

EVALUATING THE RELIABILITY AND SCALABILITY OF THE SINHALESE TRANSLATION OF THE PERMA PROFILER FOR SRI LANKANS: INTERNAL CONSISTENCY AND MOKKEN ANALYSIS

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ABSTRACT

The PERMA-Profiler is a reliable measure of wellbeing that has been translated and validated for use in many languages. However, there is a notable gap in evaluating its reliability for the Sri Lankan Sinhalese. Therefore, the present study aimed to translate and assess the reliability and scalability of the PERMA Profiler. The process of translation involved a parallel translation, followed by an iterative process with a review panel. Data for reliability testing were collected from thirty Sri Lankan participants recruited online. Omega Total and G6 (SMC) coefficient were calculated as measures of internal consistency. The overall wellbeing scale had excellent internal consistency. The subscales of e had excellent internal consistency. In line with previous studies, the Engagement subscale had questionable internal consistency. The Mokken scale analysis that was conducted to evaluate item scalability and the structure of subscales confirmed strong hierarchical scalability across all subscales except for Engagement. Weaker cohesion among its items and issues with the question item, “In general, how often do you lose track of time while doing something you enjoy” were identified. This warrants further investigation to establish its relevance to the Sri Lankan context. Overall wellbeing was substantially lower in the early adult age groups (26- 35 and 36- 45 years) compared to the middle-aged group (46- 55 years). The emerging adult group (18- 25 years) experienced markedly fewer positive emotions and considerably more negative emotions compared to middle-aged adults (46 - 55 years). No differences in age were observed in Engagement, Relationships, Meaning, Accomplishment, and Health. The translated tool is valuable for researchers’ investigating wellbeing among Sri Lankans and practitioners who require a reliable tool to assess wellbeing in their clients to inform treatment decisions.

KEYWORDS: PERMA, PERMA-Profiler, wellbeing, reliability, psychometric properties

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1. INTRODUCTION

In psychological and health sciences, the past two decades have seen growing interest in studying ‘wellbeing’. This coincides with developments in positive psychology, which has long advocated shifting the views of wellbeing from an emphasis on the absence of illness to the positive dimensions of life (Seligman & Csikszentmihalyi, 2000). Interest in the field has likely grown as research consistently links wellbeing to good physical health (Diener & Chan, 2011), reduced mortality risk (Lamers et al., 2012), better academic performance (Bücker et al., 2018), and improved relationships (Chu et al., 2010). Conversely, poor wellbeing is associated with higher stress in academia (Barbayannis et al., 2022) and with higher rates of burnout in the workplace (Jarden et al., 2021). Moreover, interventions targeting wellbeing have demonstrated reductions in depressive symptoms (Bolier et al., 2013). Given these links between wellbeing and physical, mental, emotional, and social health, it is crucial to have reliable and valid measures to accurately assess these domains across diverse populations.

Differing conceptualisations of wellbeing have created challenges in its measurement. For example, from a hedonic perspective, wellbeing encompasses the experience of positive affect and avoidance of negative affect, and overall life satisfaction (Kahneman et al., 1999). The eudaimonic approach emphasises personal growth, the utilisation of one’s strengths, and purpose in life (Ryan & Deci, 2001). Other approaches integrate both hedonic and eudaimonic perspectives to provide a more comprehensive understanding of wellbeing and its underlying facets. In 2011, Martin Seligman proposed the PERMA model, which posits that five pillars underpin wellbeing: positive emotions, engagement, relationships, meaning, and achievement. This model offers the most comprehensive and multidimensional perspective on wellbeing to date, facilitating improved operationalisation.

The PERMA Profiler, a 23-item self-report measure, was developed by Butler and Kern (2016) to quantify the multiple dimensions of the PERMA model. Over three studies, the tool was refined to include three items per PERMA domain, an additional eight items to assess overall wellbeing, negative emotions, and physical

health. The English version of the PERMA Profiler has been validated with over 30,000 participants worldwide. The sample participants were largely from the United States (US) and European regions. For example, sample four consisted of 50.73% US participants in contrast to 1.93% Indian/ Southeast Asian participants, and sample seven included 79% US participants and no participants from India/ Southeast Asia. Internal consistency for the PERMA factors varied considerably, with Cronbach’s alpha ranging from .60 (questionable) to .95 (excellent) for the PERMA factors. Test-retest reliability showed a wide range from .53 (poor) to .90 (good). A confirmatory factor analysis showed that the five-factor measure had a good model fit ($RMSEA = .06$, $SRMR = .03$, $CFI = .97$, $TLI = .96$, $\chi^2 = 10,61$, $df = 80$). These psychometric properties show that some PERMA factors maybe more reliably measured and indicate its potential for adaptation across diverse cultural and language contexts such as Sri Lanka, following a thorough evaluation of areas for improvement.

Efforts have been made to validate the PERMA Profiler for use with Australian (Ryan et al., 2019), Chinese (Nie et al., 2024), Italian (Giangrasso, 2021), and Mexican (Chaves et al., 2023) respondents. Across most studies, the five-factor structure emerged as having a good model fit. Cronbach’s alpha coefficients ranged from 0.72- 0.90 demonstrating acceptable-to-high reliability of the subscales of positive emotion, relationships, meaning, and accomplishment. However, across all studies, ‘engagement’ had the lowest reliability with Cronbach’s alpha ranging from 0.56-0.69. This highlights the need for caution when interpreting engagement scores. Overall, the PERMA profiler has promising psychometric properties and remains a useful tool to measure wellbeing across populations.

Sri Lanka, a South-East Asian country classified as low to middle income, is home to a population of over 21 million. According to statistics gathered from the World Health Organisation (WHO; n.d.), life expectancy at birth is 77.2 with most of its population belonging to the 15-64 age range. Although recent national prevalence data for mental health conditions are unavailable, reports on hospital admissions for mental-health related conditions indicates high prevalence of mood disorders (Ministry of Health Sri

Lanka, 2023). By the first quarter of 2017, an estimated 30.44% of new mental health diagnosis were related to depressive episodes, whereas 4.53% were related to anxiety disorders (Directorate of Mental Health, Sri Lanka, n.d.). According to 2019 World Bank statistics (World Bank Group, 2019), Sri Lanka has a suicide mortality rate of 14 per 100,000 people, which is alarmingly 52.2% higher than the global average of 9.2 per 100,000. Although mental health services have expanded greatly by 2022, with acute inpatient mental health units now available in all 26-health districts and 320 outreach clinics covering nearly all health divisions (WHO, 2022), many barriers in providing and receiving suitable care appear to remain. The absence of language-concordant and culturally adapted services is often identified as a significant barrier to mental health service provision (Ohtani et al., 2015; Rathod et al., 2018), especially in low- and middle-income countries (Rathod et al., 2017; Zavala et al., 2023). Financial and accessibility challenges also present obstacles (Rosnu et al., 2022; Sarikhani et al., 2021).

There is a growing global emphasis on the need for culturally adapted instruments to assess wellbeing, especially in low- and middle-income countries. This is to ensure accuracy in assessments that reflect local cultural and linguistic contexts as a necessary precursor to developing and evaluating psychological interventions. The need for cultural adaptation is particularly relevant in Sri Lanka, where wellbeing is often influenced by collectivist values, and quality of social relationships. Since the PERMA profiler is multidimensional in nature in its assessment of wellbeing, accounting for values/personal strengths and relationships, it holds promise in capturing the unique ways in which these factors shape wellbeing in Sri Lankans. Existing research suggests that culturally adapted tools enable evaluations to be made on equivalent constructs across populations (Tsang et al., 2017). Taking a step further to validate instruments, such as the PERMA profiler, will ensure conceptual equivalence (Douglas & Craig, 2007) and enable measurement of important constructs such as wellbeing in culturally diverse populations, such as Sri Lankans, to pave the path for effective interventions.

A recent study has undertaken the content validation of a Sinhalese translation of the PERMA-Profiler and content validity indices have been calculated based on

ratings by an expert panel comprising of three psychologists (Solomons et al., 2024). The overall scale-level content validity index (S-CVI) based on expert agreement was reported as 0.72 and all items in the scale received an Item-level content validity index (I-CVI) of 0.5 and above. It is recommended that minimum S-CVI of 0.80 is met for overall scale relevance and I-CVI of 1.00 for content validation with three to five experts (Polit & Beck, 2006). Accordingly, the S-CVI and I-CVI values fall below the recommended thresholds. Although the researchers indicate that items were subsequently modified, updated validity indices were not reported to confirm whether the recommended thresholds were achieved. This highlights the need for additional psychometric evaluation, including reliability testing, to ensure suitability of the Sinhala translation of the PERMA Profiler for Sinhala speaking Sri Lankans.

While this prior work examines content validity, our study contributes to the psychometric refinement and reliability testing of an independently developed translation. An alternative to the back translation method was employed to establish both conceptual and linguistic equivalence, with the aim of developing a contextually relevant self-report tool to assess wellbeing. This approach aligns with the urgent need for culturally and linguistically relevant instruments capable of reliably assessing constructs such as wellbeing. It is hypothesised that the Sinhalese version of the PERMA profiler will demonstrate acceptable internal consistency. This study presents the insights from the translation, and reliability and scalability testing, which informs the larger validation study that is underway.

2. METHODOLOGY

Translation process

The translation of the PERMA Profiler into Sinhalese was based on the guidelines provided by Douglas and Craig (2007). The authors propose an alternative to the back translation approach typically used to assess accuracy of survey translations. Instead of a direct or literal translation back to the source language, this approach relies on a collaborative and iterative approach that results in a translation that accurately captures the conceptual equivalence of the original instrument.

The process of translation involved four steps: 1) Parallel translation, 2) Review meeting, 3) Pretesting, and 4) Refining the translation. The parallel translation was conducted by two independent translators, fluent in Sinhalese and English languages, ensuring linguistic and conceptual equivalence of the 23 items in PERMA Profiler. One was the primary author, and the second is a graduate of psychology. This was followed by the selection of a translation to pre-test through ratings and feedback from an expert panel from two registered clinical psychologists in Sri Lanka. The expert panel provided numerical ratings for three domains namely, translation/ conceptual validity, item validity, and cultural validity, on a Likert scale ranging from, 1 (not valid at all) to 10 (outstanding validity). The experts also provided feedback on items that require rewording. A review meeting was then conducted with an independent reviewer who is a clinical psychologist to decide on the final version to undergo pre-testing. Further modifications were made to items, and the final version was decided based on a comparison of means and standard deviations for each domain of the panel scores. The translated instrument then underwent pre-testing with a sample of 30 participants. Issues identified such as limited clarity and understandability of items as rated by the participants, and question items receiving poor responses, were reviewed by the first author and an independent academic reviewer for further revision of the translation into its final iteration to undergo the larger-scale validation.

Procedure

The complete survey included, 1) sociodemographic questionnaire comprising of 14 items assessing age, gender, ethnicity, marital status, educational status, and occupation among other variables, 2) translated PERMA profiler, 3) two question items assessing clarity and understandability of the question items to which responses are provided on a Likert scale ranging from 0 = not clear/ understandable at all to 5 = very clear/understandable. The average time taken to complete the questionnaire was 20 minutes. The data was collected through an online survey tool developed by the University of Southern Queensland built on LimeSurvey (an open-source survey tool). All participants received participation information in the landing page and provided their consent by ticking a box to provide their consent.

Data analysis

SPSS Version 28 was used for analysis. A descriptive analysis was conducted to examine the demographic information for the sample, including age and gender differences across subscales, and participant responses for all question items. The gender differences were analysed using a Mann-Whitney U test and age differences were analysed using the Kruskal-Wallis test.

Internal consistency of the instrument was evaluated using Omega total and Cronbach's alpha for the total scale and each of the subscales of the PERMA-profiler. Omega total was used for its superior accuracy in estimating internal consistency with ordinal data. It also accounts for variance from both the general factor and subscale-specific factors (McDonald, 1999). Reliability values for Omega total are interpreted as follows: .70–.79 as acceptable, .80–.89 as good, and .90 and above as excellent. Cronbach's alpha values of .70 or higher are considered acceptable, with values of .80 or higher regarded as good and .90 or above considered excellent (Nunnally & Bernstein, 1994). Owing to the small number of items in each subscale (mostly three), G6 (SMC) co-efficient was also calculated as a robust and accurate measure of internal consistency. To estimate the potential population parameters of internal consistency, 95% confidence intervals (CIs) for Cronbach's alpha were calculated using both the Feldt and Duhachek methods. Comparison using both methods enhances the understanding of the true reliability range and offers greater confidence in the robustness of the estimates (Feldt, 1965).

In addition to internal consistency metrics, the signal-to-noise ratio (S/N) and standard error of measurement (SEM) were calculated to provide additional insights into the precision and utility of the scale. Despite the absence of universally accepted cut-offs for S/N and SEM , higher S/N values typically indicate better differentiation between individuals, and lower SEM values reflect greater precision in individual scores. These measures were interpreted in the context of the scale's intended use and sample characteristics.

To further examine the reliability and structure of the scale, Mokken scale analysis was conducted. Mokken analysis is a nonparametric method particularly suited for scales with ordinal data and smaller sample sizes

(Mokken, 1971). This is useful for identifying items with poor performance and ensuring robustness of scale structure. The generated scalability coefficients (H) support the assessment of strength of relationships between items. H values above .30 are generally considered acceptable and values above .50 are considered strong (van der Ark, 2012).

3. RESULTS AND DISCUSSION

Participants

Thirty Sinhalese Sri Lankan participants were recruited online by sharing the research poster and survey link on social media platforms. Twenty-five (83.3%) participants were from Sri Lanka whereas two (6.7%) were from Australia. Three participants did not indicate the country of residence. A total of 40% ($n = 12$) of the sample were between the ages 36-45. Most of the sample (73.3%, $n = 22$) were female, and 46.7% ($n = 14$) were married and 36.7% ($n = 11$) were unmarried. Fifty three percent ($n = 16$) of the sample had completed their undergraduate studies, and 46.7% ($n = 14$) were engaged in a full-time job. The majority (96.7%; $n = 29$) were daily internet users.

Missing Values Analysis

An analysis of missing data was conducted on the 23 PERMA items prior to performing further analyses. The overall percentage of missing values across all variables in the dataset was 2.03%. Little's MCAR test was performed to examine the pattern of missing data. The results indicated that the data were missing completely at random (MCAR), $\chi^2(147) = 165.76$, $p = .138$. Since the number of missing values is small, Expectation-Maximisation (EM) was used to impute missing data, which is more suitable over mean substitution, to ensure accuracy in the small sample.

Descriptive Results

The means and standard deviations denoted consistent responding across most question items of the PERMA-Profiler. The highest mean score was obtained for the Meaning subscale question item, "In general, to what extent do you feel that what you do in your life is valuable and worthwhile?". However, higher variability across responses to the question item in the engagement subscale, "How often do you lose track of time while doing something you enjoy?" and the test

item for loneliness, "How lonely do you feel in your daily life?" were observed.

The Meaning subscale had a higher mean ($M = 22.94$, $SD = 5.33$) followed by Engagement ($M = 22.39$, $SD = 5.99$). The mean for Positive Emotions subscale was 21.62 ($SD = 5.65$), Accomplishment subscale was 21.62 ($SD = 5.79$), and Relationships subscale was 21.17 ($SD = 6.91$). The Negative Emotions subscale had the lowest mean of 12.14 ($SD = 6.99$). The mean score for the single-item measure of loneliness was 3.97 ($SD = 3.10$) which can be considered a positive indicator of wellbeing in Sri Lankans.

The prominent role played by religion and/or spirituality in guiding a sense of purpose in the lives of Sri Lankans, where spiritual and psychological wellbeing is inextricably linked (Udayanga, 2021), may in part, account for the above findings. The high scores may also be in part due to sample characteristics, with most participants having higher education and being employed.

No differences in overall wellbeing were found between male and female genders ($U = 63$, $p = .24$). However, significant differences were found between age groups for Overall Wellbeing ($\chi^2 [4]$, $N = 30$) = 10.20, $p = .04$). Post-hoc comparisons using Dunn's test revealed that the 26-35 age group ($M = 10.25$), and the 36-45 age group ($M = 14.21$) reported considerably poorer wellbeing compared to the 46-55 age group ($M = 26.40$, $p = .01$). Significant differences were also observed between age groups for Positive Emotion ($\chi^2 [4]$, $N = 30$) = 12.58, $p = .01$) and Negative Emotion ($\chi^2 [4]$, $N = 30$) = 12.53, $p = .01$). Post-hoc comparisons using Dunn's test revealed that the 18-25 age group ($M = 12.13$), the 26-35 age group ($M = 11.08$), and the 36-45 age group ($M = 14.58$) reported markedly fewer positive emotions compared to the 46-55 age group ($M = 27.80$, $p = .01$). The 18-25 age group ($M = 25.13$) also reported substantially more negative emotions compared to the 46-55 age group ($M = 4.90$, $p < .001$). No differences were observed across age for Engagement ($\chi^2 [4]$, $N = 30$) = 7.40, $p = .12$), Meaning ($\chi^2 [4]$, $N = 30$) = 7.21, $p = .13$), Relationships ($\chi^2 [4]$, $N = 30$) = 5.97, $p = .20$), Accomplishment ($\chi^2 [4]$, $N = 30$) = 7.85, $p = .10$), and Health ($\chi^2 [4]$, $N = 30$) = 5.19, $p = .27$).

Although gender disparities rooted in cultural and institutional biases have potential to adversely impact wellbeing of Sri Lankan women (Chandradasa & Rathnayake, 2019), the findings obtained may be due to the high representation of women in the sample compared to men which limits capacity to detect meaningful differences. However, the significant differences in age groups, with young-adult population experiencing less positive emotion and more negative emotion compared to the middle-aged group reflects a growing problem in Sri Lanka. This finding is in line with evidence of rising mental health concerns including depressive and suicidal tendencies (Thalagala et al., 2014), and distress following Covid-19 and the economic crisis (Shoib et al., 2022). This further underscores the need for a linguistically and culturally relevant assessment tool to screen for poor wellbeing to address this growing crisis among Sri Lankan youth.

Reliability Analysis

Figure 1 presents the McDonald's Omega values for all PERMA-Profiler subscales.

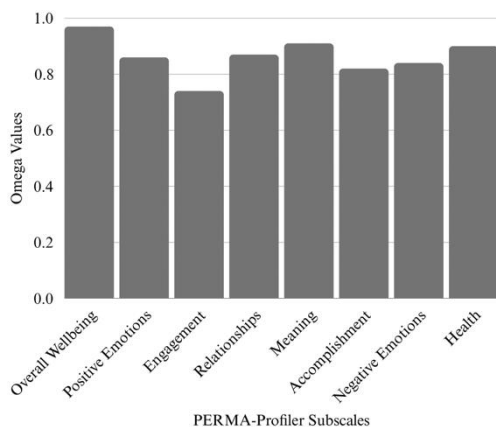


Figure 1: McDonald's Omega Reliability for PERMA-Profiler Subscales

Omega total for the overall wellbeing scale was .97 and Cronbach's alpha was .93, demonstrating excellent internal consistency. Additionally, the Meaning ($\omega_T = .91$; $\alpha = .89$) and Health ($\omega_T = .90$; $\alpha = .90$) subscales also showed excellent internal consistency. The calculated Cronbach's alpha and Omega Total for the other subscales, Positive Emotions ($\omega_T = .86$; $\alpha = .83$), Relationships ($\omega_T = .87$; $\alpha = .84$), and Negative Emotions ($\omega_T = .84$; $\alpha = .83$) also demonstrate good internal consistency. However, the Engagement

subscale ($\omega_T = .74$; $\alpha = .69$) only shows acceptable internal consistency. All subscales except Engagement demonstrate acceptable reliability based on the G6(SMC) scores above .70. Table 1 presents the summary information of the internal consistency metrics.

Table 1: Summary of Internal Consistency Metrics of the Sinhalese PERMA Profiler

Subscale	Omega	G6	Alpha (95% CI)
Overall Wellbeing	.97	.99	.93 (.89-.96)
Positive Emotions	.86	.80	.83 (.69-.91)
Engagement	.74	.66	.69 (.43-.84)
Relationships	.87	.82	.84 (.70-.92)
Meaning	.91	.87	.89 (.81-.95)
Accomplishment	.82	.77	.78 (.60-.89)
Negative Emotions	.84	.78	.83 (.69-.91)
Health	.90	.86	.90 (.81-.95)

Table 2 presents the S/N, SEM, and Mokken's analysis of the PERMA-Profiler and its subscales

Table 2: S/N, SEM, and Mokken's Analysis of the Sinhalese PERMA Profiler

Subscale	S/N	SEM	Mokken H (SE)	Mokken H_i Range
Overall Wellbeing	15.0	0.02	.49 (.07)	.24-.61
Positive Emotions	5.2	0.06	.65 (.09)	.59-.72
Engagement	2.5	0.10	.47 (.16)	.38-.52
Relationships	5.5	0.05	.67 (.13)	.59-.73
Meaning	8.6	0.03	.80 (.04)	.74-.84

Accomplishment	3.4	0.07	.59 (.09)	.40-.67
Negative Emotions	5.1	0.05	.65 (.09)	.61-.68
Health	8.8	0.03	.78 (.06)	.75-.80

The item scalability coefficients (H_i) for overall wellbeing scale ranged from .24 to .61. Notably, item E3, “How often do you lose track of time while doing something you enjoy?”, had a relatively low H_i value of .24, suggesting that it may not be as strongly related to the other items on the scale. The pairwise scalability coefficients (H_{ij}) ranged from -.07 to .95. The “Reliability if an item is dropped” analysis shows that removing E3 would increase the overall alpha coefficient to .94. Altogether, this provides strong evidence that E3 is not a good fit with the other items on the scale and is negatively impacting the overall internal consistency.

The Mokken analysis revealed strong relationships between items in the Positive Emotions, Relationships, Meaning, Accomplishment, Negative Emotions and Health subscales with scalability coefficients above .50. However, the scalability coefficients (H) were considered only acceptable for the Engagement subscale ($H = .47$, $SE = .16$). In the Engagement subscale, the item scalability coefficients (H_i) ranged from .38 to .52 whereas the pairwise scalability coefficients (H_{ij}) ranged from .36 to .70. Additionally, the signal-to-noise ratio (S/N) was 2.5, and the average standard error of measurement (SEM) was .10 for the Engagement subscale. This contrasts with the high S/N and low SEM seen across the other subscales.

Altogether, these findings indicate good internal consistency across four subscales of the PERMA-profiler, namely, Positive Emotions, Relationships, Meaning, and Accomplishments. These results are comparable with the reported internal consistency in the original PERMA-profiler (Butler & Kern, 2016). Together with the variability observed across the samples in the original study (Butler & Kern, 2016), the questionable internal consistency of the Engagement subscale is confirmed by other studies (Giangrasso, 2021; Nie et al., 2024; Ryan et al., 2019). The analysis

of the items in the Engagement subscale revealed that E3 was a poor fit with the other items, and that its removal improved the scale’s psychometric properties. The issue with this item maybe its conceptual divergence from the other items. Although E1 (How often do you become absorbed in what you are doing?) and E2 (In general, to what extent do you feel excited and interested in things?) appear to depict the positive aspects of engagement or a flow state, E3 (How often do you lose track of time while doing something you enjoy?) may be perceived as an evaluation of poor time management or inattention. Moreover, in certain languages such as Spanish, this is seen as conveying a double meaning due to its use of both positive and negative terms (Chaves et al., 2023). While this remains a relevant and distinct component of the autotelic experience that is flow, altering the wording may offer a better chance of accurate measurement of engagement. Additionally, the experience of engagement maybe context specific. For instance, the observation of losing track of time maybe better attributed to activities such as prayer or meditation (Droit-Volet et al., 2019). The collectivistic values embedded in Sri Lankan culture may mean that this could also be better understood within a social setting than during a personal activity. This highlights both the need to rephrase the item, and to explore when, where, and how Sri Lankans experience flow.

While a recent study conducted an initial evaluation of content validity of a Sinhalese translation of the PERMA-Profiler, the reported indices fell below the recommended thresholds, and updated indices were not reported following modifications (Solomons et al., 2024). To ensure linguistic and conceptual equivalence of test items alongside rigorous psychometric testing, the present study developed an independent translation of the PERMA-Profiler into Sinhalese. The translation was developed using an iterative approach in place of traditional back-translation and was subjected to further psychometric testing to assess reliability and scalability. The findings indicate that the developed tool demonstrates improved reliability and contextual relevance for assessing wellbeing.

The present study has some limitations. First, due to its scope as a pilot test, the study was conducted with a small sample that meets the minimum requirements to assess reliability of a questionnaire. While it does not

undermine the utility of the reliability analysis, it does, however, limit the ability to draw conclusions about the gender and age differences across the PERMA domains. Second, generalisability of the latter findings are affected by sample characteristics, where individuals of lower educational levels and lower socioeconomic levels are underrepresented. Finally, the reliability of the 'engagement' subscale was low. Although this has been affirmed by prior studies, further investigation of the cultural relevance of this domain is required in addition to changes to the wording of question items to ensure its utility.

Despite these limitations, this study highlighted the reliability of the Sinhalese-version of the PERMA Profiler to assess wellbeing in Sri Lankans. This has valuable implications for research and practice. This tool enables researchers to compare results with other studies conducted globally and facilitates the evaluation of wellbeing interventions. This tool also enables practitioners to assess changes and track progress in their clients and make informed adjustments to treatment plans. Additionally, it serves as a predecessor to a validation study with a larger sample size improving accuracy and generalisability of findings.

4. CONCLUSIONS

The present study evaluated the reliability of the PERMA Profiler following its translation to Sinhalese language. The findings support the reliability of the Sinhalese-version of the PERMA Profiler for evaluating wellbeing in Sri Lankans. The study also reveals the need for improvements in the Engagement subscale, particularly relating to the item, E3 (How often do you lose track of time while doing something you enjoy?). This tool will be useful for researchers exploring wellbeing among Sri Lankans, and practitioners who require a reliable tool to assess wellbeing in their clients and inform treatment in line with evidence-based practice.

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6. CONFLICTS OF INTEREST

The authors declare that there are no conflicts of interest relevant to this publication.

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