

# Optimal Functioning in Society (OFIS)

## Scale Description

The concept of OFIS refers to high levels of psychological, physical, and relational well-being, high performance in one's main field of endeavor, and contribution to society. The 23-item OFIS scale contains six subscales: psychological well-being (4 items), physical well-being (3 items), quality of the romantic relationships (4 items) and the non-romantic relationships (4 items), performance in the main field of endeavor (4 items), and contribution to the community or society at large (4 items).

## Reference

Chénard-Poirier, L. A., Vallerand, R. J., Verner-Filion, J., Houlfort, N., Forest, J., & Rinfret, N. (2023). Optimal Functioning in Society: A Conceptualization, a Measure, and a Look at Determinants. *Journal of Happiness Studies*, 1-36.

## PSYCHOLOGICAL WELL-BEING

*Please indicate to what extent you agree with the following statements regarding your life in general.*

Not Agree at All 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very Strongly Agree 7
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- |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 1. I understand my life's meaning.                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. My life has a clear sense of purpose.                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Compared with most of my peers, I consider myself happier. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I am generally happy.                                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

## PHYSICAL WELL-BEING

1. In general, how would you say your health is?

Mediocre 0	1	2	3	4	5	6	7	8	9	Excellent 10
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2. Please indicate how you evaluate your physical health in general.

Mediocre 0	1	2	3	4	5	6	7	8	9	Excellent 10
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3. Compared to others of your same age and sex, how would you rate your health?

Mediocre 0	1	2	3	4	5	6	7	8	9	Excellent 10
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## PERFORMANCE

*Please indicate your level of agreement or disagreement with the following statements regarding your performance at work / in your studies.*

*At work.../In my studies...*

Not Agree at All 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very Strongly Agree 7
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- |  |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|
| 1. I properly complete the tasks that I have to do.                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I exceed my performance requirements.   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I generally go beyond the call of duty to reach a very high level of performance. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I meet the official demands of performance of my work/student position.           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**QUALITY OF THE PRESENT OR PAST ROMANTIC RELATIONSHIP**

*In general, how would you rate your current romantic relationship? (Or how would you rate the ones that you have had in general in the past, for those not romantically involved right now?)*

*In general, my current romantic relationship (or my past ones, in general, if I am not currently involved)...*

Not Agree at All 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very Strongly Agree 7
1. ...is enriching.					1 2 3 4 5 6 7	
2. ...is satisfying.					1 2 3 4 5 6 7	
3. ...is inspiring trust.					1 2 3 4 5 6 7	
4. ...is fulfilling.					1 2 3 4 5 6 7	

**QUALITY OF THE PRESENT OR PAST NON ROMANTIC RELATIONSHIP**

*Please indicate your level of agreement with the following items regarding the quality of the non-romantic relationships that you have in general with the people you interact with on a regular basis.*

*In general, my non-romantic relationships with the people I interact with on a regular basis...*

Not Agree at All 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very Strongly Agree 7
1. ...is enriching.					1 2 3 4 5 6 7	
2. ...is satisfying.					1 2 3 4 5 6 7	
3. ...is inspiring trust.					1 2 3 4 5 6 7	
4. ...is fulfilling.					1 2 3 4 5 6 7	

**CONTRIBUTION TO THE COMMUNITY OR SOCIETY**

*Please indicate to what extent you agree with the following statements regarding your contribution to your community or society in general, through your work or activities outside of your work (volunteering, service action, or else).*

*Through my work or otherwise... / Through my studies or otherwise...*

Not Agree at All 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very Strongly Agree 7
1. I have a positive impact on my community or society.					1 2 3 4 5 6 7	
2. I have something valuable to bring to my community or society.					1 2 3 4 5 6 7	
3. I believe that I contribute to something important						

to my community or society.

1 2 3 4 5 6 7

4. I believe that what I do, brings something important  
to my community or society.

1 2 3 4 5 6 7