include to ensure the focus of emotional well-being is broadened beyond individual behaviors.
- The word "positive" is important in the definition of emotional well-being.

# Working Definition of EWB Survey Items

5) As noted, the definition supports that emotional well-being is multi-component, including both experiential and reflexive features. Rate your agreement that each of the following components should be included in the definition on a scale of 1 (strongly disagree) to 10 (strongly agree).

- Goal Pursuit
- Life Satisfaction
- Positive Emotion
- Quality of Life
- Sense of Meaning
-

# Working Definition of EWB Survey Items

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6) Looking at the definition again, identify additional components for inclusion that could be considered.

7) Is there anything else you would like to share to inform the work of the emotional well-being networks?