

Comprehensive Inventory of Thriving (CIT)

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Reference:

Su, R., Tay, L., & Diener, E. (2014). The development and validation of the Comprehensive Inventory of Thriving (CIT) and the Brief Inventory of Thriving (BIT). *Applied Psychology: Health and Well-Being*, 6(3), 251-279. <https://doi.org/10.1111/aphw.12027>

Please indicate your agreement or disagreement with each of the following statements using the scale below.

- 1 Strongly Disagree**
- 2 Disagree**
- 3 Neither Agree nor Disagree**
- 4 Agree**
- 5 Strongly Agree**

I. Relationship

Support

1. There are people I can depend on to help me
2. There are people who give me support and encouragement
3. There are people who appreciate me as a person

Community

1. I pitch in to help when my local community needs something done
2. I invite my neighbors to my home
3. I look for ways to help my neighbors when they are in need

Trust

1. I can trust people in my society
2. People in my neighborhood can be trusted
3. Most people I meet are honest

Respect

1. People respect me
2. People are polite to me
3. I am treated with the same amount of respect as others

Loneliness

1. I feel lonely
2. I often feel left out
3. There is no one I feel close to

Belonging

1. I feel a sense of belonging in my community
2. I feel a sense of belonging in my state or province
3. I feel a sense of belonging in my country

II. Engagement

Engagement

1. I get fully absorbed in activities I do
2. In most activities I do, I feel energized
3. I get excited when I work on something

III. Mastery

Skills

1. I use my skills a lot in my everyday life
2. I frequently use my talents
3. I get to do what I am good at everyday

Learning

1. I learned something new yesterday
2. Learning new things is important to me
3. I always learn something everyday

Accomplishment

1. I am achieving most of my goals
2. I am fulfilling my ambitions
3. I am on track to reach my dreams

Self-Efficacy

1. I can succeed if I put my mind to it
2. I am confident that I can deal with unexpected events
3. I believe that I am capable in most things

Self-Worth

1. What I do in life is valuable and worthwhile
2. The things I do contribute to society
3. The work I do is important for other people

IV. Autonomy

Control

1. Other people decide most of my life decisions (R)
2. The life choices I make are not really mine (R)
3. Other people decide what I can and cannot do (R)

V. Meaning

Meaning and Purpose

1. My life has a clear sense of purpose
2. I have found a satisfactory meaning in life
3. I know what gives meaning to my life

VI. Optimism

Optimism

1. I am optimistic about my future
2. I have a positive outlook on life
3. I expect more good things in my life than bad

VII. Subjective Well-Being

Life satisfaction

1. In most ways my life is close to my ideal
2. I am satisfied with my life
3. My life is going well

Positive feelings

1. I feel positive most of the time
2. I feel happy most of the time
3. I feel good most of the time

Negative feelings

1. I feel negative most of the time (R)
2. I experience unhappy feelings most of the time (R)
3. I feel bad most of the time (R)

Note. Reversely scored items are noted with an (R). The CIT subscales may be used alone or in combination with each other. Dimension names and subscale titles are presented for clarification purpose and were removed during data collection in the current study.