

Table 5: Descriptive data and Alpha's coefficient.

Subscales	Number of items	Mean	S.D.	Min	Max	Asymmetry	Kurtosis	Alpha
Nutritional Behaviors	5	16.69	7.53	5	25	-.236	-1.53	.75
Social Support	4	11.86	5.84	5	25	.103	-1.352	.85
Life Appreciation	8	32.73	10.23	8	40	-1.199	.12	.94
Stress Management	6	22.43	8.46	6	30	-.706	-.923	.85
Health Responsibility	6	18.25	9.12	6	30	.02	-.145	.83
Exercise Behavior	3	10.86	4.37	3	15	-.48	-1.15	.8
Full Scale	32	112.58	45.59	32	165	-.497	-.916	.95