

## **Psychological Well-Being in Sport: Examining the construct validity of a modified version of the Scales of Psychological Well-Being**

**Background:** Participation in sport can contribute in individuals' physical health, psychological well-being (PWB), and general quality of life (Coakley, 2007). In the sport literature, the majority of studies have failed to distinguish between general well-being and well-being specific to the sport context (Lundqvist, 2011). This is partly because of a lack of sport specific PWB measurement tools; thus the purpose of the present study was to adapt an existing PWB global instrument (i.e., Scales of Psychological Well-Being; Ryff, 1989) for the sport context and examine the construct validity of the modified version of the instrument.

**Methods:** Nine experts assessed the content relevance of each of the modified items of three scales (i.e. Personal Growth through Sport, Purpose in Sport, Self-Acceptance in Sport) of the SPWB. 400 athletes ( $M_{age} = 25.507$ ,  $SD = 7.34$ ), engaged in a variety of sports completed the modified questionnaire. Factorial validity was examined using confirmatory factor analysis (CFA).

**Results:** Taking into account the experts' assessments regarding the content validity of the modified items, 19 out of 42 items were retained with additional modifications. After the items have been finalized, model fit of the hypothesized three-factor model was examined. The data revealed adequate fit to the model. Revision may needed for some items.

**Discussion & Conclusion:** Initial support is provided for the construct validity of SPWB in Sport indicating that the modified instrument is relevant for the sport domain.

**Interdisciplinary Reflection:** Researchers and sport psychology consultants are encouraged to use the SPWB for assessing athletes' PWB. However, more research is needed to further evaluate the validity of the SPWB.

**Keywords:** psychological well-being, construct validity, sport