Project Covitality:
A school mental wellness and thriving student development initiative

The Social Emotional Health Survey System includes three conceptually linked measures that assess core psychological and social mindsets associated with positive youth development from childhood through the post-high school transition. Developed primarily for use in schools — the contexts in which most youth receive mental health services — the three forms are:

- **Primary** (20 items assessing gratitude, persistence, optimism, zest, prosocial behavior);

- **Secondary** (36 items assessing belief in self [self-efficacy, persistence, self-awareness], belief in others [peer support, school support, family support], emotional competence [empathy, behavior self-control, emotional regulation], engaged living [gratitude, zest, optimism]; and

- **Higher Education** (36 items assessing belief in self [self-efficacy, persistence, self-awareness], belief in others [peer support, campus support, family support], emotional competence [empathy, behavior self-control, cognitive reframing], engaged living [gratitude, zest, optimism]).

All three SEHS measures assess the general construct called Covitality. Covitality is the integrated, combined influences of the individual SEHS subscales; that is, the whole is greater than the sum of its parts.

The first public presentation about the SEHS Covitality model was made in 2011 at the International Association of School Psychologist conference in Velore, India. Since that time, the UC Santa Barbara Project Covitality team has conducted research to carefully build a body of evidence exploring these measures’ psychometric properties and validity for use with diverse groups of children, adolescents, and young adults. **Aided by funding by the U.S. Office of Education Institute of Education Sciences (Grant # R305A160157)**, the UC Santa Barbara Covitality team is carrying out longitudinal and cross-sectional studies to further refine the Secondary form (four-year project: 2016-2020). In addition, talented colleagues in Australia, Indonesia, China, Korea, Japan, Mexico, Spain, Turkey, Italy, Slovakia, England, and other countries have made substantial, important contributions. The following is a list of articles and reports that provide the psychometric evidence base for the SEHS measures, how these measures are being used for research, and their use for universal schoolwide mental wellness screening. This list is updated on a regular basis.

**SOCIAL EMOTIONAL HEALTH SURVEY RESEARCH**


**Social Emotional Health Survey – Primary (first called Positive Experiences at School Scale)**


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**Social Emotional Health Survey—Secondary Applications**


Moffa, K., Dowdy, E., & Furlong, M. J. (2016). Exploring the contributions of school belonging to complete mental health screening. The Educational and Developmental Psychologist, 33, 16–32. Link \n


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**Social Emotional Health Survey – Higher Education (SEHS-HE) and Adults**


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**Other Studies Using the Social Emotional Health Surveys**


https://digitalcommons.du.edu/etd/1520


https://dspace.uii.ac.id/bitstream/handle/123456789/7306/SKRIPSI%20RAHMONA%20HIDAYATI.pdf?sequence=1&isAllowed=y

http://www.virtualnageneracia.sk


https://doi.org/10.1007/s10902-017-9908-4

Mošovská, K. (2017). *Attitudes of adolescents to themselves, to their family and to school depending on level of social and emotional health* [Master thesis]. Pan-European university in Bratislava. Faculty of psychology; Institute of school and organizational psychology. Thesis supervisor: Prof. PhDr. Eva Gajdošová, PhD. Degree of classification: Master (Mgr.). Bratislava: FP, 2017. 60 pages


Related School Mental Health and Wellness Resources


Social Emotional Health Survey related articles have appeared in these peer-reviewed journals.

Acta Technologica Dubnicae
Applied Quality of Life Research
Canadian Journal of School Psychology
Children and Youth Services Review
Clinical Psychiatry
Cogent Psychology
Cross-Cultural Research
International Journal of Education and Social Science
International Journal of Research in Counseling and Education
ISPA World Go Round
Journal of Applied School Psychology
Journal of Educational and Psychological Consultation
Journal of Human Sciences
Journal of Psychoeducational Assessment
Pedagogika / Pedagogy
Preventing School Failure
Psychology in the Schools
Sage Open
School Psychology International
School Psychology Review
Školský psychológ/Školní psychology
The Educational and Developmental Psychologist
The New Educational Review

Ageing & Society
Assessment for Effective Intervention
Child Indicators Research
Chinese Journal of Clinical Psychology
Cogent Education
Contemporary School Psychology
Emerging Adulthood
International Journal of Psychology: A Biopsychosocial Approach
International Journal of School & Educational Psychology
Journal of Applied Developmental Psychology
Journal of Community Psychology
Journal of Happiness Studies
Journal of Positive Behavior Interventions
Journal of School Psychology
Practice of Research Grant Papers
Procedia Computer Science
Psychology of Violence
School Mental Health
School Psychology Quarterly
Signum Temporis
Social Indicators Research
The Korean Journal of School Psychology
Youth Studies

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