Chapter V

Phase III - Development of a Self-report Measure on Equanimity in the Indian Context

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Introduction to Chapter V

This chapter focuses on phase III of the research. Based on the in-depth findings from the qualitative study, phase III of the study focuses on the development of a self-report measure of equanimity in the Indian context. The objectives of Phase III of the research are elaborated below:

5.1. Objectives of Phase III of the Study: Scale Development on Equanimity

1. To develop a self-report measure of equanimity in the Indian context
2. To identify and define the scale's underlying factors and commonalities to better understand the concept of equanimity in the Indian context
3. To establish the convergent validity of the scale with relevant psychological constructs

5.2. Rationale for Scale Development:

Most of the scales on equanimity in the review of literature, have focused on equanimity towards hedonic experiences. Findings from the qualitative research indicated that equanimity also entails an even-mindedness and feeling of inter-connectedness towards all beings. The developed scale would encompass both these aspects of equanimity.

5.3. Development of the Scale:

Phase I of the research focused on the analysis of equanimity in the Bhagavad Gita and Buddhism and phase II of the research focused on understanding equanimity through in-depth interviews with 30 experts. Based on the findings from the qualitative research, the researchers operationalized equanimity as even-mindedness towards the varied affective and hedonic experiences. This even-mindedness is also understood in the context of reduced bias and impartiality towards all beings. The extensive findings from the qualitative study guided the researchers in assessing the items which best represented equanimity and in the development of the scale on equanimity.

The first step in the development of the scale on equanimity entailed a review and evaluation of the existing scales on equanimity. A review was conducted to search for the scales which measured equanimity and three scales were found:

1) Equanimity Scale EQUA-S (Juneau et al., 2020)
2) Scale for measuring Samatva (Mishra, 2018)
3) Equanimity Scale-16 (Rogers et al., 2021)

The three scales were evaluated as follows in Table 9 below:

Table 9

Evaluation of the Existing Scales on Equanimity

	Equanimity Scale (Juneau et al., 2020)	**Scale for Samatva (Mishra, 2018)**	**Equanimity Scale-16 (Rogers et al., 2020)**
Number of items	14	32	16
Dimensions	1. Even-mindedness 2. Hedonic Independence	1. Established in Yoga 2. Complete Non-attachment 3. Even-mindedness	1. Experiential Acceptance 2. Non-reactivity
Validated in	France	India	Australia
Conceptualization	The conceptualization of equanimity is similar to the findings of the qualitative study	The first two sub-scales lean towards the context of yoga and non-attachment. The Even-mindedness sub-scale is similar to the findings of the qualitative study	The items in this scale have been selected from already existing mindfulness scales and measures of related constructs
Item suitability	Item wording is moderately simple to understand and few items may need modification.	Item wording is easy to understand and relatable	The items are complex and require a higher reading level which may be difficult to administer to a general population

In the beginning, the three scales formed an initial item pool of 62 items. Instead of developing an entirely new scale, items were selected from these scales as the items in the above scales were theoretically consistent with the researcher's definition of equanimity, and developing new items would have required an approximate replication of these items.

5.3.1. Selection of the Items

From the pool of 62 items, a two-point criterion was framed for the selection of the items:

i) Items that are the most theoretically consistent with the researcher's conceptualization

ii) Items that are not abstract, have high readability, and are easy to understand

Based on the above criteria, a total of 18 items were selected from the initial pool of 62 items. Four items were selected from Mishra's scale (2018) and all 14 items were selected from Juneau's Scale (2020). Consent was obtained from both the authors of the scales, to use their items in the research. Items were not chosen from Roger's scale as they were considered complex and require a higher reading level.

5.3.2. Modifications of the Items of the Scale

Minor adjustments to the wording of some items were made to make items simpler and understandable in the Indian context. Certain words/phrases in the items which may not be comprehensible in the Indian context were reframed. The details of the modifications made in the items are outlined in Table 10 below.

Table 10

Modification of the Items of the Scale

Reference	Original item	Modified item
Mishra scale (2018)	I cannot bear criticism	I cannot tolerate criticism.
Mishra scale (2018)	I crave success	I have a high need for success
Mishra scale (2018)	I feel elated when someone praises me	I feel overjoyed when someone praises me
Mishra scale (2018)	I feel stressed with my failures	No modification in item

Juneau et al. scale (2020)	Whatever happens, I remain serene	Whatever happens in any situation, I remain calm
Juneau et al. scale (2020)	I am not easily disturbed by something unexpected	No change
Juneau et al. scale (2020)	I can't hardly tolerate uncomfortable emotions	It is difficult for me to tolerate uncomfortable emotions such as sadness, anger, and anxiety
Juneau et al. scale (2020)	I can easily get carried away by an annoyance	I can easily get carried away when I feel annoyed/irritated
Juneau et al. scale (2020)	I feel that I am a calm person even in moments of stress and tension	No modification in item
Juneau et al. scale (2020)	Stress situations emotionally disturb me	I get emotionally disturbed in stressful situations
Juneau et al. scale (2020)	It's hard for me to be serene during the difficult moments of everyday life	It is hard for me to remain calm during the difficult moments/situations of everyday life.
Juneau et al. scale (2020)	I feel that problems in my life are temporary and that they have solutions.	I feel that most of the problems in my life are temporary and can be solved.
Juneau et al. scale (2020)	When I look forward to doing something pleasant, I can only think about it	When I look forward to a situation or something pleasant, I keep thinking about it
Juneau et al. scale (2020)	When I anticipate a situation or something that I like I get very excited	When I look forward to a situation or something that I like, I get very excited
Juneau et al. scale (2020)	When I desire an object, I feel a strong attraction to get it quickly	When I want something, I feel a strong desire to get it quickly
Juneau et al. scale (2020)	I am very excited when I am given something pleasant like a good surprise or a gift or when	I get very excited when I am given something pleasant like a good gift or when something pleasant happens to me

	something pleasant happens to me	
Juneau et al. scale (2020)	I often wish to prolong the moments when I feel a strong pleasure	I often wish to prolong/extend the moments when I have very pleasurable experiences
Juneau et al. scale (2020)	I can't stop doing something I like	It is difficult for me to stop doing something that I like

5.3.3. Framing of New Items

The findings from the qualitative research in both Phase I and Phase II stressed equanimity towards all living beings. This aspect has not been covered in any of the scales reviewed so far as they all focus on equanimity towards hedonic experiences. To fill this gap, eight items were initially created to assess equanimity as an even-minded outlook towards individuals.

These eight items were sent to the following three experts for content and face validation:

- A senior Buddhist monk
- A professor of Indian Psychology
- A senior meditation teacher

The experts were asked to assess the eight items with respect to the appropriateness of the content, clarity in wording, and relevance. After consultation with the three experts and implementation of their feedback, five items were finalized as given below:

1) I believe all human beings from different religions, gender, economic background are essentially equal
2) I believe all human beings are connected to one another
3) I feel a sense of oneness with all other individuals in terms of one family or humanity with all individuals
4) I have strong likes/dislikes and preferences towards certain individuals
5) I regard certain people as my enemies

Thus, the final scale consisted of a total of 23 items. All the items on the scale were to be rated on a five-point Likert scale. In addition to the developed scale, the data collection instrument also included scales on the psycho-social health variables of equanimity (emotional reactivity,

neuroticism, loneliness, social media addiction, well-being). Emotional reactivity was assessed using the Perth Emotional Reactivity Scale- Short form (Preece et al., 2018), neuroticism was assessed using the neuroticism dimension in the Big Five Inventory (John & Srivastava, 1999), loneliness was assessed using the UCLA Loneliness Scale (Neto, 2014), social media addiction was assessed using the Bergen Social Media Addiction Scale (Andreassen et al., 2016) and well-being was assessed using the Mental Health Continuum Short Form (Keyes, 2009). The further details of these scales and their psycho-metric properties are provided in Chapter VI under section 6.4.2.

5.3.4. Pilot Study

The 23- item scale on equanimity and the other tools chosen for validation were pilot-tested on 44 participants and their feedback was obtained for the clarity and comprehensibility of the statements. The feedback obtained in the pilot study and the modifications made accordingly is outlined in Table 11 below.

Table 11

Feedback from the Pilot Study

S. No	Feedback from Participants	Modifications Done
1	Do not understand the meaning of the term equanimity in the introductory note on the first page	Added one line explaining what is equanimity in the introductory paragraph - Equanimity (Samatva in Sanskrit) is the ability to be calm and balanced in all situations of life.
2	In gender – give 'others' option instead of just male, female (mentioned by 3 participants)	Added Others as an option in the item related to Gender
3	There is one typo in the first section which says indicate how much 'your' instead of you	Modified the typo
4	I got confused because in some	All the scales were set in the same direction: Strongly Disagree to Strongly Agree

	questions, categories Strongly agree started from the left side and in some started from the right side (mentioned by 3 participants)	
5	At the end of the survey, in the thank, you message one can also give references to either our work or popular articles in this space.	Reference to a highly cited research paper on equanimity was provided at the end of the survey.

5.4 Data Collection

The research was approved by the Faculty Research Committee and the Research and Consultancy Cell of the university. All the ethics relevant to the research process were duly followed.

Due to the prevailing pandemic situation, the researcher was not able to access majority of the participants personally. Hence, Google forms were created in both English (Attached in Appendix B) and Hindi (Attached in Appendix C). For the Hindi version of the survey, translation and back translations were carried out by two independent professional translators to establish transliteral equivalence.

The google forms of English and Hindi version of the survey were circulated to the researcher's contacts through networking platforms such as Gmail, LinkedIn and WhatsApp. The first page of the research form contained all the details about the research, as follows: (Attached in Appendix B)

- The information and details about the study
- Right to voluntary participation in the study
- Right of the participant to withdraw at any point
- Information about any risks/benefits of participation in the study
- Confidentiality and anonymity of participants responses
- Information about the presentation of data (conference presentations and publications)
- Email id of researcher for any queries or doubts

After reading this first page, the participants were asked to indicate their informed consent to participate in the study. Thus, in both the qualitative and quantitative research, the ethics such as informed consent and confidentiality were duly followed.

The total number of responses collected for the English version of the survey was 812 and for the Hindi version of the survey was nine. A total of fifteen forms were also collected in person. Thus, the total sample consisted of 836 participants.

5.4.1. Sample Description

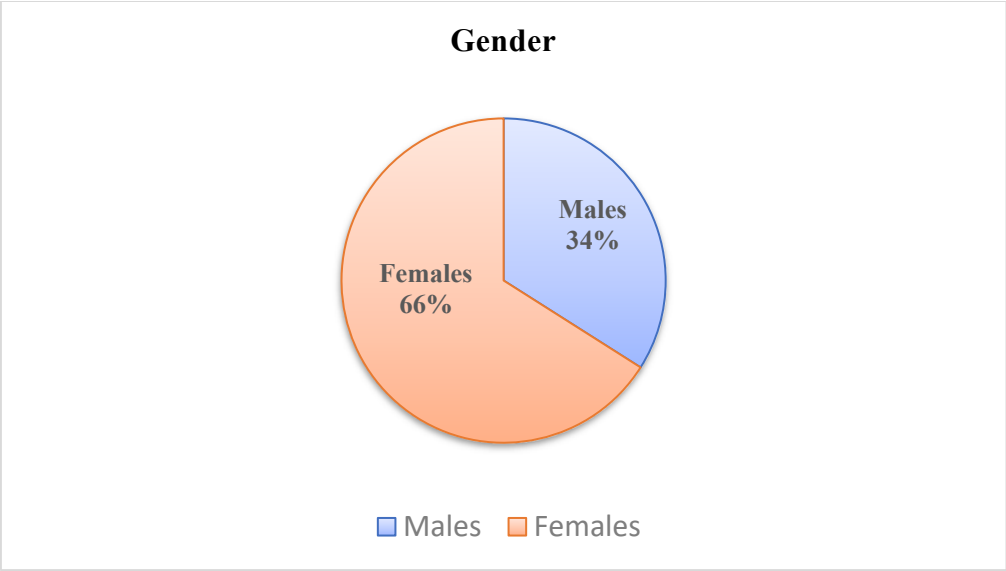
The data was collected from 836 participants.

Inclusion and exclusion criteria: Participants who were 18 years and above were included in the sample. The individuals who had been diagnosed with any mental disorder in the past six months were excluded from the sample.

Out of 836 participants, 34 participants were excluded from the data set as they had indicated in the survey form of being diagnosed with a mental disorder in the last six months. Hence, the sample consisted of 802 participants. After detection of the anomalies in the data, the final sample consisted of 800 participants and its characteristics are illustrated in the pie charts below.

Figure 26

The Gender Distribution of Participants in the Sample

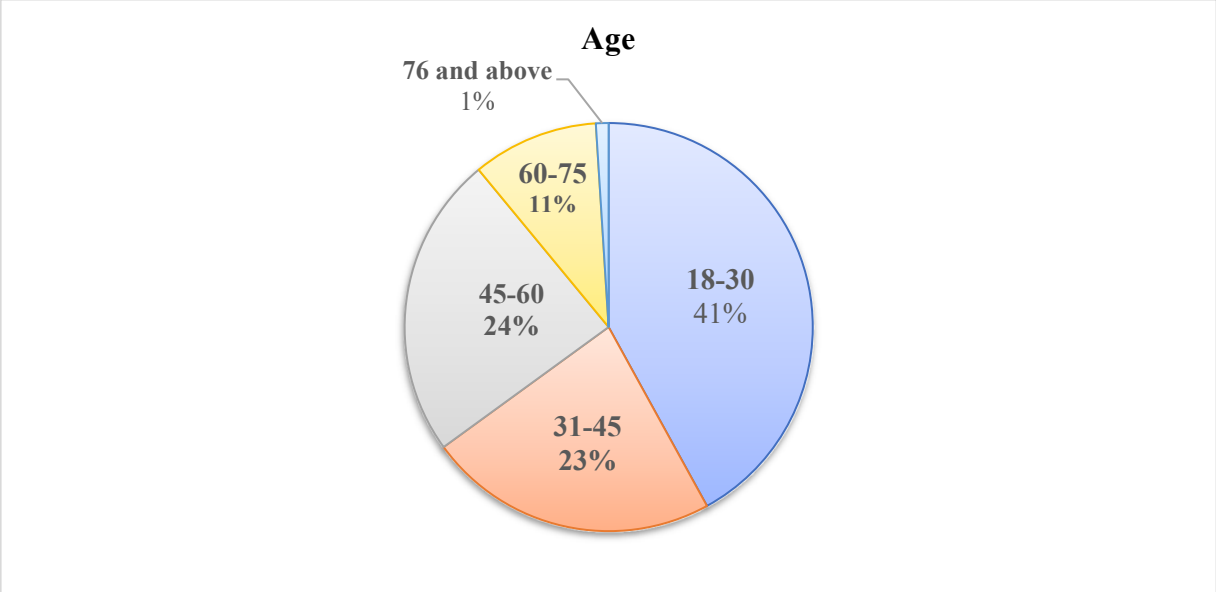


The total sample consisted of 268 males and 532 females.

Figure 27

The Age Distribution of the Participants in the Sample

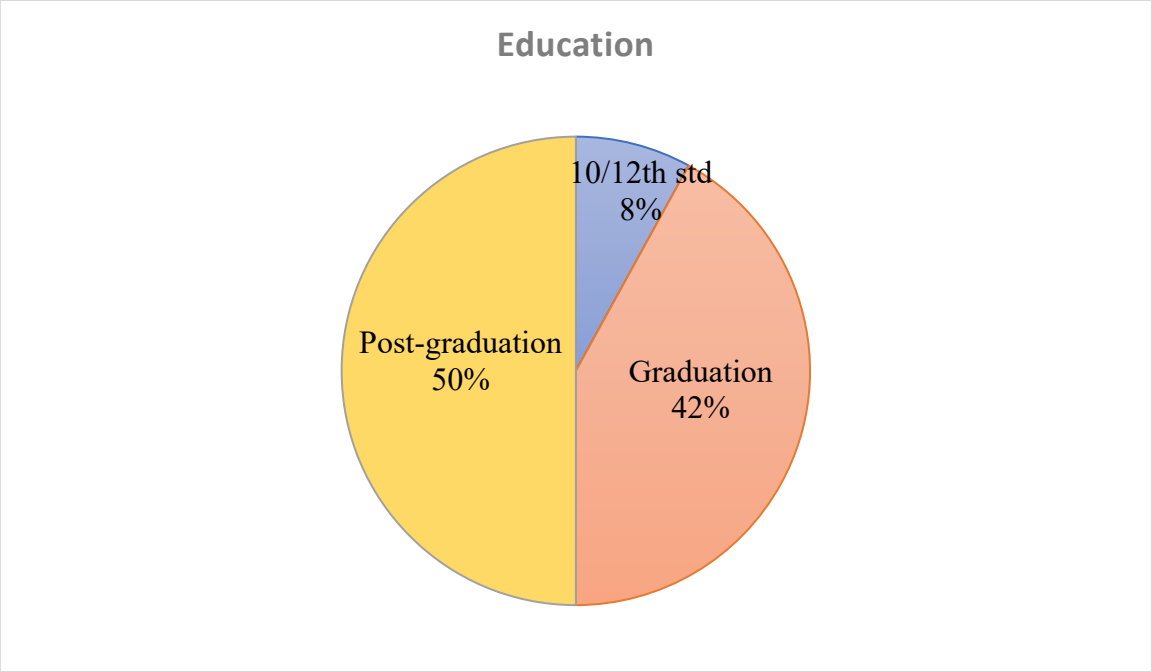
As seen in the figure above, the maximum of the participants are in the age group of 18-30 years



and the least represented sample was individuals above 76 years old. The next pie chart illustrates the educational qualifications of the participants.

Figure 28

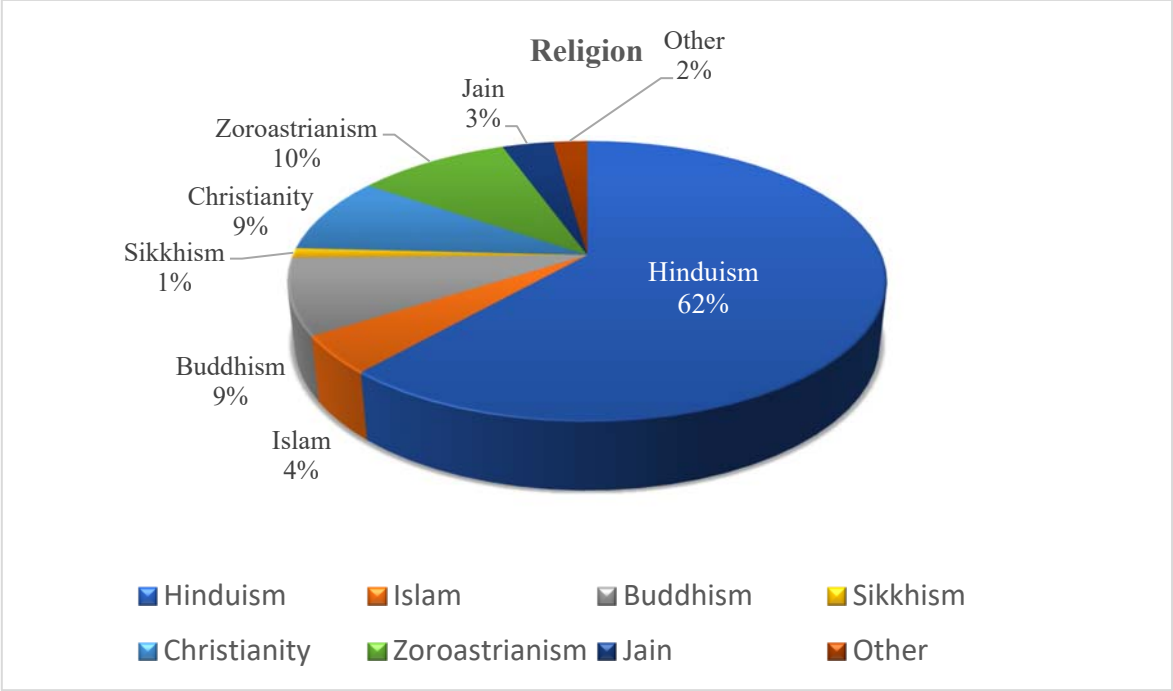
The Education Qualification Distribution of the Participants in the Sample



The education break-up shows that the sample consisted of educated individuals as 42% of the sample were graduates and 50% were post-graduates. The next pie chart focuses on the religious distribution in the sample.

Figure 29

Religious Background of the Participants



As seen in the figure above, participants belonging to various religions undertook the survey. The majority of the participants of the study were Hindus, followed by Zoroastrians and Buddhists.

5.5 Data Analysis - Generation of Factors through Principal Component Analysis

Factor Analysis was used to examine the underlying factor structure of the construct of equanimity. The method of Factor Analysis is based on correlation statistics and reduces a large number of items into smaller factors by examining items that correlate highly within a group in a meaningful way but do not correlate with other groups. These groups that consist of items that cluster together in a meaningful way are called factors (Fields, 2013).

5.5.1. Examination of Data Set for Factor Analysis:

To assess the suitability of the data for factor analysis, the data were tested for two necessary conditions: the Kaiser-Meyer-Olkin Measure of Sampling Adequacy (KMO) and Bartlett's test of sphericity.

The KMO is a statistic that indicates the proportion of variance in the variables that might be caused by underlying factors. High values near 1.0 usually imply that the data could benefit from factor analysis. If the value is less than 0.50, the factor analysis results are unlikely to be meaningful (Hutcheson and Sofroniou, 1999). KMO value for the current data is 0.85 which is a high indicator of the suitability of data for factor analysis.

The second condition to assess the suitability of data for factor analysis is Bartlett's test of sphericity. It tests the hypothesis that the correlation matrix is an identity matrix, which would indicate that the variables are unrelated and therefore unsuitable for factor detection. Thus, a significance value of less than 0.05 indicates that factor analysis may be beneficial with the data (KMO and Bartletts Test, 2021). The significance value of Bartlett’s test of sphericity for the current sample data was less than 0.05 and hence the data can be considered suitable for factor analysis.

5.5.2. Factor Extraction Technique

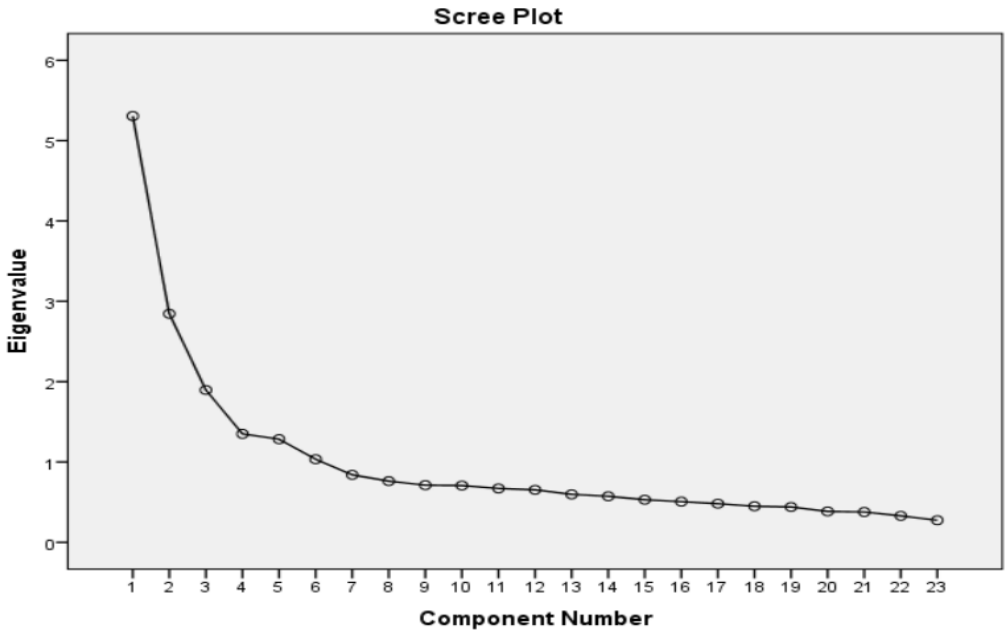
There are various techniques for factor extraction and data reduction. In the current study, Principal Component Analysis was used as a technique. Principle component analysis (PCA) is a

multivariate technique that analyzes data in which observations are described by several inter-correlated quantitative variables. Its goal is to extract the important information and, to represent it as a set of new orthogonal variables called principal components (Abdi & Williams, 2010). In this study, the varimax rotation method was used. The varimax rotation is intended to maximize the variance shared among items which enhance the representation of how data correlate with each principal component. Thus, the varimax rotation tries to specifically identify the factor upon which data load by increasing the squared correlation of items related to one factor, while decreasing the correlation on any other factor (Allen, 2017).

A factor loading of 0.50 was used as a cut-off point for the inclusion of the items in a factor. Only those factors with Eigen values of more than one were considered. Eigenvalues represent the total amount of variance that can be explained by a given principal component. Girden (2001) suggests that the factors with eigenvalues less than 1.00 are not considered to be stable and account for less variability. A total of 23 items were subjected to Principal Component Analysis with varimax rotation and, a total of six factors emerged. These six factors together explained a cumulative variance of 59.62 %. The scree plot outlined in the figure below shows that the slope of the curve is levelling off after the sixth factor.

Figure 30

Scree Plot



All six factors were examined for their meaningfulness and commonalities and were retained. Costello and Osborne (2005) suggest that a factor with a minimum of three items has the best fit to data. All the factors except Factor 6 had three or more items. However, Factor 6 was retained as it consisted of two items, *I regard certain people as my enemies (R)* and *I have strong likes/dislikes and preferences towards certain individuals (R)* with high item loadings (above.80) and no cross-loadings.

A few items which cross-loaded were retained in the factor where their respective factor loadings were higher and where they associated more meaningfully. The item *I have a high need for success (R)* loaded on two factors i.e., Factor 1 and Factor 5 with item loading of .35 and .63 respectively, was retained in Factor 5. Similarly, the item *I cannot tolerate criticism (R)* loaded on two factors i.e., Factor 2 and Factor 5 with item loading of .35 and .53 respectively, was retained in Factor 5. The item *I feel overjoyed when someone praises me (R)* was deleted as it cross-loaded almost equally on Factor 1 (.47) and Factor 5 (.46). After making the above changes, the factor analysis was repeated and six factors were obtained which were given suitable labels by the researchers by examining the commonalities underlying each factor. The factors are outlined in the table below.

Table 12

Results from the Factor Analysis

Item	Factor Loading					
	1	2	3	4	5	6
Factor 1: Reduced Hedonic Craving						
12. I get very excited when I am given something pleasant like a good gift or when something pleasant happens to me (R)	.84					
10. When I anticipate a situation or something that I like, I get very excited (R)	.81					
13. I often wish to extend the moments when I have very pleasurable experiences (R)	.76					
11. When I want something, I feel a strong desire to get it quickly (R)	.70					
9. When I expect to do something pleasant, I cannot stop thinking about it (R)	.66					
14. It's difficult for me to stop doing something that I like (R)	.63					
Factor 2: Tolerance for Distress						
6. I get emotionally disturbed in stressful situations (R)		.75				
7. It's hard for me to remain calm during the difficult situations of my life (R)		.74				
3. It's difficult for me to tolerate uncomfortable emotions like anxiety, anger, sadness (R)		.73				
4. I can easily get carried away when I feel annoyed (R)		.67				
Factor 3: Reduced reactivity						
2. I am not easily disturbed or upset by something unexpected.			.72			
1. Whatever happens in any situation, I remain calm.			.70			
5. I feel that I am a calm person even in moments of stress and tension.			.71			
8. I feel that most of the problems in life are temporary and can be solved			.55			
Factor 4: Inter-connectedness						
20. I believe all living beings are connected to one another.				.84		
21. I feel a sense of oneness with all other individuals.				.81		
19. I believe all human beings from different religions, gender, economic background are essentially equal.				.75		

Item	Factor Loading					
	1	2	3	4	5	6
Factor 5: Affective Equipoise						
16. It's difficult for me to accept failure (R)					.79	
17. I have a high need for success (R)					.63	
15. I cannot tolerate criticism (R)					.55	
Factor 6: Impartial View						
23. I regard certain people as my enemies (R)						.81
22. I have strong likes/dislikes and preferences towards certain individuals (R)						.81

Note. N= 800. The extraction method was Principal Component Analysis with the rotation method Varimax. Reverse-scored items are denoted with an (R).

After the six factors were identified, Cronbach alpha of the factors was computed as shown in table below.

Table 13

Cronbach Alpha and Eigen Values of the Extracted Factors

Factor No	Factor Label	Factor Description	No. of Items	Min-Max	Mean (SD)	∝	Eigen Value
1	Reduced Hedonic Craving	A decrease in the clinging and craving for pleasant experiences in states of equanimity	6 (All reverse coded)	6-30	14.56 (4.94)	.85	4.97
2	Tolerance for distress	An enhanced capacity to tolerate distressing or unpleasant experiences in states of equanimity	4 (All reverse coded)	4-20	12.49 (3.23)	.78	2.79
3	Reduced reactivity	In states of equanimity, habitual emotional reactivity reduces, and, instead one may be able to remain calm and adaptively respond.	4	4-20	14.42 (2.64)	.67	1.89
4	Inter-connectedness	The inter-personal dimension of equanimity entails an understanding that all sentient beings irrespective of their form, shape, color are essentially equal and part of a unitary underlying consciousness	3	3-15	12.52 (2.20)	.73	1.34

5	Affective Equipoise	With equanimity, one may be more equipoised and balanced in the dualities of life such as success-failure, praise-criticism	3 (All reverse coded)	3-15	9.17 (2.34)	.54	1.27
6	Impartial View	Equanimity can be extended towards all beings as an even-minded disposition of reduced bias and preferences, and an attitude of impartiality	2 (All reverse coded)	2-10	6.68 (1.97)	.63	1.01

The Cronbach alpha of the full scale was found to be satisfactory at .82. The extracted factors are described in detail below.

5.6 The Extracted Factors

In the final factor analysis, a total of 6 extracted factors were derived from principal component analysis which together explained 60.35% total variance. Each of these factors was given suitable labels by examining the common underlying dimension. Each factor is described in detail below.

Factor 1- Hedonic Independence

This factor explained 22.60 % of the total variance and constituted six items. The factor also has a high Cronbach alpha of .85. The items loading on to this factor were *I get very excited when I am given something pleasant like a good gift or when something pleasant happens to me (.84), When I anticipate a situation or something that I like, I get very excited (.81), I often wish to extend the moments when I have very pleasurable experiences (.76), When I want something, I feel a strong desire to get it quickly (.70), When I expect to do something pleasant, I cannot stop thinking about it (.66) and It's difficult for me to stop doing something that I like (.63).* All six items were reverse coded.

The underlying commonality across these items was the reactions towards pleasant experiences. Findings from the qualitative research in Phase I and Phase II indicated that in states of equanimity there will be a decrease in craving for pleasant experiences. Hence this factor was named Reduced Hedonic Craving which refers to a decrease in clinging and craving for pleasant experiences.

Factor 2 -Tolerance for Distress

This factor explained 12.68 % of the total variance and constituted four items. The factor also has a high Cronbach alpha of .78. The items loading on to this factor were, *I get emotionally disturbed in stressful situations (.75), It's hard for me to remain calm during the difficult situations of my life (.74), It's difficult for me to tolerate uncomfortable emotions like anxiety, anger, sadness (.73) and I can easily get carried away when I feel annoyed (.67).* All four items were reverse coded.

The underlying commonality across these items was the ability to tolerate distressing experiences or events. Findings from the qualitative research indicated that in states of equanimity, there is reduced avoidance of unpleasant experiences. Openness to experiences increases and tolerance for distress enhances. Hence this factor was labeled distress tolerance.

Factor 3 - Reduced Reactivity

This factor explained 8.59 % of the total variance and constituted four items. The factor has a Cronbach alpha of .67. The items loading on to this factor were, *I am not easily disturbed or upset by something unexpected (.72), Whatever happens in any situation, I remain calm (.70), I feel that I am a calm person even in the moments of stress and tension (.71)* and *I feel that most of the problems in life are temporary and can be solved (.55).*

The underlying commonality across these items was the reduction in emotional reactivity to difficult or stressful situations. Findings from the qualitative research indicated that in states of equanimity there may be an insight into the impermanent and transient nature of all phenomena. The experts in the qualitative study mentioned that in states of equanimity, there is decreased identification with our emotions and desires, and thus in provoking situations, emotional reactivity decreases, and instead, one may adaptively respond. Thus, considering the underlying commonalities of the items, this factor was labeled as Reduced Reactivity.

Factor 4 - Inter-connectedness

This factor explained 6.09 % of the total variance and constituted three items. The factor has a Cronbach alpha of .73. The items loading on to this factor were *I believe all living beings are connected to one another (.84), I feel a sense of oneness with all other individuals (.81)* and *I believe all human beings from different religions, gender, economic background are essentially equal (.75).*

The underlying commonality across these three items was the belief in an underlying unitary consciousness and a sense of inter-connectedness. Findings from the qualitative research indicated that in states of equanimity, there is an insight and understanding that all sentient beings irrespective of their form, shape, colour are essentially equal and part of unitary underlying consciousness. Thus, this factor was labelled as Inter-connectedness.

Factor 5 – Affective Equipoise

This factor explained 5.77 % of the total variance and constituted three items. The factor has a Cronbach alpha of .54. The items loading on to this factor were *It's difficult for me to accept failure (.79), I have a high need for success (.63) and I cannot tolerate criticism (.55).* All the items were reverse coded. The underlying commonality across these items was a balance and equipoise in the dualities such as success-failure, praise-criticism. Findings from the qualitative research indicated that in equanimity there is increased acceptance and openness to experiences, and one may value the importance of both dualities. One may thus, be more equipoised and balanced in the dualities of life such as praise-criticism, success-failure. Thus, this factor was labeled as Equipoised in the Dualities.

Factor 6 -Impartial View

This factor explained 4.59 % of the total variance and constituted of two items. The factor has a Cronbach alpha of .63. The items loading on to this factor were, *I regard certain people as my enemies (.81)* and *I have strong likes/dislikes and preferences towards certain individuals (.81).* Both the items are reverse coded.

The underlying commonality across these items was the broadening concerning one's view of others. Findings from the qualitative study indicated that equanimity can be extended towards all beings as an even-minded disposition of reduced bias and preferences, non-judgment, and an

attitude of impartiality. With the cultivation of equanimity, a person has an unbiased and equal outlook towards all. Thus, in his behaviour, he will be impartial towards all and treat every person with humility. Hence, this factor was labelled as Reduced Impartiality.

Thus, the final scale consisted of six key factors. In the next section, the convergent and divergent validity of the scale will be discussed.

5.7 Reliability and Validity of the Developed Scale

Validity and reliability are two fundamental elements in the evaluation of a scale.

Cronbach alpha was calculated for establishing the reliability of the developed scale. Cronbach alpha is the measure of internal consistency which describes the extent to which all the items measure the same construct (Tavakol & Dennick, 2011). The Cronbach alpha value of the full scale at .82 was interpreted to be good as per the classification of George and Mallery (2003). The table above shows the Cronbach alpha of each of the six factors of the scale.

The convergent validity of the scale was assessed with the Mental Health Continuum – SF (Keyes, 2009) and the Perth Emotional Reactivity Scale PERS- 18 (Preece al., 2018).

The Mental Health Continuum is a measure of emotional, psychological, and social well-being. Research suggests that equanimity is related to well-being (Desbordes et al., 2015) and satisfaction with life (Rogers et al., 2021).

The PERS-18 scale is a measure of emotional reactivity which refers to the activation, intensity, and duration of one's emotional responses for both positive and negative emotions. A decrease in cognitive and emotional reactivity is a key mechanism of the positive outcomes of mindfulness interventions (Gu et al., 2015).

Thus, it was hypothesized that the developed scale on equanimity would show a significant positive correlation with the Mental Health Continuum and a significant negative correlation with the PERS-18. As predicted, the results indicated a significant positive correlation between the developed equanimity scale and the MHC-SF ($r = .26$, $p < .01$) and a significant negative correlation with PERS-18 ($r = -.55$, $p < .01$).

Thus, the developed scale consisted of six underlying factors. The next chapter focuses on the exploration of the relation of equanimity with key psychosocial health parameters such as emotional reactivity, neuroticism, loneliness, social media addiction, well-being and perceived general health.