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]; *(request updated SEHS-S 2020 technical report)*.
- **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, Netherlands, 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**


SEHS-Secondary 2020 Enhanced and Standardized Request technical report
Social Emotional Health Survey – Primary (first called Positive Experiences at School Scale)


Social Emotional Health Survey System Publications (02 Dec 2020)


Social Emotional Health Survey – Secondary: Psychometrics and Rationale


Social Emotional Health Survey – Secondary Applications


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


### Other Studies Using the Social Emotional Health Surveys


Mardiaková, L. (2019):Sociálna opora a sociálno-emocionálne zdravie u žiakov inkluzívnej školy (Social support and social-emotional health of inclusive school students.) [Master Thesis]. Pan-European University. Faculty of Psychology;
Institute of School and Occupational psychology. Supervisor: prof. PhDr. Eva Gajdošová, PhD. Bratislava: Paneuropean University.


Mošovská, K. (2017). *Attitudes of adolescents to themselves, to their family and to school depending on level of social and emotional health* [Master thesis]. Paneuropean 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

Naples, L. N. (2019, March). *Neurodivergence in early childhood: Deriving a dual-factor model of educational well-being through a design-based research pilot program*. A Dissertation submitted to The Faculty of The Graduate School of Education and Human Development of The George Washington University. Washington, DC. Contact: laurenhunter@email.gwu.edu


Petrina, A. (2016). Analizëi dali Facebook: Studio delle relazioni tra attivitë in Facebook e scale psicologiche di benessere e personalitë (Analysis of Facebook data: Study of relations between Facebook activities and psychological scales of well-being and personality). Link


**Related School Mental Health and Wellness Resources**


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

Acta Technologica Dubnicae  
Ageing & Society  
Applied Quality of Life Research  
Assessment for Effective Intervention  
Australian Journal of Psychology  
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 psycholog/Školní psychology  
The Educational and Developmental Psychologist  
Journal of Well-Being Assessment  
The New Educational Review  
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  
Personality and Individual Differences  
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  
Japanese Journal of Psychology

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