

# Validity Evidence for the Salutogenic Wellness Promotion Scale (SWPS)

Craig M. Becker, PhD; Justin B. Moore, PhD; Lauren Whetstone, PhD;  
Mary Glascoff, EdD; Elizabeth Chaney, PhD; Michael Felts PhD;  
Laura Anderson, PhD

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**Objectives:** To test the validity, reliability, and uses of the multidimensional Salutogenic Wellness Promotion Scale (SWPS). **Methods:** Self-reported (n=2140) demographic and scale data from a large university (23,000+ students) were collected and analyzed. Dependent measures included grade point average (GPA) and perceived health. **Results:** Analyses confirmed the SWPS's 7-factor multidimensional structure and its use for describing and predicting associated out-

comes. The analyses of frequency distributions, means, correlations, and regressions found significant relationships between measured health behaviors, perceived health, and GPA. **Conclusions:** The SWPS provides valid and reliable information about positive health potential for research and field health professionals.

**Key words:** health assessments, positive health, salutogenesis, health promotion, health status

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