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Resumo	Vitality refers to the individuals' perception of their energy and their capacity to energize those around them, being an important mental health marker as it is associated to psychological constructs, such as emotional self-regulation. Considering that the Vitality Scale (VS) has only recently been used in Brazil, our objective in this study was to investigate further validity evidence, specifically based on the internal structure and convergent validity of the scale, through its



relationship with external variables. A total of 209 participants (aged 17 to 62 years) answered the VS and the Emotional Self-Regulation Scale - Adult (EARE-AD). By means of a Confirmatory Factor Analysis, the one-factor structure of the VS proved plausible for the sample of the present study, with adequate reliability estimate for the scale (0.94). Evidence of convergent validity, through the relationship with related constructs, was verified through its correlation with the EARE-AD factors ($-0.15 < r < 0.57$). Results indicate the adequacy of the VS for use in Brazil. Thus, it is expected that, by means of future interventions and studies on vitality, the VS will provide professionals and researchers with a good instrument to help promoting the mental health and well-being of Brazilian people.

Fomento
