

mPERMA Guide for Researchers

mPERMA Overview

mPERMA is an adapted measurement tool for studying well-being in daily life based on the PERMA framework (Seligman, 2011; 2018). PERMA explains well-being through 5 elements:

Positive emotions: the hedonic experiences of positivity, contentment, and pleasure,

Engagement: the experience of being in flow while losing track of time,

Relationship: experiencing cared for and loved by others,

Meaning: having a sense of purpose in life, and

Accomplishment: the successes and achievements experienced in life.

The mPERMA tool is an adaptation of the PERMA-Profiler (Butler & Kern, [2016](#)) items for the Ecological Momentary Assessment paradigm (EMA; Stone & Shiffman, 1994) or Experience Sampling Method (ESM; Larson & Csikszentmihalyi, 1983).

Use of the Measure

There is no cost involved in using the measure for noncommercial research or assessment purposes. Before using the measure, please read through this document and the original source and cite the following peer-reviewed article (APA 7 style):

Heshmati, S., Uysal, N. K., Kim, S. H., Oravecz, Z., & Donaldson, S. I. (2023). Momentary PERMA: An adapted measurement tool for studying well-being in daily life. *Journal of Happiness Studies*.

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Instructions

Please answer each item as it relates to your well-being **right now**. Use the slider scale to indicate the extent to which you feel each item relates to you **right now** from 0 = *Not at all* to 100 = *Extremely*.”



Items

Positive emotions	mP1	I am feeling joyful
	mP2	I am feeling positive
	mP3	I am feeling contented
Engagement	mE1	When I noticed the text message, I was absorbed in what I was doing
	mE2	When I noticed the text message, I felt excited and interested in the things around me
	mE3	When I noticed the text message, I felt excited and interested in the things around me
Relationships	mR1	I feel helped and supported by others
	mR2	I feel loved
	mR3	I feel satisfied with my personal relationships
Meaning	mM1	I lead a purposeful and meaningful life
	mM2	What I do in my life is valuable and worthwhile
	mM3	I have a sense of direction in my life
Accomplishment	mA1	I am making progress towards accomplishing my goals
	mA2	I am achieving the important goals I have set for myself
	mA3	I am handling my responsibilities



Additional Instruction Notes for Researchers

For the *mEngagement* items, researchers can change the wording “When I noticed this text message” to reflect the media by which the participant received the survey. For example, if researchers use a smartphone app (rather than a text/SMS message), the item can be stated as: “When I noticed this push notification” or “When I noticed this app message.”

In order to reduce order effects for repeated measures used in intensive longitudinal designs, it is advised to present *mPERMA* items in a randomized order each time the measure is presented to participants.

Scoring

Each *mPERMA* item should be scored on a 0–100 scale, with 0 = *Not at all* and 100 = *Extremely*. Greater scores indicate greater levels of momentary PERMA. No reverse coding is needed for any of the items.

Similar to the PERMA-Profiler, an average score for each element (*mPositive* emotions, *mEngagement*, etc.) can be created using the three items for the respective element (e.g., *mP1*, *mP2*, *mP3* can be aggregated for an overall average momentary Positive emotions score).

Psychometric Properties

The Cronbach’s alpha coefficients were 0.88 for positive emotions, 0.85 for engagement, 0.91 for relationship, 0.92 for meaning, and 0.92 for accomplishment” (Heshmati et al., 2023, p.8). Please see the publication ([Heshmati et al., 2023](#)) for full psychometric properties and validation details.

Questions/Contact

For further questions about *mPERMA* or collaboration requests, please contact Saida Heshmati (saida.heshmati@cgu.edu).



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References

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<https://doi.org/10.5502/ijw.v6i3.526>

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Stone, A. A., & Shiffman, S. (1994). Ecological momentary assessment (EMA) in behavioral medicine. *Annals of Behavioral Medicine*, 16(3), 199–202.

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Publications and other research that have used mPERMA

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- Oravec, Z., Dirsmith, J., Heshmati, S., Brick, T. R., Vandekerckove, J. (2020). Psychological well-being and personality traits are associated with experiencing love in everyday life. *Personality and Individual Differences*, 153, 109620. <https://doi.org/10.1016/j.paid.2019.109620>
- Rombaoa, J., Heshmati, S., Rodriguez, M., & Owen, T. (2023, March 24). *Prioritizing lifestyle factors for effective emotion regulation: A daily study on first-year college students' well-being during COVID-19*. PsyArXiv. <https://doi.org/10.31234/osf.io/7gxta>

