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The State-Trait Model of Cheerfulness: Psychometric Validation, Cross-Cultural Findings, and its Associations with Well-Being

Chloe Lau
Western University, clau263@uwo.ca

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The State-Trait Cheerfulness Inventory (STCI) measures the temperamental basis of humor involving cheerfulness, seriousness, and bad mood. The present research addresses two main objectives to: (1) assess the reliability and validity of the newly constructed measures of the STCI and (2) broaden the understanding of the theoretical framework of the STCI and its association with humor and well-being. The first part provides evidence for the reliability and validity of the English, Italian, and Chinese versions of the STCI. The second part addresses the association between cheerfulness and well-being through the lenses of humor traits, self-esteem and behavioural activation, resiliency, and creativity. The results provide psychometric evidence for the newly developed versions of the tool and new insight that advances a coherent and multifaceted theoretical framework on the pathways in which the state-trait model of cheerfulness is associated with humor and psychological well-being.

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