



The Reliability and Validity of a New Instrument to Measure Joy

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Acknowledgements

Urban Alliance (UA) is a collective impact organization located in East Hartford, Connecticut. Our mission is to create opportunities for people to achieve lasting change in their lives through the collaborative work of churches and organizations in our local community.

Life Model Works is a 501c3 nonprofit that developed the Life Model. This model affirms that attachment is the most powerful force in the human brain. Understanding this inbuilt organizing force allows us to better help people mature and become more like His Son. This understanding allows us to more effectively cooperate with His Spirit to mature as humans and be transformed as followers of Jesus.

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The Reliability and Validity of a New Instrument to Measure Joy

Abstract

To date few instruments exist to measure the construct of joy. According to Life Model, joy occurs in relationship and is the experience of being enjoyed by another. This study explores the reliability and validity of a revised version of the Joy Q, an instrument designed to measure joy. This instrument contains a total of 12 subscales measuring constructs related to increased and decreased joy in one's self and in relation to others. A total of 317 respondents participated in this study. Data suggests that this instrument evidenced strong reliability and validity. This lends support for the use of this instrument in future research and clinical settings.

Introduction

Life Model Works is a nonprofit organization guiding the development and application of the Life Model. They create practical tools for “full-brained, whole-hearted” applications so churches can build authentic community and transform lives. The Life Model is an advanced and proven set of relational and neurotheological practices that transform people's lives and communities. The Life Model contains the right-brained elements of discipleship that produce lasting transformation into the image of Christ.

According to the Life Model, joy occurs in relationships. It is the experience of being enjoyed by another. Joy, when shared, produces strong bonds and loving relationships. The painful absence of joy leaves people disconnected and even depressed. Joy is a biblical concept that is defined as one's understanding that God desires to be in a relationship with them, and He is glad to be with them in their struggles and victories (Wilder, 2013). God offers all people this type of joy as they engage in an abiding relationship with Him. Joy also comes from human relationships that help to reinforce this concept. Further, joy can be understood from a physiological perspective. There are certain parts of the brain, in Life Model referred to as the joy center, that are activated when a person experiences joy (Schoe, 2019a). Taken together, joy is a powerful human experience that has both relational and physiological components, and leads to positive outcomes.

The Revised Joy Q

The Joy Q was originally published in the book, *Joy Starts Here* (2013) by Dr. Jim Wilder. This study explores the reliability and validity of 12 subscales contained in the measure. The Joy Q is not just about the individual (self-scales) but also examines the environment (other-scales). Low-joy environments breed problems and decrease joy.

The self and other Joy and Shalom scales are linked to increased joy.

- **Joy** is genuine delight to be together that is amplified between people. The *Joy-Self Scale* measures joy experienced individually and the *Joy Other-Scale* measures joy experienced in relationships with family, community and culture.
- **Immanuel Shalom** involves the practice of finding peace (that resolves upsets) through God's interactive presence in the moment (as felt in our bodies). The *Immanuel Shalom Self Scale* measures the individual practice of finding peace (that resolves upsets) through God's interactive presence. The *Immanuel Shalom Other Subscale Scale* measures the individual practice of finding peace (that resolves upsets) through God's interactive presence experienced in relationships with family, community and culture.

The Pseudo Joy, Environmental Pseudo Maturity, Pseudo Return to Joy, Environmental Pseudo Shalom scales are linked to decreased joy.

- **Pseudo Joy** describes non-relational ways we feel good and boost our energy (avoiding need for others). The *Pseudo Joy Self Subscale* measures non-relational ways we feel good and boost our energy individually and the *Pseudo Joy Other Subscale* measures non-relational ways we feel good and boost our energy when with family, community and culture.
- **Environmental Pseudo Maturity** describes a fear-based motivation for life. The *Environmental Pseudo Maturity Self Subscale* measures the degree to which a person embodies fear-based motivation for life individually and the *Environmental Pseudo Maturity Other Subscale* assesses the degree to which others (family, community and culture) operate using fear-based motivation.
- **Environmental Pseudo Return to Joy** is a relational context where an image that everything is “just fine” blocks resolution and expression of emotions. The *Environmental Pseudo Return to Joy Self Subscale* measures individual strategies to be “just fine” that block resolution and expression of emotions. The *Environmental Pseudo Return to Joy Other Subscale* measures other’s (family, community and culture) strategies to be “just fine” that block resolution and expression of emotions measures the practices of finding peace (that resolves upsets) through God’s interactive presence with family, community and culture
- **Environmental Pseudo Shalom** is disingenuous, fear-motivated, people pleasing. The *Environmental Pseudo Shalom Self Scale* measures individual disingenuous, fear-motivated, people pleasing. The *Environmental Pseudo Shalom Other Scale* measures disingenuous, fear-motivated, people pleasing in family, community and culture.

Purpose

This study explores the reliability and validity of a revised version of the Joy Q that uses 12 scales to pinpoint where joy is being eroded or grown in a person’s life. Unmet joy needs develop into cravings that decrease or erode joy.

METHODS

Evaluation Design

A total of 317 respondents completed an online survey. Each respondent watched a 3 minutes video describing the concept of joy and was provided with directions specifying the purpose of the survey. The goal of this study to is to explore the reliability and validity of the Revised Joy-Q so it can be used more broadly in research and clinical settings. Three measures were used to examine validity including WHO-5, PQH-9 and the Subjective Happiness Scale.

Survey Instruments

Demographics: Nine questions about demographics were asked including information about gender, age, ethnicity, household composition, faith orientation, and knowledge of the Life Works Model.

Revised Joy Q: A revised version of the Joy Q was used to explore the psychometric qualities of this instrument. This scale is comprised of six constructs Joy (J), Immanuel Shalom (IS), Pseudo Joy (PJ), Environmental Pseudo Maturity (EPM), Environmental Pseudo Return to Joy (EPRJ), Environmental Pseudo Shalom (EPS). Each scale measures the construct related to self and other, which resulted in 12 subscales.

The Joy-Q Self questions consist of a total of 40 items each rated on a Likert scale ranging from “Not at all like me” to “very much like me.” These included Joy-Self (J-S), Immanuel Shalom-Self (IS-S), Pseudo Joy Self (PJ-S), Environmental

Pseudo Maturity Self (EPM-S), Environmental Pseudo Return to Joy Self (EPRJ-S), and Environmental Pseudo Shalom Self (EPS-S).

The Joy-Q Other questions consist of a total of 40 items each rated on a Likert scale ranging from “Not at all true” to “very much true.” These included Joy-Other (J-O), Immanuel Shalom-Other (IS-O), Pseudo Joy Other (PJ-O), Environmental Pseudo Maturity Other (EPM-O), Environmental Pseudo Return to Joy Other (EPRJ-O), and Environmental Pseudo Shalom Other (EPS-O).

A complete list of items is included in the appendix.

WHO-5: The World Health Organization- Five Well-Being Index (WHO-5) is a short self-reported measure of current mental wellbeing. This scale consists of five items each rated on a 4-point Likert scale ranging from “not at all” to “nearly everyday.” (Topp, Østergaard, Søndergaard, & Bech, 2015).

PHQ-9: The Patient Health Questionnaire (PHQ-9) is a short self-reported measure of current depression. This scale consists of 9 items each rated on a 5-point Likert scale ranging from “at no time” to “all of the time.” The PHQ-9 has been found to have adequate validity in screening for depression and suggests the following cut offs: 5-9 mild depression, 10-14 moderate depression, 15+ moderately severe or severe (Topp, Østergaard, Søndergaard, & Bech, 2015).

Subjective Happiness Scale: The SHS is a 4-item scale of global subjective happiness. Each item is rated on a 7-point Likert scale. Two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them. Happy people are describes as, “They enjoy life regardless of what is going on, getting the most out of everything.” This measure has evidence reliability and validity in past research (Lyubomirsky & Lepper, 1999)

RESULTS

Demographic Data

Three hundred and seventeen (n = 317) respondents completed the questionnaire.

The majority of respondents were females (n = 243, 76.3%). Most described themselves as White (n = 274, 90%), 50-59 years old (n = 82, 25.8%) or 60+ (n = 149, 47.0%) and were very familiar with Life Works Model (n = 174, 54.9%). Most reported that they were Christian (n = 314, 98.7%) and that their faith was very important to them (n = 299, 94%). See Table 1 for more details.

Table 1. Respondent Characteristics

Gender (n=317) Female: 76.3% Male: 23.7%	Household (n=317) Adult in household: Children in household:
Age (n=317) 21-29 years: .9 % 30-39 years: 8.2 % 40-49 years 18.0 %	To what degree are you familiar with Life Works Model? (n=317) Not at all: 2.2% A little: 42.9%

50-59 years: 25.9%	Very familiar: 54.9%
60+: years 47.7%	
Ethnicity (n=317)	Which best describes your faith? (n=317)
Latino/a or Hispanic: 2.5%	Christian: 98.7%
White: 90%%	New Age: .6%
Asian: 3.4%	
Black or African American: 3.8 %	How important is your faith to you? (n=317)
	Extremely Important: 94%
	Very Important 5.7%
	Somewhat Important: 0
	Not too important: 0
	Not at all important: .3%

Tables 2 and 3 provides reliability scores for each Joy Q subscale. Cronbach's alpha is a measure of internal consistency that assesses how closely related a set of items are as a group and is an important measure of scale reliability. Scores range from 0-1 with higher alpha coefficients indicating greater reliability.

The following guidelines can be used to determine the reliability of a scale:

- 0.6–0.65: Undesirable
- 0.65–0.70: Minimally acceptable
- 0.70–0.80: Acceptable
- 0.80–0.90: Very good
- Above 0.90: Excellent.

Table 2. Reliability Coefficients for Joy Q Subscales

Cronbach's α were calculated for each subscale. Items were removed that detracted from the overall score. All scale items, included those that were removed are included in the appendix. These findings demonstrate that all subscales fell within the acceptable and very good range. This suggests all subscales have adequate internal consistency. See Tables 2 and 3 for Cronbach's alpha scores for each subscale. See the Appendix for a complete listing of items and subscales.

Table 2. Cronbach Alpha Scores for each Joy Q Self Subscale

Subscale	<i>n</i>	Items	Cronbach's α
Joy-Self	287	7	.87
Immanuel Shalom - Self	290	7	.90
Pseudo Joy - Self	294	7	.76
Environmental Pseudo Maturity - Self	294	5	.83
Environmental Pseudo Return to Joy - Self	294	4	.76
Environmental Pseudo Shalom - Self	290	7	.82

Table 3. Cronbach Alpha Scores for each Joy Q Other Subscale

Subscale	<i>n</i>	Items	Cronbach's α
Joy-Other	287	6	.84
Immanuel Shalom - Other	263	5	.76

Pseudo Joy - Other	263	7	.72
Environmental Pseudo Maturity - Other	265	4	.81
Environmental Pseudo Return to Joy - Other	261	6	.72
Environmental Pseudo Shalom - Other	265	6	.81

Validity of the Joy Q

Bivariate Correlations

A series of bivariate correlations were run to explore the relationship between Joy Q subscales, as well as Joy Q subscales and validated measures for related constructs. Joy and Immanuel Shalom were statistically significantly correlated with higher well-being scores and lower depression scores. Conversely, Pseudo Joy, Environmental Pseudo Maturity, Environmental Pseudo Return to Joy, Environmental Pseudo Shalom subscales were statistically significantly correlated with lower well-being scores and higher depression scores. This was true for both self and other subscales. These correlations were in expected directions and lend support for the validity of the measure. See Tables 4 and 5.

Table 4. Bivariate Correlations between Joy Q Self Scales and Validated Measures

	PHQ-9	WHO-5	SHS
Joy-Self	-.49**	.63**	.024
Immanuel Shalom - Self	-.64**	.73**	-.06
Pseudo Joy - Self	.662**	-.49**	-.09
Environmental Pseudo Maturity - Self	.60**	-.59**	-.03
Environmental Pseudo Return to Joy - Self	.56**	-.57**	-.07
Environmental Pseudo Shalom - Self	.60**	-.56**	-.03

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Table 5. Bivariate Correlations between Joy Q Other Scales and Validated Measures

	PHQ-9	WHO-5	SHS
Joy-Other	-.553**	.635**	.071
Immanuel Shalom - Other	-.514**	.623**	.174**
Pseudo Joy - Other	.328**	-.192**	-.032
Environmental Pseudo Maturity - Other	.494**	-.409**	-.007
Environmental Pseudo Return to Joy - Other	.56**	-.491**	-.12
Environmental Pseudo Shalom - Other	.576**	-.518**	.116

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Comparing Means for Joy Q, Depression and Well-being

A series of ANOVA's were run to compare the Joy Q means scores for different groups. The WHO-5 and PHQ-9 are standardized measures with cutoff scores derived from national data sets. These analyses lend further support for the validity of the Joy Q subscales.

Depression, Well-being and Joy Q Self Subscales

The WHO-5 and PHQ-9 are standardized measures with cutoff scores derived from national data sets. The PQH has cut-off scores for various levels of depression (no depression, mild, moderate and severe). Research suggests that individuals who score above a 50 on the WHO-5 evidence well-being. Between group differences were explored for each of the 12 Joy-Q Scales for these various groups.

An ANOVA demonstrates statistically significant differences between individuals with no depression, mild depression, moderate/severe depression for each of the Joy Q Self subscales. These statistics are included in Tables 6 and 8 and show that Joy and Immanuel Shalom subscales were statistically significantly related to the level of depression. Post hoc analyses show that individuals with higher levels of depression indicated lower Joy and Immanuel Shalom Pseudo scores and higher Environmental Pseudo Maturity, Environmental Pseudo Return to Joy, Environmental Pseudo Shalom scores.

Further, an ANOVA demonstrates statistically significant differences between individuals with high verse low well-being for each of the Joy Q Self subscales. These statistics are included in Tables 7 and 8 and show that Joy and Immanuel Shalom subscales were statistically significantly related to the level of well-being. Post hoc analyses show that individuals with higher levels of well-being indicated higher Joy and Immanuel Shalom Pseudo scores and lower Environmental Pseudo Maturity, Environmental Pseudo Return to Joy, Environmental Pseudo Shalom scores.

Table 6. ANOVA Table (Mean Joy-Q Self Scores X Levels of Depression (None, Low, Moderate/Severe))

		Sum of Squares	df	Mean Square	F	p value
J-Self	<i>Between Groups</i>	123.5	2	61.7	32.1	.000
	<i>Within Groups</i>	499.8	260	1.9		
	<i>Total</i>	261.3	262			
IS - Self	<i>Between Groups</i>	261.3	2	130.7	67.2	.000
	<i>Within Groups</i>	505.8	260	1.9		
	<i>Total</i>	767.8	262			
PJ - Self	<i>Between Groups</i>	172.8	2	86.4	57.51	.000
	<i>Within Groups</i>	390.3	260	1.5		
	<i>Total</i>	563.1	262			
EPM - Self	<i>Between Groups</i>	351.7	2	175.86	63.41	.000
	<i>Within Groups</i>	721.1	260	2.77		
	<i>Total</i>	1072.8	262			
EPRJ - Self	<i>Between Groups</i>	323.4	2	161.69	51.79	.000
	<i>Within Groups</i>	811.8	260	3.12		
	<i>Total</i>	1135.2	262			
EPS-Self	<i>Between Groups</i>	258.3	2	129.14	63.89	.000
	<i>Within Groups</i>	525.51	260	2.02		
	<i>Total</i>	783.8	262			

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Table 7. ANOVA Table (Mean Joy-Q Self Scores X Well-being - High vs. Low)

		Sum of Squares	df	Mean Square	F	p value
J-Self	<i>Between Groups</i>	162.38	1	162.34	91.93	.000
	<i>Within Groups</i>	460.90	261	1.76		
	<i>Total</i>	623,26	262			
IS - Self	<i>Between Groups</i>	279.92	1	279.92	149.92	.000
	<i>Within Groups</i>	487.28	261	1.86		
	<i>Total</i>	767.21	262			
PJ - Self	<i>Between Groups</i>	79.91	1	79.91	43.17	
	<i>Within Groups</i>	483.18	261	1.85		
	<i>Total</i>	563.10	262			
EPM - Self	<i>Between Groups</i>	276.04	1	276.04	90.42	.000
	<i>Within Groups</i>	796.80	261	3.05		
	<i>Total</i>	1072.83	262			
EPRJ - Self	<i>Between Groups</i>	299.01	1	299.01	93.32	.000
	<i>Within Groups</i>	836.20	261	3.20		
	<i>Total</i>	1135.21	262			
EPS-Self	<i>Between Groups</i>	193.70	1	193.70	85.67	.000
	<i>Within Groups</i>	590.09	261	2.26		
	<i>Total</i>	783.79	262			

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Table 8. Post-hoc Analyses for Joy-Q Self Scores X Levels of Depression and Well-being

	Depression Level				Well-being			
		<i>n</i>	<i>MN</i>	<i>sd</i>		<i>n</i>	<i>MN</i>	<i>sd</i>
J-Self	<i>None</i>	148	7.83	1.30	High	176	7.83	1.48
	<i>Low</i>	79	6.86	1.44	Low	87	6.17	1.24
	<i>Moderate/Severe</i>	36	5.95	1.59				
IS-Self	<i>None</i>	148	8.28	1.24	High	176	8.18	1.27
	<i>Low</i>	79	6.76	1.54	Low	87	7.46	1.71
	<i>Moderate/Severe</i>	36	5.62	1.61				
PJ-self	<i>None</i>	148	3.19	1.07	High	176	3.50	1.35
	<i>Low</i>	79	4.56	1.44	Low	87	4.67	1.37
	<i>Moderate/Severe</i>	36	5.24	1.27				
EPM- Self	<i>None</i>	148	3.80	1.51	High	176	6.21	1.73
	<i>Low</i>	79	5.56	1.87	Low	87	4.03	1.76
	<i>Moderate/Severe</i>	36	6.91	1.77				
EPRJ-Self	<i>None</i>	148	4.23	1.78	High	176	4.41	1.88
	<i>Low</i>	79	5.98	1.80	Low	87	6.68	1.57
	<i>Moderate/Severe</i>	36	7.17	1.59				
EPS-Self	<i>None</i>	148	3.59	1.30	High	176	3.78	1.48
	<i>Low</i>	79	4.98	1.64	Low	87	5.60	1.54
	<i>Moderate/Severe</i>	36	6.33	1.40				

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Depression, Well-being and Joy Q Other Subscales

Between group differences were explored for each of the 12 Joy-Q Other Scales for these various groups.

An ANOVA demonstrates statistically significant differences between individuals with no depression, mild depression, moderate/severe depression for each of the Joy Q Other subscales. These statistics are included in Tables 9 and 11 and show that Joy and Immanuel Shalom subscales were statistically significantly related to the level of depression. Post hoc analyses show that individuals with higher levels of depression indicated lower Joy and Immanuel Shalom Pseudo scores and higher Environmental Pseudo Maturity, Environmental Pseudo Return to Joy, Environmental Pseudo Shalom scores.

Further, an ANOVA demonstrates statistically significant differences between individuals with high verse low well-being for each of the Joy Q Other subscales. These statistics are included in Tables 10 and 11 and show that Joy and Immanuel Shalom subscales were statistically significantly related to the level of well-being. Post hoc analyses show that individuals with higher levels of well-being indicated higher Joy and Immanuel Shalom Pseudo scores and lower Environmental Pseudo Maturity, Environmental Pseudo Return to Joy, Environmental Pseudo Shalom scores.

Table 9. Mean Joy-Q Other Scores X Levels of Depression (None, Low, Moderate/Severe)

		Sum of Squares	df	Mean Square	F	p value
J-Other	<i>Between Groups</i>	164.62	2	82.31	39.91	.000
	<i>Within Groups</i>	536.19	260	2.06		
	<i>Total</i>	700.81	262			
IS - Other	<i>Between Groups</i>	188.33	2	94.17	38.79	.000
	<i>Within Groups</i>	628.70	260	2.43		
	<i>Total</i>	817	262			
PJ - Other	<i>Between Groups</i>	61.59	2	30.78	14.21	.000
	<i>Within Groups</i>	563.43	260	2.17		
	<i>Total</i>	625.03	262			
EPM - Other	<i>Between Groups</i>	173.71	2	86.86	31.61	.000
	<i>Within Groups</i>	706.15	260	2.74		
	<i>Total</i>	879.87	262			
EPRJ - Other	<i>Between Groups</i>	215.38	2	107.69		.000
	<i>Within Groups</i>	538.06	260	2.07		
	<i>Total</i>	753.44	262			
EPS- Other	<i>Between Groups</i>	254.92	2	127.46	58.74	.000
	<i>Within Groups</i>	564.15	260	2.17		
	<i>Total</i>	819.07	262			

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Table 10. Mean Joy-Q Other Scores X Well-being (High vs. Low)

		Source	SS	MS	F	p value
J-Other	<i>Between Groups</i>	201.11	1	201.11	105.04	.000
	<i>Within Groups</i>	499.70	261	1.91		
	<i>Total</i>	700.81	262			
IS - Other	<i>Between Groups</i>	228.67	1	228.67	101.05	.000
	<i>Within Groups</i>	228.67	261	2.26		
	<i>Total</i>	817.04	262			
PJ - Other	<i>Between Groups</i>	8.23	1	8.22	3.48	.063
	<i>Within Groups</i>	616.80	261	2.36		
	<i>Total</i>	625.80	262			
EPM - Other	<i>Between Groups</i>	103.93	1	103.93	34.55	.000
	<i>Within Groups</i>	775.93	261	3.00		
	<i>Total</i>	879.86	262			
EPRJ- Other	<i>Between Groups</i>	147.30	1	147.30	63.43	.000
	<i>Within Groups</i>	606.15	261	2.32		
	<i>Total</i>	753.44	262			
EPS-Other	<i>Between Groups</i>	163.54	1	163.54	65.11	.000
	<i>Within Groups</i>	655.52	261	2.51		
	<i>Total</i>	819.06	262			

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

Table 11. Post-hoc Analyses for Joy-Q Other Scores X Levels of Depression and Well-being

Subscale	Depression Level				Well-being			
		<i>n</i>	<i>MN</i>	<i>sd</i>		<i>n</i>	<i>MN</i>	<i>sd</i>
J-Other	<i>None</i>	148	8.04	1.24	High	176	8.00	1.16
	<i>Low</i>	79	6.83	1.56	Low	87	6.14	1.74
	<i>Moderate/Severe</i>	36	5.93	1.84				
IS-Other	<i>None</i>	148	7.25	1.43	High	176	7.18	1.49
	<i>Low</i>	79	5.79	1.72	Low	87	5.19	1.53
	<i>Moderate/Severe</i>	36	5.25	1.64				
PJ-Other	<i>None</i>	148	2.65	1.22	High	176	2.90	1.34
	<i>Low</i>	79	3.30	1.56	Low	87	3.28	1.86
	<i>Moderate/Severe</i>	36	4.00	2.08				
EPM- Other	<i>None</i>	148	2.88	1.46	High	176	3.07	1.63
	<i>Low</i>	79	3.98	1.84	Low	87	4.42	1.92
	<i>Moderate/Severe</i>	36	5.20	1.97				
EPRJ-Self	<i>None</i>	148	3.56	1.32	High	176	3.73	1.46
	<i>Low</i>	79	4.71	1.55	Low	87	5.32	1.64
	<i>Moderate/Severe</i>	36	6.13	1.62				
EPS-Other	<i>None</i>	148	3.04	1.31	High	176	3.27	1.51
	<i>Low</i>	79	4.44	1.65	Low	87	5.00	1.72
	<i>Moderate/Severe</i>	36	5.76	1.66				

Note: $p < .05^*$; $p < .01^{**}$; $p < .001^{***}$

CONCLUSION

This study explored the reliability and validity of a revised version of the Joy Q. The Joy Q is comprised of 12 subscales that pinpoint where joy is being eroded or grown in a person's life.

The Joy Q Evidenced Reliability. A series of Cronbach's alpha coefficients were run to explore the reliability of each subscale. Each subscale evidenced acceptable or very good scores. This suggests reliability for each of the 12 subscales.

The Joy Q Evidenced Validity. The Joy Q was related to the constructs of depression and well-being in expected directions. This was supported by bivariate correlations as well as ANOVAs. Individuals with higher levels of depression, evidenced lower levels of Joy and Immanuel Shalom and higher levels of Environmental Pseudo Maturity, Environmental Pseudo Return to Joy, Environmental Pseudo Shalom scores for both the self and other scales.

Future Research

Based on these findings, this instrument evidenced adequate psychometrics to be used in future research studies and in clinical settings to assess constructs related to joy. Additional research is needed to test this measure with more diverse samples. This study sampled a population that was primarily Caucasian, familiar with Life Model and Christian. Future research should test this instrument with a sample comprised of different ethnic groups or who are less familiar with Life Works Model to see if these findings hold.

APPENDIX: JOY Q – SCALE ITEMS AND ALPHAS

Joy-Self	
I regularly make myself smile remembering things and people I like.	
Children usually like me	
I express my appreciation frequently.	
I constantly feel joy.	
I find it easy to be content.	
People often comment on my cheery voice or face.	
Young children people make me smile.	.
	.87
Joy-Other	
After people talk with me about problems they feel hopeful and creative.	
I constantly feel joy when interacting with my family.	
I really look forward to seeing the people I see each day	
My family believes in me.	
I regularly enjoy meals with my people.	
I regularly find new things I like about people.	
Few of the people I know are really hopeful and happy.	
	.84

Pseudo Joy -Self	
I try to keep my mistakes a secret.	
Relationships feel very confusing to me.	
I often keep doing things in secret that make me feel ashamed.	
I can't let go of a past relationship.	
This past week, I craved things that are not good for me most days.	
I keep problems to myself.	
I try to keep a good image of myself in front of others.	.
	.76
Pseudo Joy -Other	
We spend/shop too much.	
I think that someone at home is trying to keep certain behaviors secret.	
I think that someone at home has binges or abuses. power.	
Our diet is too high in comfort foods.	
I am close to many people who abuse prescriptions, drugs or alcohol.	
Most people I know are either fighting cravings or giving in to them.	
I think that someone at home is out of control or abuses power.	
	.72

Environmental Pseudo Maturity -Self	
I am often tired but force myself to keep going.	
My life is more shaped by my fears than my dreams.	
I motivate myself by remembering what happens if I don't do something.	
I make decisions to keep others from being mad at me	
I feel anxious when I think about disappointing others.	
	.83
Environmental Pseudo Maturity -Other	
At home, we hide weaknesses from others.	
We frequently worry about what others will think of us.	
People here act tough.	
We spend a lot of time distracting or entertaining ourselves.	
In our family, the same person is always the responsible one.	
	.82

Environmental Pseudo Return to Joy -Self	
When I feel ashamed, I want to be alone.	
Fear often limits or directs what I do.	
I would rather be hurt than be alone.	
I don't like the way I want to act when I am angry or afraid	
I work hard to avoid being embarrassed.	
When I am upset I turn it over to God and try to forget about it	
I would rather be misunderstood than be alone	
	.76
Environmental Pseudo Return to Joy -Other	
I know people who smile at each other but secretly carry a grudge.	
Some people at church have not spoken to each other for years.	
Our family tries to look like everything is fine when we are in public.	
People make me angry but I don't let them know.	
I don't like the way I want to act around others when I am angry or afraid	
I don't ask people to pray with me when I feel stuck or upset.	
	.72

Immanuel Shalom -Self	
Every time something bothers me I talk with God until I feel better.	
I generally like who I am.	
I feel God with me.	
Prayer helped me see others differently many times this last year	
I feel appreciation most of the day.	

I can clearly tell of times when God changed my perspective	
Most of the time I feel very peaceful inside.	
	.90
Immanuel Shalom -Other	
My church family helps me find God's perspective when I am distressed.	
When things go wrong at church we still feel peaceful.	
Love often moves me out of my comfort zone with others.	
Most places I go I feel very peaceful inside.	
God often clearly changes my perspective about others.	
When I am upset I try to find someone who will listen to my side of the story.	
	.76

Environmental Pseudo Shalom -Self	
I "give in" to keep the peace.	
I do my best to avoid people who annoy me.	
I try hard to keep people from being angry.	
I have trouble getting my heart to match what I know is right.	
I keep my feelings to myself.	
I wonder if I am a disappointment to God.	
Although I have worked very hard live a good life, it is hard to sustain.	
	.82
Environmental Pseudo Shalom -Other	
We are very conscious of the image we project to others.	
We often find it necessary to portray things as better than they are	
We would rather leave issues unresolved than make someone upset.	
I often feel like I am "walking on eggshells" around people	
When we pray I'm not sure if God is even listening.	
I often feel tired of trying to measure up.	
My parents never fought that I know about.	
	.81

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