

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 9 and 10 present the norms by gender and by age group, respectively. As can be seen from Table 9, male and female participants were very similar in their reported levels of psychological well-being across the facets. The only subscales that exhibited statistically significant gender differences were Trust and Loneliness. Compared to females, males tended to trust others more ($t_{1086} = 2.60, p < .01$) and were less likely to feel lonely ($t_{1086} = -2.44, p < .05$). More subscales exhibited age differences, as shown in Table 10. Older individuals reported more positively on several aspects related to relationships: They tended to trust others more, felt more respected by others, and felt less lonely. Older individuals also reported more control over their life, lower negative emotions, and yet expressed less desire for learning new things. Individuals in the age group of 40 to 59 years old reported a lower degree of life satisfaction and sense of accomplishment compared to younger adults.

The scale mean scores were most distinct between individuals with different health conditions. Table 11 presents the norms by number of medical illnesses diagnosed by doctors or other health professionals. On majority of the subscales of CIT and on BIT, individuals with a greater number of illnesses reported significantly lower levels of psychological well-being than individuals with no or few medical illnesses. These differences were also more pronounced than age or gender differences.

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 9

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by gender

	Gender	N	Mean	SD	Min.	25th	50th	75th	Max.	Skewness	Kurtosis	t	df	p	
CIT	Support	Male	511	4.16	0.80	1.00	4.00	4.00	5.00	5.00	-1.43	3.20	-0.73	1086	0.464
		Female	577	4.20	0.82	1.00	4.00	4.00	5.00	5.00	-1.38	2.55			
	Community	Male	511	3.35	0.99	1.00	2.67	3.33	4.00	5.00	-0.40	-0.27	0.99	1086	0.320
		Female	577	3.29	0.96	1.00	2.67	3.33	4.00	5.00	-0.31	-0.18			
	Trust	Male	511	3.50	0.86	1.00	3.00	3.67	4.00	5.00	-0.63	0.55	2.60**	1086	0.009
		Female	577	3.37	0.87	1.00	3.00	3.33	4.00	5.00	-0.49	0.26			
	Respect	Male	511	3.94	0.73	1.00	3.67	4.00	4.33	5.00	-1.14	2.82	-1.14	1085	0.253
		Female	576	3.98	0.70	1.00	3.67	4.00	4.33	5.00	-0.83	1.86			
	Loneliness	Male	511	2.37	1.07	1.00	1.67	2.00	3.00	5.00	0.57	-0.43	-2.44*	1086	0.015
		Female	577	2.53	1.08	1.00	1.67	2.33	3.33	5.00	0.42	-0.56			
	Belongingness	Male	511	3.40	0.97	1.00	3.00	3.67	4.00	5.00	-0.58	0.02	0.67	1086	0.502
		Female	577	3.36	0.96	1.00	3.00	3.33	4.00	5.00	-0.43	0.02			
	Flow	Male	511	3.87	0.77	1.00	3.33	4.00	4.33	5.00	-0.91	1.71	-1.37	1086	0.172
		Female	577	3.93	0.73	1.00	3.67	4.00	4.33	5.00	-0.68	1.22			
	Skill	Male	511	3.65	0.92	1.00	3.00	4.00	4.00	5.00	-0.62	0.26	0.68	1086	0.495
		Female	577	3.61	0.97	1.00	3.00	3.67	4.00	5.00	-0.52	-0.15			
	Learning	Male	511	3.77	0.83	1.00	3.33	4.00	4.33	5.00	-0.69	0.76	-1.41	1037	0.159
		Female	577	3.84	0.75	1.00	3.33	4.00	4.33	5.00	-0.47	0.35			
	Lack of Control	Male	511	2.13	1.08	1.00	1.00	2.00	3.00	5.00	0.80	-0.20	1.86	1036	0.063
		Female	577	2.02	0.98	1.00	1.00	2.00	2.50	5.00	1.00	0.65			
Accomplishment	Male	511	3.33	1.07	1.00	2.67	3.67	4.00	5.00	-0.57	-0.30	0.84	1086	0.400	
	Female	577	3.27	1.06	1.00	2.67	3.33	4.00	5.00	-0.35	-0.57				
Self-efficacy	Male	511	3.98	0.81	1.00	3.67	4.00	4.67	5.00	-1.13	1.97	-1.45	1086	0.146	
	Female	577	4.05	0.77	1.00	3.67	4.00	4.67	5.00	-1.11	2.10				
Self-worthy	Male	511	3.70	0.89	1.00	3.33	4.00	4.33	5.00	-0.81	0.75	-0.25	1086	0.805	
	Female	577	3.72	0.88	1.00	3.33	4.00	4.17	5.00	-0.57	0.18				
Meaning	Male	511	3.68	1.00	1.00	3.00	4.00	4.33	5.00	-0.87	0.48	-0.86	1085	0.387	
	Female	576	3.73	0.96	1.00	3.00	4.00	4.33	5.00	-0.69	0.17				
Optimism	Male	511	3.74	1.03	1.00	3.33	4.00	4.33	5.00	-0.97	0.55	-1.03	1086	0.302	
	Female	577	3.80	0.93	1.00	3.33	4.00	4.33	5.00	-0.75	0.29				
	Female	577	3.72	0.75	1.00	3.30	3.80	4.20	5.00	-0.69	0.60				

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 9

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by gender (cont.)

		Gender	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Min.</i>	<i>25th</i>	<i>50th</i>	<i>75th</i>	<i>Max.</i>	<i>Skewness</i>	<i>Kurtosis</i>	<i>t</i>	<i>df</i>	<i>p</i>
CIT	Life satisfaction	Male	510	3.43	1.05	1.00	3.00	3.67	4.00	5.00	-0.67	-0.14	1.02	1085	0.309
		Female	577	3.37	1.07	1.00	2.67	3.67	4.00	5.00	-0.44	-0.57			
	Positive emotions	Male	511	3.70	1.03	1.00	3.00	4.00	4.00	5.00	-0.94	0.47	0.60	1086	0.551
		Female	577	3.66	0.98	1.00	3.00	4.00	4.00	5.00	-0.70	0.11			
	Negative emotions	Male	511	2.70	0.59	1.00	2.33	2.67	3.00	5.00	1.05	2.00	-0.48	1086	0.634
		Female	577	2.71	0.57	1.00	2.33	2.67	3.00	5.00	0.99	1.84			
BIT		Male	511	3.70	0.81	1.00	3.20	3.90	4.20	5.00	-0.84	0.71	-0.34	1086	0.732
		Female	577	3.72	0.75	1.00	3.30	3.80	4.20	5.00	-0.69	0.60			

Note. * $p < .05$, ** $p < .01$.

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 10

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by age

	Age Group	N	Mean	SD	Min.	25th	50th	75th	Max.	Skewness	Kurtosis	F	p	
CIT	Support	16-24	176	4.22	0.79	1.00	4.00	4.33	5.00	5.00	-1.24	2.23	0.69	0.559
		25-39	281	4.16	0.82	1.00	4.00	4.00	5.00	5.00	-1.38	2.78		
		40-59	374	4.20	0.82	1.00	4.00	4.00	5.00	5.00	-1.47	2.97		
		60+	257	4.13	0.80	1.00	4.00	4.00	5.00	5.00	-1.45	3.22		
	Community	16-24	176	3.24	1.00	1.00	2.67	3.33	4.00	5.00	-0.31	-0.21	1.67	0.172
		25-39	281	3.24	0.99	1.00	2.67	3.33	4.00	5.00	-0.20	-0.49		
		40-59	374	3.36	1.01	1.00	2.67	3.33	4.00	5.00	-0.34	-0.35		
		60+	257	3.40	0.88	1.00	3.00	3.33	4.00	5.00	-0.60	0.48		
	Trust	16-24	176	3.23	0.91	1.00	2.67	3.33	4.00	5.00	-0.27	0.00	9.85**	0.000
		25-39	281	3.31	0.92	1.00	2.67	3.33	4.00	5.00	-0.39	0.10		
		40-59	374	3.49	0.84	1.00	3.00	3.67	4.00	5.00	-0.53	0.33		
		60+	257	3.62	0.77	1.00	3.33	3.67	4.00	5.00	-0.96	1.85		
	Respect	16-24	175	3.87	0.73	1.67	3.67	4.00	4.33	5.00	-0.47	0.20	3.52*	0.015
		25-39	281	3.90	0.77	1.00	3.67	4.00	4.33	5.00	-1.33	3.15		
		40-59	374	3.98	0.73	1.00	3.67	4.00	4.33	5.00	-0.95	2.22		
		60+	257	4.07	0.60	1.00	4.00	4.00	4.33	5.00	-0.70	2.59		
	Loneliness	16-24	176	2.58	1.11	1.00	1.67	2.33	3.33	5.00	0.37	-0.69	6.24**	0.000
		25-39	281	2.59	1.05	1.00	1.83	2.67	3.33	5.00	0.24	-0.74		
		40-59	374	2.47	1.09	1.00	1.67	2.33	3.33	5.00	0.48	-0.49		
		60+	257	2.23	1.04	1.00	1.33	2.00	2.67	5.00	0.89	0.26		
Belongingness	16-24	176	3.37	1.01	1.00	3.00	3.33	4.00	5.00	-0.31	-0.19	2.52	0.057	
	25-39	281	3.30	0.95	1.00	3.00	3.33	4.00	5.00	-0.51	0.00			
	40-59	374	3.36	0.97	1.00	3.00	3.33	4.00	5.00	-0.44	-0.15			
	60+	257	3.52	0.91	1.00	3.00	3.67	4.00	5.00	-0.76	0.71			

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 10

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by age (cont.)

	Age Group	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Min.</i>	<i>25th</i>	<i>50th</i>	<i>75th</i>	<i>Max.</i>	<i>Skewness</i>	<i>Kurtosis</i>	<i>F</i>	<i>p</i>	
CIT	Flow	16-24	176	3.88	0.80	1.00	3.33	4.00	4.58	5.00	-0.56	0.16	0.30	0.826
		25-39	281	3.88	0.77	1.00	3.67	4.00	4.33	5.00	-1.07	2.09		
		40-59	374	3.93	0.75	1.00	3.67	4.00	4.33	5.00	-0.83	1.78		
		60+	257	3.91	0.69	1.00	3.67	4.00	4.33	5.00	-0.60	1.49		
	Skill	16-24	176	3.62	1.02	1.00	3.00	3.83	4.33	5.00	-0.54	-0.27	0.53	0.664
		25-39	281	3.62	1.01	1.00	3.00	4.00	4.33	5.00	-0.72	0.10		
		40-59	374	3.68	0.95	1.00	3.00	4.00	4.33	5.00	-0.56	-0.03		
		60+	257	3.58	0.81	1.00	3.00	3.67	4.00	5.00	-0.34	0.09		
	Learning	16-24	176	3.98	0.76	1.00	3.67	4.00	4.67	5.00	-0.76	1.14	4.75**	0.003
		25-39	281	3.84	0.84	1.00	3.33	4.00	4.33	5.00	-0.84	1.08		
		40-59	374	3.77	0.80	1.00	3.33	4.00	4.33	5.00	-0.44	0.08		
		60+	257	3.71	0.73	1.00	3.33	3.67	4.00	5.00	-0.51	0.99		
	Lack of Control	16-24	176	2.27	1.09	1.00	1.33	2.00	3.00	5.00	0.74	-0.14	14.44**	0.000
		25-39	281	2.32	1.16	1.00	1.33	2.00	3.00	5.00	0.70	-0.45		
		40-59	374	1.95	0.94	1.00	1.00	2.00	2.33	5.00	0.88	0.19		
		60+	257	1.84	0.86	1.00	1.00	2.00	2.00	5.00	1.08	0.93		
	Accomplishment	16-24	176	3.53	1.04	1.00	3.00	3.67	4.00	5.00	-0.55	-0.26	4.33**	0.005
		25-39	281	3.28	1.11	1.00	2.33	3.33	4.00	5.00	-0.41	-0.61		
		40-59	374	3.18	1.09	1.00	2.33	3.33	4.00	5.00	-0.30	-0.66		
		60+	257	3.34	0.96	1.00	3.00	3.67	4.00	5.00	-0.73	0.17		
Self-efficacy	16-24	176	4.08	0.78	1.00	3.67	4.00	4.67	5.00	-0.85	0.75	0.66	0.574	
	25-39	281	4.03	0.82	1.00	3.67	4.00	4.67	5.00	-1.29	2.71			
	40-59	374	4.02	0.84	1.00	3.67	4.00	4.67	5.00	-1.06	1.34			
	60+	257	3.97	0.68	1.00	3.67	4.00	4.33	5.00	-1.32	3.90			
Self-worthy	16-24	176	3.69	0.90	1.00	3.00	3.67	4.00	5.00	-0.46	-0.01	0.59	0.622	
	25-39	281	3.74	0.92	1.00	3.33	4.00	4.33	5.00	-0.77	0.53			
	40-59	374	3.74	0.92	1.00	3.33	4.00	4.33	5.00	-0.77	0.54			
	60+	257	3.65	0.80	1.00	3.33	3.67	4.00	5.00	-0.64	0.65			

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 10

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by age (cont.)

	Age Group	N	Mean	SD	Min.	25th	50th	75th	Max.	Skewness	Kurtosis	F	p	
CIT	Meaning	16-24	176	3.70	1.03	1.00	3.00	4.00	4.58	5.00	-0.60	-0.21	0.66	0.578
		25-39	280	3.71	0.99	1.00	3.00	4.00	4.33	5.00	-0.76	0.29		
		40-59	374	3.67	1.03	1.00	3.00	4.00	4.33	5.00	-0.75	0.11		
		60+	257	3.78	0.83	1.00	3.33	4.00	4.00	5.00	-1.02	1.56		
	Optimism	16-24	176	3.90	0.94	1.00	3.33	4.00	4.67	5.00	-0.80	0.29	1.80	0.145
		25-39	281	3.81	0.96	1.00	3.33	4.00	4.33	5.00	-0.89	0.56		
		40-59	374	3.71	1.05	1.00	3.00	4.00	4.33	5.00	-0.83	0.20		
		60+	257	3.72	0.90	1.00	3.33	4.00	4.00	5.00	-1.03	1.08		
	Life satisfaction	16-24	176	3.56	1.05	1.00	3.00	3.83	4.33	5.00	-0.50	-0.53	2.84*	0.037
		25-39	280	3.42	1.05	1.00	2.67	3.67	4.00	5.00	-0.55	-0.42		
		40-59	374	3.29	1.11	1.00	2.58	3.33	4.00	5.00	-0.43	-0.59		
		60+	257	3.42	0.98	1.00	3.00	3.67	4.00	5.00	-0.78	0.16		
	Positive emotions	16-24	176	3.68	1.02	1.00	3.00	4.00	4.33	5.00	-0.62	-0.16	1.89	0.130
		25-39	281	3.67	0.97	1.00	3.00	4.00	4.00	5.00	-0.80	0.31		
		40-59	374	3.60	1.09	1.00	3.00	4.00	4.00	5.00	-0.71	-0.07		
		60+	257	3.80	0.91	1.00	3.67	4.00	4.00	5.00	-1.13	1.47		
	Negative emotions	16-24	176	2.85	0.62	2.00	2.33	2.67	3.33	5.00	1.14	1.23	16.06**	0.000
		25-39	281	2.81	0.63	1.00	2.33	2.67	3.00	5.00	0.95	1.95		
		40-59	374	2.68	0.54	1.00	2.33	2.67	3.00	5.00	0.88	1.85		
		60+	257	2.53	0.49	1.00	2.33	2.33	2.67	4.00	0.85	1.13		
BIT	16-24	176	3.79	0.76	1.40	3.30	3.90	4.30	5.00	-0.53	-0.08	0.92	0.432	
	25-39	281	3.71	0.79	1.00	3.20	3.80	4.20	5.00	-0.84	1.04			
	40-59	374	3.67	0.83	1.10	3.20	3.80	4.23	5.00	-0.66	0.18			
	60+	257	3.71	0.71	1.00	3.40	3.90	4.10	5.00	-1.11	1.85			

Note. * $p < .05$, ** $p < .01$.

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 11

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by number of medical illnesses

	No. of Illnesses	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Min.</i>	<i>25th</i>	<i>50th</i>	<i>75th</i>	<i>Max.</i>	<i>Skewness</i>	<i>Kurtosis</i>	<i>F</i>	<i>p</i>	
CIT	Support	0	497	4.23	0.76	1.00	4.00	4.00	5.00	5.00	-1.38	3.21	2.54	.055
		1	315	4.15	0.81	1.00	4.00	4.00	5.00	5.00	-1.30	2.46		
		2-3	215	4.16	0.83	1.00	4.00	4.00	5.00	5.00	-1.44	2.75		
		4-10	57	3.95	1.08	1.00	3.33	4.00	4.67	5.00	-1.29	1.21		
	Community	0	497	3.42	1.00	1.00	2.67	3.67	4.00	5.00	-0.37	-0.32	4.66**	.003
		1	315	3.19	0.92	1.00	2.67	3.33	3.67	5.00	-0.46	-0.04		
		2-3	215	3.31	0.94	1.00	2.67	3.33	4.00	5.00	-0.22	-0.39		
		4-10	57	3.11	1.04	1.00	2.67	3.33	3.83	5.00	-0.50	-0.06		
	Trust	0	497	3.47	0.86	1.00	3.00	3.67	4.00	5.00	-0.41	0.20	1.36	.253
		1	315	3.36	0.88	1.00	3.00	3.67	4.00	5.00	-0.64	0.20		
		2-3	215	3.47	0.81	1.00	3.00	3.67	4.00	5.00	-0.72	1.03		
		4-10	57	3.34	1.07	1.00	2.67	3.33	4.00	5.00	-0.49	-0.06		
	Respect	0	497	4.02	0.68	1.00	3.67	4.00	4.33	5.00	-0.81	1.98	2.37	.070
		1	314	3.93	0.71	1.00	3.67	4.00	4.33	5.00	-0.97	2.12		
		2-3	215	3.90	0.72	1.00	3.67	4.00	4.00	5.00	-1.17	3.19		
		4-10	57	3.82	0.92	1.00	3.33	4.00	4.33	5.00	-1.24	2.04		
	Loneliness	0	497	2.28	1.01	1.00	1.33	2.00	3.00	5.00	0.55	-0.44	11.82**	.000
		1	315	2.52	1.06	1.00	2.00	2.33	3.33	5.00	0.40	-0.52		
		2-3	215	2.65	1.09	1.00	2.00	2.33	3.33	5.00	0.44	-0.61		
		4-10	57	2.98	1.30	1.00	2.00	3.00	4.00	5.00	0.08	-1.14		
Belongingness	0	497	3.51	0.93	1.00	3.00	3.67	4.00	5.00	-0.50	0.17	5.88**	.001	
	1	315	3.30	0.97	1.00	3.00	3.33	4.00	5.00	-0.49	-0.10			
	2-3	215	3.22	0.97	1.00	2.67	3.33	4.00	5.00	-0.56	-0.10			
	4-10	57	3.28	1.09	1.00	2.50	3.33	4.00	5.00	-0.27	-0.38			

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Table 11

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by number of medical illnesses (cont.)

	No. of Illnesses	N	Mean	SD	Min.	25th	50th	75th	Max.	Skewness	Kurtosis	F	p	
CIT	Flow	0	497	3.97	0.73	1.00	3.67	4.00	4.33	5.00	-0.92	1.90	4.24**	.005
		1	315	3.88	0.72	1.00	3.33	4.00	4.33	5.00	-0.56	0.77		
		2-3	215	3.82	0.74	1.00	3.33	4.00	4.33	5.00	-0.74	1.61		
		4-10	57	3.67	0.95	1.00	3.33	3.67	4.33	5.00	-0.94	1.19		
	Skill	0	497	3.74	0.95	1.00	3.00	4.00	4.50	5.00	-0.70	0.27	5.42**	.001
		1	315	3.56	0.94	1.00	3.00	3.67	4.00	5.00	-0.51	-0.12		
		2-3	215	3.53	0.90	1.00	3.00	3.67	4.00	5.00	-0.40	0.07		
		4-10	57	3.36	1.06	1.00	2.67	3.33	4.00	5.00	-0.47	-0.31		
	Learning	0	497	3.89	0.80	1.00	3.33	4.00	4.33	5.00	-0.74	1.08	3.96**	.008
		1	315	3.76	0.79	1.00	3.33	4.00	4.33	5.00	-0.59	0.48		
		2-3	215	3.68	0.75	1.00	3.33	3.67	4.00	5.00	-0.46	0.64		
		4-10	57	3.86	0.83	2.00	3.33	4.00	4.50	5.00	-0.40	-0.77		
	Lack of Control	0	497	2.10	1.05	1.00	1.00	2.00	2.67	5.00	0.91	0.20	0.63	.599
		1	315	2.03	0.99	1.00	1.00	2.00	2.67	5.00	0.88	0.14		
		2-3	215	2.04	0.96	1.00	1.00	2.00	2.33	5.00	0.96	0.46		
		4-10	57	2.19	1.23	1.00	1.00	2.00	3.00	5.00	0.82	-0.37		
	Accomplishment	0	497	3.46	1.02	1.00	3.00	3.67	4.00	5.00	-0.52	-0.25	8.98**	.000
		1	315	3.23	1.10	1.00	2.33	3.33	4.00	5.00	-0.41	-0.61		
		2-3	215	3.13	0.98	1.00	2.33	3.33	4.00	5.00	-0.49	-0.36		
		4-10	57	2.88	1.27	1.00	2.00	3.00	4.00	5.00	-0.09	-1.20		
Self-efficacy	0	497	4.13	0.72	1.00	4.00	4.00	4.67	5.00	-1.14	2.71	11.36**	.000	
	1	315	4.04	0.79	1.00	3.67	4.00	4.67	5.00	-1.01	1.58			
	2-3	215	3.83	0.83	1.00	3.67	4.00	4.33	5.00	-1.22	2.17			
	4-10	57	3.67	1.04	1.00	3.33	4.00	4.33	5.00	-0.69	-0.17			
Self-worthy	0	497	3.84	0.85	1.00	3.33	4.00	4.33	5.00	-0.70	0.72	9.78**	.000	
	1	315	3.69	0.88	1.00	3.33	4.00	4.00	5.00	-0.69	0.55			
	2-3	215	3.52	0.87	1.00	3.00	3.67	4.00	5.00	-0.65	0.19			
	4-10	57	3.37	1.14	1.00	2.50	3.67	4.00	5.00	-0.38	-0.66			

COMPREHENSIVE AND BRIEF INVENTORY OF THRIVING

Table 11

Norms of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT) by number of medical illnesses (cont.)

	No. of Illnesses	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Min.</i>	<i>25th</i>	<i>50th</i>	<i>75th</i>	<i>Max.</i>	<i>Skewness</i>	<i>Kurtosis</i>	<i>F</i>	<i>p</i>	
CIT	Meaning	0	496	3.88	0.90	1.00	3.33	4.00	4.67	5.00	-0.80	0.58	9.78**	.000
		1	315	3.60	1.02	1.00	3.00	4.00	4.00	5.00	-0.70	0.05		
		2-3	215	3.54	0.97	1.00	3.00	4.00	4.00	5.00	-0.76	0.24		
		4-10	57	3.49	1.11	1.00	2.83	3.67	4.33	5.00	-0.84	0.09		
	Optimism	0	497	3.97	0.87	1.00	3.50	4.00	4.67	5.00	-0.94	1.03	16.29**	.000
		1	315	3.69	1.00	1.00	3.00	4.00	4.33	5.00	-0.78	0.06		
		2-3	215	3.52	1.00	1.00	3.00	3.67	4.00	5.00	-0.88	0.44		
		4-10	57	3.36	1.22	1.00	2.33	3.67	4.33	5.00	-0.46	-0.78		
	Life satisfaction	0	496	3.63	0.96	1.00	3.00	4.00	4.33	5.00	-0.61	0.00	17.94**	.000
		1	315	3.30	1.08	1.00	2.33	3.67	4.00	5.00	-0.50	-0.56		
		2-3	215	3.12	1.06	1.00	2.00	3.33	4.00	5.00	-0.40	-0.83		
		4-10	57	2.96	1.25	1.00	2.00	3.00	4.00	5.00	-0.23	-0.94		
	Positive emotions	0	497	3.90	0.88	1.00	3.33	4.00	4.33	5.00	-0.91	1.04	18.65**	.000
		1	315	3.58	1.03	1.00	3.00	4.00	4.00	5.00	-0.65	-0.19		
		2-3	215	3.42	1.06	1.00	3.00	3.67	4.00	5.00	-0.66	-0.14		
		4-10	57	3.21	1.29	1.00	2.17	3.33	4.00	5.00	-0.45	-0.91		
	Negative emotions	0	497	2.69	0.56	1.00	2.33	2.67	3.00	5.00	1.19	2.50	1.80	.145
		1	315	2.72	0.55	1.67	2.33	2.67	3.00	5.00	0.95	1.27		
		2-3	215	2.69	0.58	1.33	2.33	2.67	3.00	5.00	0.86	1.46		
		4-10	57	2.87	0.80	1.00	2.33	2.67	3.33	5.00	0.46	1.05		
BIT	0	497	3.87	0.70	1.00	3.40	3.90	4.40	5.00	-0.69	1.11	16.90**	.000	
	1	315	3.65	0.79	1.00	3.10	3.80	4.20	5.00	-0.71	0.20			
	2-3	215	3.52	0.79	1.10	3.10	3.70	4.00	5.00	-0.93	0.75			
	4-10	57	3.34	1.00	1.20	2.60	3.60	4.10	5.00	-0.37	-0.83			

Note. * $p < .05$, ** $p < .01$.