

UC SANTA BARBARA

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Project Covitality:

A school mental wellness and thriving student development initiative

The Social Emotional Health Survey System includes three conceptually linked measures that assess core psychological and social mindsets associated with positive youth development from childhood through the post-high school transition. Developed primarily for use in schools — the contexts in which most youth receive mental health services — the three forms are:

- **Primary** (20 items assessing gratitude, persistence, optimism, zest, prosocial behavior);
- **Secondary** (36 items assessing belief in self [self-efficacy, persistence, self-awareness], belief in others [peer support, school support, family support], emotional competence [empathy, behavior self-control, emotional regulation], engaged living [gratitude, zest, optimism]; and
- **Higher Education** (36 items assessing belief in self [self-efficacy, persistence, self-awareness], belief in others [peer support, campus support, family support], emotional competence [empathy, behavior self-control, cognitive reframing], engaged living [gratitude, zest, optimism].

All three SEHS measures assess the general construct called Covitality. Covitality is the integrated, combined influences of the individual SEHS subscales; that is, the whole is greater than the sum of its parts.

The first public presentation about the SEHS Covitality model was made in 2011 at the International Association of School Psychologist conference in Velore, India. Since that time, the UC Santa Barbara Project Covitality team has conducted research to carefully build a body of evidence exploring these measures' psychometric properties and validity for use with diverse groups of children, adolescents, and young adults. **Aided by funding by the U.S. Office of Education Institute of Education Sciences (Grant # R305A160157)**, the UC Santa Barbara Covitality team is carrying out longitudinal and cross-sectional studies to further refine the Secondary form (four-year project: 2016-2020). In addition, talented colleagues in Australia, Indonesia, China, Korea, Japan, Mexico, Spain, Turkey, Italy, Slovakia, England, and other countries have made substantial, important contributions. The following is a list of articles and reports that provide the psychometric evidence base for the SEHS measures, how these measures are being used for research, and their use for universal schoolwide mental wellness screening. This list is updated on a regular basis.

SOCIAL EMOTIONAL HEALTH SURVEY RESEARCH

Furlong, M. J., Gilman, R., & Huebner, E. S. (Eds.). (2014). *Handbook of positive psychology in schools* (2nd ed.). New York, NY: Routledge, Taylor & Francis. www.routledge.com/Handbook-of-Positive-Psychology-in-Schools-2nd-Edition/Furlong-Gilman-Huebner/p/book/9780415621861
 Chinese and Korean language versions available.



Social Emotional Health Survey – Primary (first called Positive Experiences at School Scale)

- Chan, M., Yang, C., Furlong, M. J., Dowdy, E., & Xie, J.-S. (2019). Association between social-emotional strengths and school membership: A cross-cultural comparison. *International Journal of School and Educational Psychology*. Manuscript under review
- Furlong, M. J., You, S., Renshaw, T. L., O'Malley, M. D., & Rebelez, J. (2013). Preliminary development of the Positive Experiences at School Scale for elementary school children. *Child Indicators Research*, 6, 753–775. <http://link.springer.com/article/10.1007/s12187-013-9193-7>
- Kim, E., Dowdy, E., Furlong, M. J., & You, S. (2018). Complete mental health screening: Psychological strengths and life satisfaction in Korean students. *Child Indicators Research*, 1–15. First online, 23 May 2018. <https://doi.org/10.1007/s12187-018-9561-4>
- Iida, S., & Ito, A. (2019, July). *Validation of the Social Emotional Health Survey-Primary among Japanese Elementary school students*. 40th Annual Conference of the International School Psychology Association. Poster Presentation, Tokyo, Japan.
- Liu Hai-ning, Han Bu-xin, Li Xiao-min, Wang Lu-yao, & Xiao Qiao-ling. (2016). Reliability and validity of Social Emotional Health Survey-Elementary in Chinese children. *Chinese Journal of Clinical Psychology*, 24, 450–457. doi:10.16128/j.cnki.1005-3611.2016.03.015
http://med.wanfangdata.com.cn/Paper/Detail/PeriodicalPaper_zglcxlxzz201603015
- Pineda, D., Martinez-Martinez, A., Botiá, M. D., & Piqueras, J. A. (2018). *Buffering effect of Covitality on the relationship between verbal peer abuse and psychosocial adjustment in children* [Efecto amortiguador de la Covitalidad en la relación entre el maltrato verbal entre iguales y el ajuste psicosocial en niños]. Published on the book of abstracts with ISBN: 84-217-285-0124-2. Presented at the 4th International Congress of Clinical and Health Psychology on Children and Adolescents, Palma de Mallorca (Spain), November 15-17, 2018. Organized by AITANA-UMH and Illes Balears University.
- Pineda, D., Piqueras, J. A., Martinez, A., Rodriguez-Jimenez, T., Martínez Gonzalez, A. E., Santamaria, P., & Furlong, M. J. (2017). *A new instrument for covitality: The revised Social Emotional Health Survey-Primary in a Spanish sample of children*. 14th European Conference on Psychological Assessment, Lisbon, Portugal, July.
- Piqueras, J. A., Martinez-Martinez, A., Botiá, M. D., & Pineda, D. (2019). *Adaptation and validation of the Social Emotional Health Survey-Primary for Spanish-speaking students*. In preparation.
- Renshaw, T. R. (2017). Technical adequacy of the Positive Experiences at School Scale with adolescents. *Journal of Psychoeducational Assessment*, 35, 323–335. <https://doi.org/10.1177/0734282915627920>
- Telef, B. B. (2016). Validity and reliability study of Positive Experiences at School Scale (Okulda Pozitif Yaşantılar Ölçeği geçerlik ve güvenirlik çalışması). *Journal of Human Sciences*, 13(2), 2475–2487. <https://j-humansciences.com/ojs/index.php/IJHS/article/view/3562>
- Wang, C., Yang, C., Jiang, X., & Furlong, M. J. (2018). Validation of the Chinese version of the Social Emotional Health Survey-Primary. *International Journal of School & Educational Psychology*, 6, 62–74. <http://dx.doi.org/10.1080/21683603.2016.1272026>
- Wilkins, B., Boman, P., & Mergler, A. (2015). Positive psychological strengths and school engagement in primary school children. *Cogent Education*, 2(1), 1–11. <http://www.tandfonline.com/doi/full/10.1080/2331186X.2015.1095680>
- Xie, J., Liu, S., Yang, C., & Furlong, M. J. (2018). Chinese version of Social and Emotional Health Survey-Primary. *Chinese Journal of Clinical Psychology*.



Social Emotional Health Survey – Secondary: Psychometrics and Rationale

- Furlong, M. J., You, S., Renshaw, T. L., Smith, D. C., & O'Malley, M. D. (2014). Preliminary development and validation of the Social and Emotional Health Survey for secondary students. *Social Indicators Research*, 117, 1011–1032. <http://link.springer.com/article/10.1007/s11205-013-0373-0>
- Iida, J., Ito, A., Aoyama, I., Sugimoto, K., Endo, H., & Furlong, M. J. (2018, in press). Development of Japanese version of Social Emotional Health Survey. *The Japanese Journal of Psychology*.
- Ito, A., Smith, D. C., You, S., Shimoda, Y., & Furlong, M. J. (2015). Validation of the Social Emotional Health Survey–Secondary for Japanese students. *Contemporary School Psychology*, 19, 243–252. <http://link.springer.com/article/10.1007/s40688-015-0068-4>
- Lee, S., You, S., & Furlong, M. J. (2016). Validation of the Social Emotional Health Survey for Korean school students. *Child Indicators Research*, 9, 73–92. <http://link.springer.com/article/10.1007/s12187-014-9294-y>
- Pan Yan-Gu, Zhang Da-Jun, Chen Wan-Fen, & Liu Guang-Zeng. (2016). Preliminary validation of the Social and Emotional Health Survey in Chinese secondary school students. *Chinese Journal of Clinical Psychology*, 24, 680–683. https://www.researchgate.net/publication/307882691_Preliminary_Validation_of_the_Social_and_Emotional_Health_Survey_in_Chinese_Secondary_School_Students
- Piqueras, J. A., Rodriguez-Jimenez, T., Marzo, J. C., Rivera-Riquelme, M., Martinez-Gonzalez, A. E., & Furlong, M. J. (2019). *Adaptation and validation of the Social Emotional Health Survey–Secondary for Spanish speaking students*. Manuscript submitted.
- Renshaw, T. L., Furlong, M. J., Dowdy, E., Rebelez, J., Smith, D. C., O'Malley, ... Strom, I. F. (2014). Covitality: A synergistic conception of adolescents' mental health. In M. J. Furlong, R. Gilman, & E. S. Huebner (Eds.), *Handbook of positive psychology in the schools* (2nd ed., pp. 12–32). New York, NY: Routledge/Taylor & Francis. www.tandfebooks.com/isbn/9780203106525
- Rodriguez-Jimenez, T., Piqueras, J. A., Martínez Gonzalez, A. E., Garcia-Oliva, C., Garcia-Olcina, Mariola M., Leticia Chacon, L., Furlong, M. J., & Marzo, J. C. (2017). *Covitality among adolescents: Psychometric properties of the Social Emotional Health Survey–Secondary for Spanish students*. 14th European Conference on Psychological Assessment, Lisbon, Portugal, July.
- Telef, B. B., & Furlong, M. J., (2017). Adaptation and validation of the Social Emotional Health Survey–Secondary into Turkish culture. *International Journal of School & Educational Psychology*, 5, 255–265. <http://dx.doi.org/10.1080/21683603.2016.1234988>
- Xie, J., Liu, S., Yang, C., & Furlong, M. J. (2017). Chinese Version of Social and Emotional Health Survey–Secondary. *Chinese Journal of Clinical Psychology*, 25, 1012–1026.
- You, S., Dowdy, E., Furlong, M. J., Renshaw, T., Smith, D. C., & O'Malley, M. D. (2014). Further validation of the Social and Emotional Health Survey for high school students. *Applied Quality of Life Research*, 9, 997–1015. <http://link.springer.com/article/10.1007/s11482-013-9282-2>
- You, S., Furlong, M. J., Felix, E., & O'Malley, M. D. (2015). Validation of the Social and Emotional Health Survey for five sociocultural groups: Multigroup invariance and latent mean analyses. *Psychology in the Schools*, 52, 349–362. <http://onlinelibrary.wiley.com/doi/10.1002/pits.21828/abstract>



Social Emotional Health Survey – Secondary Applications

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- Carnazzo, K., Dowdy, E., Furlong, M. J., & Quirk, M. P. (2018). An evaluation of the Social Emotional Health Survey—Secondary for use with students with learning disabilities. *Psychology in the Schools*. 1–14. First online 29 Oct 2018. <https://doi.org/10.1002/pits.22199>
- Dougherty, D., & Sharkey, J. D. (2017). Reconnecting Youth: Promoting emotional competence and social support to improve academic achievement. *Children and Youth Services Review*, 74, 28–34. <https://doi.org/10.1016/j.chilyouth.2017.01.021>
- Dowdy, E., Furlong, M. J., Raines, T. C., Price, M., Murdock, J., ... Boverly, B. (2014). Enhancing school-based mental health services with a preventive and promotive approach to universal screening for complete mental health. *Journal of Educational and Psychological Consultation*, 25, 1–20. www.tandfonline.com/doi/full/10.1080/10474412.2014.929951
- Dowdy, E., Harrel-Williams, L., Dever, B., Furlong, M. J., Moore, S., Raines, T., & Kamphaus, R. (2016). Universal self-report screening in high school to predict internalizing symptoms. *School Psychology Review*, 45, 458–476. www.google.com/search?q=Universal+self-report+screening+in+high+school+to+predict+internalizing+symptoms.+&ie=utf-8&oe=utf-8
- Falco, R., Mira, F., Piqueras, J. A., Marzo, J. C., & Rodríguez-Jiménez, T. (2018). *Covitality as a protective factor against internalizing and externalizing problems in adolescents* [La covitalidad como factor protector ante problemas internalizantes y externalizantes en adolescentes]. Published on the book of abstracts with ISBN: 84-217-285-0124-2. Presented at the 4th International Congress of Clinical and Health Psychology on Children and Adolescents, Palma de Mallorca (Spain), November 15-17, 2018. Organized by AITANA-UMH and Illes Balears University.
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- Furlong, M. J., Fullchange, A., & Dowdy, E. (2017). Effects of mischievous responding on the results of school-based mental health screening: I love rum raisin ice cream, really, I do! *School Psychology Quarterly*, 32, 320–335. <https://www.ncbi.nlm.nih.gov/pubmed/27441548>
- Kim, E., Dowdy, E., Furlong, M. J., & You, S. (2016). Mental health profiles and quality of life outcomes among Korean adolescents. *School Psychology International*, 38(1), 98–116. <https://doi.org/10.1177/0143034316682296>
- Kim, E. K., Dowdy, E., & Furlong, M. J. (2014). Exploring the relative contributions of the strength and distress components of dual-factor complete mental health screening. *Canadian Journal of School Psychology*, 29, 127–140. <http://cjs.sagepub.com/content/29/2/127.abstract>

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<https://doi.org/10.1007/s12310-019-09311-7> (view full article): <https://rdu.be/bh6SL>
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Social Emotional Health Survey – Higher Education (SEHS-HE) and Adults

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- Piqueras Rodríguez, J. A., Marzo, J. C., Rivera Riquelme, M., Soto Sanz, V., Moreno Amador, B., Falcó, R., Ramos, M., Macià, D., Mira, F., & Furlong, M. J. (2018). *Datos preliminares de la validación del social emotional health survey-higher education en universitarios españoles*. Published on the book of abstracts with ISBN: 84-217-285-0124-2. Presented at the 4th International Congress of Clinical and Health Psychology on Children and Adolescents, that has taken place in Palma de Mallorca (Spain), from the 15th to the 17th of November 2018, organized by AITANA-UMH and Illes Balears University.
- Piqueras, J. A., Soto Sanz, V., Marzo, J. C., Rodríguez-Jiménez, T., Martínez-González, A. E., Rivera-Riquelme, M., & Furlong, M. J. (2018). Validation of the social emotional health survey-higher education in Spanish university students. In preparation.

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- Soto-Sanz, V., Mira, F., Marzo, J. C., Piqueras, J. A., and Covitality Research Group. (2018). *Internalising and externalising symptomatology and covitality as a protective factor in university students* [Sintomatología internalizante y externalizante y la covitalidad como factor protector en estudiantes universitarios]. Published on the book of abstracts with ISBN: 84-217-285-0124-2. Presented at the 4th International Congress of Clinical and Health Psychology on Children and Adolescents, Palma de Mallorca (Spain), November 15-17, 2018. Organized by AITANA-UMH and Illes Balears University.
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Other Studies Using the Social Emotional Health Surveys

- Albertová, S. M. (2017). Vplyv pozitívnej psychológie na sociálno-emocionálne zdravie žiakov základných škôl. *Školský psychológ/Školní psycholog*, 18(1), 180–185. [Link](#)
- Árповá, L. (2018). *Well-being a sociálno-emocionálne zdravie pedagogických a odborných zamestnancov inkluzívnej základnej školy* (Wellbeing and social-emotional health of educational workers in the inclusive primary school). [Bachelor thesis]. Pan-European university, Faculty of Psychology. Department of school and work psychology. Supervisor: prof. PhDr. Eva Gajdošová, PhD. Qualification level: Master. Bratislava, Slovakia: FPs PEVŠ, 60 p.
- Arslan, G. (2018a). Exploring the effects of positive psychological strengths on psychological adjustment in adolescents. *Child Indicators Research*, 1–16. <https://doi.org/10.1007/s12187-018-9589-5>
- Arslan, G. (2018b). Social exclusion, social support and psychological wellbeing at school: A study of mediation and moderation effect. *Child Indicators Research*, 11, 897–918. <https://doi.org/10.1007/s12187-017-9451-1>
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- Baranič, R. (2017). *Sociálno-emocionálne zdravie a prežívanie šťastia detí v detských domovoch a v profesionálnych rodinách* (Social-emotional health and subjective happiness of children of orphanages and in foster care families) [Bachelor thesis]. Pan-European university, Faculty of Psychology. Department of school and work psychology. Supervisor: prof. PhDr. Eva Gajdošová, PhD. Qualification level: Bachelor. Bratislava, Slovakia: FPs PEVŠ, 48 p.
- Bisaki, V. (2018). *Sociálno-emocionálne zdravie učiteľov v slovenských inkluzívnych základných školách v kontexte ich wellbeing a prežívaného stresu* (Social-emotional health of teachers in Slovak inclusive primary schools in context with their wellbeing and subjective stress). In E. Gajdošová, M. Madro, & M. Valihorová (Eds.), *Duševné zdravie a wellbeing virtuálnej generácie*. Zborník príspevkov z medzinárodnej vedeckej konferencie (Mental health and wellbeing of the virtual generation Proceedings of the International Scientific Conference 21.11.2018 (pp. 323–329). Bratislava, Slovakia: IPčko. <http://www.virtualnageneracia.sk>

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- Cruz, B. (2018). *Adolescent protective factors related to resilience: issues of academic self-efficacy, parental involvement, and special education status*. University of Denver. Electronic Theses and Dissertations. 1520. <https://digitalcommons.du.edu/etd/1520>
- Franke, K. B. (2018). *Life satisfaction in adolescents with high-functioning autism spectrum disorder*. (Doctoral dissertation). University of South Carolina. Retrieved from <https://scholarcommons.sc.edu/etd/4833>
- Gajanová, P. (2017). *Sociálna opora ako prediktor sociálno-emocionálneho zdravia u žiakov 5.ročníka základnej školy* (Social support as the predictor of social-emotional health of 5th grade students) [Diploma thesis]. Pan-European university, Faculty of Psychology. Department of school and work psychology. Supervisor: prof. PhDr. Eva Gajdošová, PhD. Qualification level: Master. Bratislava, Slovakia: FPs PEVŠ, 91 p.
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<i>Acta Technologica Dubnicae</i>	<i>Ageing & Society</i>
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<i>Cross-Cultural Research</i>	<i>Emerging Adulthood</i>
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<i>International Journal of Research in Counseling and Education</i>	<i>International Journal of School & Educational Psychology</i>
<i>ISPA World Go Round</i>	<i>Journal of Applied Developmental Psychology</i>
<i>Journal of Applied School Psychology</i>	<i>Journal of Community Psychology</i>
<i>Journal of Educational and Psychological Consultation</i>	<i>Journal of Happiness Studies</i>
<i>Journal of Human Sciences</i>	<i>Journal of Positive Behavior Interventions</i>
<i>Journal of Psychoeducational Assessment</i>	<i>Journal of School Psychology</i>
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<i>Psychology in the Schools</i>	<i>Psychology of Violence</i>
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<i>The Educational and Developmental Psychologist</i>	<i>The Korean Journal of School Psychology</i>
<i>The New Educational Review</i>	<i>Youth Studies</i>

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