

### **Piloting a questionnaire to measure wellbeing**

I (Florian Flueggen, studying at Victoria University of Wellington) am currently conducting a study on wellbeing. I am looking for participants to help me test a questionnaire focused on wellbeing for my PhD study. All you would have to do to help is complete the questionnaire online (10-15 minutes) ☺

This part of the project is aimed at testing this questionnaire to evaluate peoples' wellbeing, so that it can be used in the next stage of my research. Wellbeing here means more than just happiness or the absence of negative aspects. Instead it refers to how well people are feeling more generally and if they are experiencing healthy development. The questionnaire is anonymous and uses the online platform qualtrics.

At the end, you will be invited to provide additional feedback and your opinions on the survey (this section is, of course, not compulsory).

It would be great if you could also share this with others who might be interested in filling the questionnaire in. EVERYONE over the age of 12 who can read English is invited to participate.

The information from this phase of my research will be used to adjust the questionnaire to be more clear, reliable and valid in determining and describing peoples' wellbeing in the above-mentioned sense, as well as to make it a more enjoyable experience.

Your help would be greatly appreciated ☺

If you have any questions please send me an e-mail, and if you would like more information or want to participate, please follow this link ([Wellbeing Pilot Study](http://vuw.qualtrics.com/jfe/form/SV_bypyZrEHuwzYPrf), [http://vuw.qualtrics.com/jfe/form/SV\\_bypyZrEHuwzYPrf](http://vuw.qualtrics.com/jfe/form/SV_bypyZrEHuwzYPrf)) to the information form and the questionnaire (or use the QR-code at the bottom of the page).

Thank you, and kind regards,

Florian

[Florian.flueggen@vuw.ac.nz](mailto:Florian.flueggen@vuw.ac.nz)

This research has been approved by the Victoria University of Wellington Human Ethics Committee [application no. 0000026415].

