PROBLEM

The aim of this study was to validate the 20-item version of the Ways of Savoring Scale (WOSS; Bryant and Veroff, 2007) in nine languages (Chinese, Czech, English, German, Hungarian, Portuguese, Russian, Slovene, Spanish).

METHOD

Participants and procedure

(6545 participants (80% of females) from the International Wellbeing Study aged from 15 to 90 years (M = 35 years, SD = 14 years). The stability of the scales across five time points over 12 months was examined with a subsample of 767 participants.

Measures

Ways of Savoring Scale (WOSS; Bryant & Veroff, 2007), Cross-Cultural Happiness Scale (SHS; Lyubomirsky, Lepper, 1999) – 4 items

Temporal Satisfaction with Life Scale (TSWLS; Pavot, Diener & Suh, 1998) – 15 items

Center for Epidemiologic Studies Depression Scale (CES-D; Radloff, 1977) – 20 items

Exploratory factor analysis with maximum likelihood method and Varimax rotation were conducted on data standardized by languages. Eigenvalues for the first eight factors and their percent of variance were as follows: 4.79 (4.00), 2.39 (1.91), 1.07 (0.53), 1.00 (0.47), 0.41 (0.36), 0.40 (1.46), 0.73 (0.38). Our decision for two factors was based on several criteria:

(1) The scree plot indicated that first two factors explained most of the variance (the "elbow" was at the third factor). (2) RMSEA for two-factor solution was 0.076 which is acceptable. (3) Two-factor solution had the least number of items that loaded on two or more factors and the least number of items that did not load on any factor, and was thus most easily interpretable; (4) Bryant and Veroff (2007) described types of savoring that enhance or suppress positive emotions and can thus be operationalized as two general types of savoring. (5) Two factors were also found on the 30-item version of WOSS (Jose, Lim & Bryant, 2012), therefore we were guided by theoretical and empirical background.

RESULTS

The first factor represents “amplifying savoring responses” and the second “dampening savoring responses” (see Table 1). Our results indicated that two factors were highly congruent across different languages (Table 2). Convergent validity of the WOSS was examined through its relationships with different measures of well- and ill-being (Table 4). The scale Amplifying savoring responses was moderately positively related to satisfaction with life and subjective happiness, and weakly negatively related to depressive symptoms. The scale Dampening savoring responses was weakly to moderately positively related to rumination and depression, and weakly negatively to subjective happiness. The stability of the scales across five time points over 12 months examined with a subsample of 767 participants was moderate it ranged from .60 at three months to .57 at 12 months for Amplifying, and from .57 to .60 for Dampening.