# Values in Action Inventory of Strengths (VIA-IS)

VIA-IS

The VIA-IS is a self-report questionnaire from positive psychology, designed to profile the 24 character strengths grouped into 6 virtues. It helps identify an adult's most salient personal resources, structure clinical work built on the person's strengths and inform psychoeducation, guidance, coaching or prevention approaches. The tool is particularly useful for exploring signature strengths, supporting the therapeutic alliance, enriching case formulation and promoting interventions oriented toward meaning, engagement, adaptation and well-being. It is not a diagnostic test but an inventory of positive functioning, to be interpreted alongside the clinical interview and other assessment data.

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| Number of questions | 240 questions |
| Estimated duration | 30 minutes |
| Language | English |
| Original name | Values in Action Inventory of Strengths |
| Target audience | Adults |
| Authors | Christopher Peterson, Martin E. P. Seligman (2004) |
| Category | General |

**Administer your questionnaires online**

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Each item is rated on a scale from 1 to 5, ranging from 'very much unlike me' to 'very much like me'. The 10 items of each strength are summed or averaged to obtain 24 separate scores, then the strengths are ranked from highest to lowest. Interpretation is based mainly on the intra-individual profile, particularly the highest, middle and lowest strengths. High scores indicate a stronger identification with the strength concerned. There is no diagnostic clinical cutoff, and the results must be contextualized with the patient's age, background, values and current situation.

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