

**Table 2** Psychometric properties of the Thriving of Older People Assessment Scale Item content, factor loadings, variance explained, Cronbach's alpha and corrected item-total correlations for the final varimax rotated version ( $n = 457$ ).

Item no	Item content	Factor 1 Residents' attitude	Factor 2 Quality of care and caregivers	Factor 3 Resident engagement and peer relationships	Factor 4 Keeping in touch with people and places	Factor 5 Qualities in physical environment	Corrected item-total correlations
1	I experience my current housing to be the best possible place to live in	0.805	0.036	0.048	-0.012	-0.004	0.567
2	I experience my current housing to be my home even if it is different from my previous home	0.815	-0.055	-0.101	-0.036	-0.114	0.476
3	I try to make the best out of my current life situation	0.846	-0.014	0.154	-0.042	-0.030	0.567
4	I try to see the positive sides of being in this housing	0.783	0.055	0.158	0.001	-0.028	0.603
5	I know for sure that I receive the help I need	0.503	0.346	0.083	0.136	0.124	0.642
6	I receive help in the ways I wish	0.345	0.469	-0.031	0.272	0.146	0.671
7	I receive help that is adjusted to my needs	0.277	0.468	-0.021	0.259	0.179	0.634
8	I regard staff as being nice	0.020	0.896	0.063	-0.115	-0.035	0.593
9	I regard staff as being kind	-0.013	0.911	0.048	-0.073	-0.064	0.592
10	I find that staff show respect	-0.036	0.930	-0.031	0.025	0.032	0.590
11	I find that staff take an interest in us residents	-0.004	0.785	0.044	0.053	0.024	0.669
12	I find that staff do their best for us residents.	0.078	0.797	-0.077	0.033	-0.065	0.661
13	I find that staff are competent.	-0.018	0.825	-0.072	0.049	-0.058	0.603
14	I find that staff are knowledgeable.	-0.006	0.731	-0.027	0.108	0.012	0.604
15	I have the relationship with staff that I want.	0.064	0.671	0.146	-0.037	-0.110	0.651
16	I have a nice time together with fellow residents.	0.047	0.145	0.300	-0.095	-0.192	0.611
17	I have meaningful relationships with my fellow residents.	-0.063	0.122	0.313	-0.021	-0.157	0.553
18	I can spend time with my fellow residents to the extent I wish.	0.048	0.021	0.494	0.165	-0.251	0.575
19	I participate in meaningful activities.	-0.027	0.034	0.879	-0.003	-0.009	0.608
20	I participate in enjoyable activities.	0.099	-0.010	0.849	0.002	-0.069	0.667
21	I participate in activities that match my interests.	0.091	-0.013	0.870	0.023	0.035	0.665
22	I participate in activities that match my wishes.	0.066	-0.002	0.855	0.075	0.061	0.643
23	I have something interesting to do during the days.	-0.51	-0.004	0.317	0.306	0.101	0.489
24	I am given possibilities to be outdoors to the extent I wish.	0.092	-0.020	-0.034	0.822	0.087	0.524
25	I am given possibilities to get out and visit important places for me.	-0.053	-0.030	0.073	0.778	-0.045	0.505
26	I receive help to keep in touch with my relatives/friends to the extent I wish.	-0.059	0.074	0.174	0.719	-0.208	0.616
27	I am given possibilities to keep in contact with my relatives/friends to the extent I wish.	0.044	0.132	0.070	0.654	-0.295	0.603

Table 2 (Continued).

Item no	Item content	Factor 1 Residents' attitude	Factor 2 Quality of care and caregivers	Factor 3 Resident engagement and peer relationships	Factor 4 Keeping in touch with people and places	Factor 5 Qualities in physical environment	Corrected item-total correlations
28	I thrive in the physical environment of this housing.	0.174	0.091	0.018	0.237	-0.452	0.667
29	I have my own room in which I thrive.	0.330	0.001	-0.157	0.171	-0.482	0.578
30	I can decide how things are in my room.	-0.040	-0.005	0.147	0.140	-0.692	0.521
31	I experience this housing as a beautiful place.	0.133	0.148	0.037	-0.012	-0.703	0.667
32	I experience this housing as a safe place.	0.203	0.310	0.070	0.024	-0.455	0.697
Total explained variance (%)		5.8	41.6	11.1	5.6	3.6	67.5 (32 items)
Cronbach's alpha		0.88	0.95	0.91	0.85	0.83	0.95 (32 items)

Bold factor loadings show items included in each factor.

factor 2. Factor 3 resulted from a merging of two additional aspects in the theory relating to activities and peer relationships and included eight items with loadings from 0.300–0.879. Item 23 also loaded on factor 4, but was included in factor 3 on theoretical grounds. The fourth factor involved four items with loadings ranging from 0.654–0.822. This factor was related to opportunities to keep in touch with people and places of importance. Factor 5 included five items related to qualities in the physical environment and the factor loadings ranged from 0.452–0.703 (Table 2).

**Reliability of the TOPAS**

As shown in Table 2, Cronbach's alpha value for the entire 32-item scale was 0.95. Each of the five subscales also showed satisfactory internal consistency as suggested by DeVellis (2003), with Cronbach's alpha values of 0.88, 0.95, 0.91, 0.85 and 0.83. Corrected item-total correlations of the 32 items ranged between 0.48–0.70, which further indicated satisfactory homogeneity of the items, according to the criteria suggested by Streiner and Norman (2008).

**Discussion**

The aim of this study was to explore construct validity and reliability of the Thriving of Older People Assessment Scale (TOPAS). The findings showed a robust factor structure that corresponded logically with the thriving theory developed by Bergland and Kirkevold (2001, 2006) and Bergland (2012). Still, as emphasized by Streiner and Norman (2008), construct validation is an ongoing process where both the theory, the instrument and the relationship between them are assessed in several samples and contexts. Consequently, there is a need to further test the TOPAS in more and different samples and settings to establish construct validity. Such testing is currently being conducted by the research team by conducting confirmatory factor analysis in additional and larger samples. As Cronbach's alpha values above 0.90 may indicate redundant items (Streiner & Norman 2008), further evaluations in other samples and settings are needed. Also, items 19 and 20, as well as items 21 and 22, are very similarly worded, indicating the opportunity of further item redundancies that need more exploration.

The TOPAS is scored by simple sum scores on total and subscale levels, where the total score indicates the extent of overall thriving and the subscale scores indicate the extent of thriving in relation to Resident attitudes (1), Quality of