Appendix A2

Short Well-being Instrument for Older adults (SWIO)

The SWIO can be used to measure well-being in later life. It assesses three subdimensions of well-being, namely **sense of mastery**, **meaning in life** and **life satisfaction** by means of statements. Respondents are asked to give their answer on a five-point Likert scale (totally disagree to totally agree). The SWIO is a validated instrument that uses items derived from three larger scales. For more information on these scales, see the references below.

In order to assess the subdimensions of well-being, please ask to what extent he or she agrees on the following statements. Please cross every item.

1= Totally disagree 4= Agree

2= Disagree 5= Totally agree

3= Nor agree, nor disagree

*Sense of mastery*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| 1. I can't solve some of the problems I have
 |  |  |  |  |  |
| 1. I have little control over the things that happen to me
 |  |  |  |  |  |
| 1. I often feel helpless in dealing with the problems of life
 |  |  |  |  |  |

*Meaning in life*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| 1. I understand my life’s meaning
 |  |  |  |  |  |
| 1. I have a good sense of what makes my life meaningful
 |  |  |  |  |  |
| 1. I have discovered a satisfying life purpose
 |  |  |  |  |  |

*Life satisfaction*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 |
| 1. The conditions of my life are excellent
 |  |  |  |  |  |
| 1. I am satisfied with my life
 |  |  |  |  |  |
| 1. So far I have gotten the important things I want in life
 |  |  |  |  |  |

Information on the larger sense of mastery scale can be found in Pearlin, L.I., Nguyen, K.B., Schieman, S., Milkie, M.A., 2007. The Life-course origins of mastery among older people. J. Health Soc. Behav. 48, 164–179. <https://doi.org/10.1177/002214650704800205>

For information on the Meaning in Life Questionnaire, please see Steger, M.F., Frazier, P., Oishi, S., Kaler, M., 2006. The meaning in life questionnaire: Assessing the presence of and search for meaning in life. J. Couns. Psychol. 53, 80–93. <https://doi.org/10.1037/0022-0167.53.1.80>

The complete Satisfaction with Life Scale can be found in Diener, E., Emmons, R., Larsen, R., Griffin, S., 1985. The Satisfaction with Life Scale. J. Pers. Assess. 49, 71–75. <https://doi.org/10.1207/s15327752jpa4901_13>