

Case 2. Theory and objectives

Subjective vitality is a self-reported indicator of well-being widely used in applications of Self-determination theory, a prototypical example of a positive psychology theory. It can be measured through the Subjective Vitality Scale (SVS, Ryan and Frederick, 1997; Spanish adaptation by Molina-García, Castillo and Pablos, 2007). The items (see Table 1) are rated in a 7-point Likert scale with anchors ranging from «Not at all true» to «Very true». Individual responses are averaged over items so that higher scores reflect higher perceived subjective vitality.

All items belonging to SVS are considered indicators of the single construct of subjective vitality and thus they are expected to conform with a single factor. No theoretical reasons or previous empirical evidence suggest any additional restrictions on the measurement model.

The objective of the present exercise is twofold. First, we seek to obtain empirical evidence of the unidimensionality of the SVS items after condensing the response scale to 5 points, and second, to estimate the internal consistency reliability of the mean scores. The data set Case2.txt contains the simulated responses of 600 independent participants.

Table 1. Items from the SVS to be analysed in Case 2

Item	Content
Y1	I feel alive and vital.
Y2	Sometimes I am so alive I just want to burst.
Y3	I have energy and spirit.
Y4	I look forward to each new day.
Y5	I nearly always feel awake and alert.
Y6	I feel energized.

References

- Molina-García, J., Castillo, I., y Pablos, C. (2007). Bienestar psicológico y práctica deportiva en universitarios [Psychological well-being and sport practice in university students]. *Motricidad. European Journal of Human Movement*, 18, 79-91.
- Ryan, R.M., y Frederick, C. (1997). On energy, personality and health: Subjective vitality as a dynamic reflection of well-being. *Journal of Personality*, 65, 529-565.