

CROSS-CULTURAL VALIDATION OF THE WAYS OF SAVOURING SCALE

KAJA HACIN |
University of Ljubljana, SLOVENIA

ANDRAŽ MATKOVIČ |
University of Ljubljana, SLOVENIA

ANDREJA AVSEC |
University of Ljubljana, SLOVENIA

AARON JARDEN
Auckland University of Technology, NEW ZEALAND

PROBLEM

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

METHOD

Participants and procedure

6345 participants (80% of females) from the International Wellbeing Study (<http://www.wellbeingstudy.com/>) 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 Savouring Scale (WOSS; Bryant & Veroff, 2007; Chadwick, 2012) – 20 items
- Subjective 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
- Rumination scale (RUM; Jose, 2013) – 6 items

TABLE 1

Factor loadings for a two-factor solution with Varimax rotation on standardized data across all languages

Item	Factor 1	Factor 2
14 I thought about what a lucky person I am that so many good things have happened to me.	.673	.027
7 I reminded myself how lucky I was to have this good thing happen to me.	.642	.066
2 I tried to take in every sensory property of the event (sights, sounds, smells etc.).	.604	.089
11 I laughed or giggled.	.602	.007
9 I looked for other people to share it with.	.543	-.011
1 I thought about sharing the memory of this later with other people.	.540	-.062
4 I jumped up and down, ran around, or showed other physical expressions of energy.	.509	.084
13 I closed my eyes, relaxed, took in the moment.	.498	.173
16 I told myself how proud I was.	.487	.144
12 I opened my eyes wide and took a deep breath—tried to become more alert.	.478	.285
17 I reminded myself that it would be over before I knew it.	-.015	.771
18 I focused on the future—on a time when this good event would be over.	-.085	.749
15 I thought about ways in which it could have been better.	-.029	.559
3 I reminded myself how transient this moment was—thought about it ending.	.177	.532
19 I tried to slow down and move more slowly (in an effort to stop or slow time).	.190	.500
8 I told myself why I didn't deserve this good thing.	-.142	.469
5 I thought back to events that led up to it—to a time when I didn't have it and wanted it.	.351	.308
6 I thought only about the present—got absorbed in the moment.	.323	-.067
10 I thought about how I'd think to myself about this event later.	.396	.407
20 I told myself how impressed others must be.	.218	.364

TABLE 3

Statistics for Amplifying and Dampening scales for all languages and correlations between scales

Language	n	Amplifying Scale			Dampening Scale			$r_{AMP-DAMP}$
		M	SD	α	M	SD	α	
Chinese	228	48.4	10.2	.89	24.9	6.5	.79	.57
Czech	250	47.9	9.0	.76	19.1	6.1	.70	-.04
English	3308	49.3	10.4	.82	18.2	6.8	.74	.15
German	135	46.0	10.2	.78	16.6	6.3	.71	.23
Hungarian	1136	49.9	10.3	.80	16.2	7.2	.79	.10
Portuguese	128	51.1	9.6	.81	17.9	7.2	.79	-.05
Russian	179	43.4	11.3	.80	18.0	6.3	.67	.16
Slovene	288	49.0	10.5	.82	19.5	7.5	.78	.15
Spanish	693	52.7	10.0	.80	19.0	8.2	.80	.17
Total / Average	6345	48.64	10.17	.81	18.83	6.89	.75	.16

RESULTS

Exploratory factor analyses 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 (24,0%); 2.93 (14,7%); 1.29 (6,5%), 1.07 (5,3%); 1.00 (5,0%); .91 (4,5%); .80 (4,0%); .76 (3,8%). 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.

The first factor represents "amplifying savouring responses" and the second "dampening savouring 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 (r ranged from .60 at three months to .57 at 12 months for Amplifying, and from .57 to .50 for Dampening).

TABLE 2

Congruence coefficients for a two-factor solution

Factor	Language	Czech	English	German	Hungarian	Portuguese	Russian	Slovene	Spanish	Average
Amplifying Savoring Responses	Chinese	.84	.92	.89	.91	.91	.93	.88	.94	.90
	Czech		.94	.94	.96	.92	.94	.97	.93	.93
	English			.97	.98	.96	.97	.97	.98	.96
	German				.95	.94	.95	.95	.95	.94
	Hungarian					.98	.97	.99	.98	.96
	Portuguese						.96	.95	.98	.95
	Russian							.96	.98	.96
	Slovene								.96	.95
	Spanish									.96
Dampening Savoring Responses	Chinese	.80	.88	.76	.84	.76	.81	.86	.85	.82
	Czech		.97	.96	.98	.91	.95	.95	.93	.93
	English			.93	.98	.94	.95	.98	.97	.95
	German				.95	.88	.95	.91	.89	.90
	Hungarian					.93	.93	.98	.95	.94
	Portuguese						.90	.93	.96	.90
	Russian							.92	.92	.92
	Slovene								.97	.94

TABLE 4

Correlations between Amplifying savoring and Dampening savoring scales and measures of well- and ill-being

Language	Amplifying Savoring Scale				Dampening Savoring Scale			
	TSWLS Satisfaction with Life	SHS Subjective happiness	CESD Depressive symptoms	RUM Rumination	TSWLS Satisfaction with Life	SHS Subjective happiness	CESD Depressive symptoms	RUM Rumination
Chinese	.46 ***	.47 ***	-.19 **	.08	.25 ***	.19 **	.19 **	.16 *
Czech	.32 ***	.28 ***	-.20 **	.12	-.25 ***	-.25 ***	.29 ***	.36 ***
English	.35 ***	.39 ***	-.25 ***	-.08 ***	-.20 ***	-.25 ***	.35 ***	.37 ***
German	.27 **	.24 **	-.14	.05	-.08	-.32 ***	.13	.21 *
Hungarian	.27 ***	.32 ***	-.26 ***	.01	-.19 ***	-.25 ***	.28 ***	.33 ***
Portuguese	.38 ***	.34 ***	-.21 *	.12	-.24 **	-.23 **	.33 ***	.35 ***
Russian	.27 ***	.31 ***	-.19 *	.27 ***	-.21 **	-.26 ***	.36 ***	.37 ***
Slovene	.36 ***	.36 ***	-.19 **	-.02	-.18 **	-.22 ***	.34 ***	.32 ***
Spanish	.35 ***	.35 ***	-.20 ***	.01	-.07	-.24 ***	.30 ***	.35 ***
Average	.34	.34	-.20	-.01	-.13	-.20	.28	.31

*** $p < .001$; ** $p < .01$; * $p < .05$.

INTERPRETATION

The results of our study are congruent with results of previous studies and theoretical models of savoring (e.g. Jose, Lim & Bryant, 2012) and suggest two major savoring factors, which represents "amplifying" and "dampening" savoring responses. Compared to a four scale solution proposed by Chadwick (2012), these two scales have satisfactory internal consistency, are clearly interpretable, and the factor structure was congruent across different languages. Two scales of savoring differentially related to measures of well- and ill-being. Amplifying responses were positively related to satisfaction with life and happiness, while dampening responses were positively related to rumination and depression. Although the data does not allow conclusions about the causality between these constructs, a previous study (Jose et al., 2012) identified savoring as a moderator between positive life events and happiness. On the other hand, dampening responses on positive events can reduce their spontaneous positive consequences and possibly lead to rumination and heightened depressive symptoms.

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