



World Database of Happiness

Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

Findings on Happiness & ACTIVITY LEVEL (how much one does)

Correlate Code: A 1

Classification of Findings		Number of Studies
Correlate Code	Correlate Name	on this Subject
A 1	ACTIVITY LEVEL (how much one does)	0
A 1.1	Activity career	0
A 1.1.1	Earlier activity level	15
A 1.1.2	Change in activity level	0
A 1.1.4	Later activity level	0
A 1.2	Current activity level	11
A 1.2.1	Physical activity	11
A 1.2.2	Mental activity	9
A 1.3	Attitudes to own activity level	0
A 1.3.1	Perceived over/under activity	2
A 1.3.2	Attitudes to own activity-level	0
A 1.3.2.1	. satisfaction with physical activity	5

- Appendix 1: Happiness queries used
- Appendix 2: Statistics used
- Appendix 3: About the World Database of Happiness
- Appendix 4: Further Findings in the World Database of Happiness
- Appendix 5: Related Topics
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World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands

Study	CHIRI 1982	<i>Page in Report:</i>	23
<i>Reported in:</i>	Chiriboga, D.A. Consistency in adult functioning: The influence of social stress Ageing and Society, vol.2 part 1, p.7-29		
<i>Population:</i>	People in transition followed 4 years, metropolis, USA, 1969-1980		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition after 11 years 24%		
<i>N:</i>	163 (in 1969:216)		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: The number of activities reported 11 years ago, at T1(1969), on a 33-item Activities List, as weighted by frequency of participation.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HL/c/sq/v/3/cb	r=	Males: r= -.05 ns Females: r= +.30 (01) Happiness assessed at T5(1980)

Study	PALMO 1977	<i>Page in Report:</i>	313
<i>Reported in:</i>	Palmore, E.B. and Kivett, V. Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70 Journal of Gerontology, Vol 32, 1977, p 311-316		
<i>Population:</i>	46+ aged whites, North Carolina, USA, 1968-1972/74		
<i>Sample:</i>	Probability stratified sample		
<i>Non-Response:</i>			
<i>N:</i>	378		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: Number of hours spent during the last typical week working or doing housework; doing volunteer work for church, relatives, yard, care, repairing and other such activities.

Assessed at T1: 1968/70.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-BW/c/sq/l/10/c	r=+.10 p<.05	T1 productive hours by T1 life satisfaction
	r=+.09 ns	T1 productive hours by T2 life satisfaction
	r=+.03 ns	T1 productive hours by T3 life satisfaction.
	Beta=+.0 ns	Multiple regression Dependent T1 life satisfaction. Self-rated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 Org. activity B3=+.46 Productive hours B4=+.46
	Beta=+.0 ns	Multiple regression Dependent T2 life satisfaction. Self-rated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 Org. activity B3=+.46 Productive hours B4=+.46
	Beta=+.0 ns	Multiple regression Dependent T3 life satisfaction. Self-rated health R= +.42 Sexual enjoyment B1=+.43 Soc. Act. hours B2=+.44 Org. activity B3=+.46 Productive hours B4=+.46

Study	VENTE 1997	<i>Page in Report:</i>	470
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: age when the child holds his head up
 1: 1-2 weeks
 2: 3-4 weeks
 3: 5-6 weeks
 4: 7-8 weeks
 5: 3-4 months
 6: later than 4 months

Measured Values: N all:2547, %:1:9,7, 2:61,4, 3:25,5, 4:2,9, 5:0,4, 6:0,2

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.01 ns	1: Mt=7.43 2: Mt=7.40 3: Mt=7.39 4: Mt=7.60 5: Mt=7.25 6: Mt=9.38
O-HL/c/sq/v/5/h	r=-.01 ns	1: Mt=7.10 2: Mt=7.04 3: Mt=6.94 4: Mt=7.10 5: Mt=6.75 6: Mt=8.13
O-SLu/c/sq/v/5/e	r=+.01 ns	1: Mt=7.05 2: Mt=7.40 3: Mt=7.39 4: Mt=7.70 5: Mt=7.50 6: Mt=8.13

Study	VENTE 1997	<i>Page in Report:</i>	368,370
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: (a) the infant's gripping reflex, hand, day 1
 1a: did not appear
 2a: weak
 3a: normal
 4a: strong
 5a: can lift
 (b) the infant's gripping reflex, hand, day 5
 1b: did not appear
 2b: weak
 3b: normal
 4b: strong
 5b: can lift

Measured Values: N a all:4204, %:1a:0,2, 2a:4,2, 3a:69,1, 4a:11,3, 5a:15,2
 N b all:4086, %:1b:0,3, 2b:6,4, 3b:61,1, 4b:8,6, 5b:23,5

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	day 1	day 5
	1a: Mt=8.50	1b: 6.66
	2a: Mt=7.69	2b: 7.59
	3a: Mt=7.73	3b: 7.73
	4a: Mt=7.69	4b: 7.70
	5a: Mt=7.78	5b: 7.78
O-HL/c/sq/v/5/h	day 1	day 5
	1a: Mt=8.00	1b: 6.66
	2a: Mt=6.96	2b: 6.84
	3a: Mt=7.00	3b: 7.05
	4a: Mt=7.16	4b: 6.95
	5a: Mt=6.96	5b: 7.04

O-SLu/c/sq/v/5/e

	day 1	day 5
1a:	Mt=8.25	1b: 6.66
2a:	Mt=7.29	2b: 7.20
3a:	Mt=7.40	3b: 7.44
4a:	Mt=7.43	4b: 7.33
5a:	Mt=7.46	5b: 7.48

Study	VENTE 1997	<i>Page in Report:</i>	380,382
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: (1) crawling reflex, supported by the chest, day 1
 1a: no reaction
 1b: leg movement alone
 1c: crawls slowly
 1d: crawls slowly, lifts head
 1e: crawls lively
 1f: crawls lively, lifts head
 (2) crawling reflex, supported by the chest, day 5
 2a: no reaction
 2b: no leg movement, but arm movement
 2c: leg movement alone
 2d: crawls slowly
 2e: crawls slowly, lifts head
 2f: crawls lively
 2g: crawls lively, lifts head

Measured Values: N 1 all:4200, %:1a:10,4, 1b:0,3, 1c:60,0, 1d:5,4, 1e:19,7, 1f:4,1
 N 2 all:4105, %:2a:6,3, 2b:0,1, 2c:46,1, 2d:9,9, 2e:27,1, 2f:10,4

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	day 1	day 5
	1a: Ms=7.74	7.79
	1b: Ms=7.14	7.50
	1c: Ms=7.76	7.71
	1d: Ms=7.55	7.55
	1e: Ms=7.76	7.79
	1f: Ms=7.48	7.78

O-HL/c/sq/v/5/h	day 1	day 5
	1a: Ms=7.04	7.11
	1b: Ms=6.84	7.50
	1c: Ms=7.01	7.01
	1d: Ms=6.90	6.86
	1e: Ms=7.04	7.04
	1f: Ms=6.85	7.11
O-SLu/c/sq/v/5/e	day 1	day 5
	1a: Ms=7.44	7.53
	1b: Ms=6.79	8.75
	1c: Ms=7.43	7.40
	1d: Ms=7.29	7.28
	1e: Ms=7.39	7.45
	1f: Ms=7.30	7.46

Study	VENTE 1997	<i>Page in Report:</i>	384,386
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt I livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Earlier activity level Code: A 1.1.1
<i>Measurement:</i>	(1) the infant's hanging, day 1 1a: bilateral flexion 1b: bilateral extension 1c: bilateral, both moving 1d: right only flexion 1e: no movement 1f: right only extension 1g: left only flexion 1h: left only extension (2) the infant's hanging, day 5 2a: bilateral flexion 2b: bilateral extension 2c: bilateral, both moving 2d: right only flexion
<i>Measured Values:</i>	N 1 all:4196, %:1a:71,1, 1b:20,6, 1c:7,3, 1d:0,2, 1e:0,3, 1f:0,2, 1g:0,2, 1h:0,2 N 2 all:4081, %:2a:71,7, 2b:18,9, 2c:9,3, 2d:0,1
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a		day 1: day 5: 1a: Ms=7.74 7.71 1b: Ms=7.71 7.73 1c: Ms=7.73 7.79 1d: Ms=8.61 5.50 1e: Ms=6.54 1f: Ms=8.21 1g: Ms=7.78 1h: Ms=8.80

O-HL/c/sq/v/5/h	day 1:	day 5:
	1a: Ms=7.00	7.03
	1b: Ms=7.00	7.03
	1c: Ms=7.09	7.00
	1d: Ms=8.05	6.50
	1e: Ms=5.78	
	1f: Ms=7.50	
	1g: Ms=6.95	
	1h: Ms=8.21	
O-SLu/c/sq/v/5/e	day 1:	day 5:
	1a: Ms=7.41	7.26
	1b: Ms=7.39	7.38
	1c: Ms=7.41	7.60
	1d: Ms=8.61	5.50
	1e: Ms=6.35	
	1f: Ms=8.21	
	1g: Ms=8.05	
	1h: Ms=8.93	

Study	VENTE 1997	<i>Page in Report:</i>	466
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: age when child lifts its head, when lying on the stomach
 1: 1-2 weeks
 2: 3-4 weeks
 3: 5-6 weeks
 4: 7-8 weeks
 5: 3-4 months
 6: 5-6 months

Measured Values: N all:3105, %:1:24,2, 2:37,2, 3:18,5, 4:12,2, 5:7,0, 6:1,0

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.01 ns	1: Mt=7. 71 2: Mt=7. 73 3: Mt=7. 91 4: Mt=7. 73 5: Mt=7. 63 6: Mt=8. 13
O-HL/c/sq/v/5/h	r=-.01 ns	1: Mt=6. 98 2: Mt=7. 06 3: Mt=7. 21 4: Mt=6. 88 5: Mt=6. 80 6: Mt=7. 35
O-SLu/c/sq/v/5/e	r=+.01 ns	1: Mt=7. 34 2: Mt=7. 44 3: Mt=7. 59 4: Mt=7. 39 5: Mt=7. 26 6: Mt=7. 89

Study	VENTE 1997	<i>Page in Report:</i>	472
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Earlier activity level Code: A 1.1.1
<i>Measurement:</i>	age when the child reaches for objects 1: 1-2 months 2: 3-4 months 3: 5-6 months 4: 7-8 months 5: 9-10 months 6: 11-12 months
<i>Measured Values:</i>	N all:2527, %:1:2,2, 2:43,2, 3:48,0, 4:5,7, 5:0,6, 6:0,3
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.00 ns	1: Mt=7.91 2: Mt=7.73 3: Mt=7.79 4: Mt=7.58 5: Mt=7.00 6: Mt=9.16
O-HL/c/sq/v/5/h	r=-.01 ns	1: Mt=7.19 2: Mt=7.00 3: Mt=7.04 4: Mt=6.93 5: Mt=6.16 6: Mt=7.91
O-SLu/c/sq/v/5/e	r=-.00 ns	1: Mt=7.91 2: Mt=7.73 3: Mt=7.79 4: Mt=7.58 5: Mt=7.00 6: Mt=9.16

r=-.00 ns 1: Mt=7.64
 2: Mt=7.36
 3: Mt=7.41
 4: Mt=7.33
 5: Mt=7.16
 6: Mt=7.91

Study	VENTE 1997	<i>Page in Report:</i>	474,566
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: (a) age when the child sits without support
 1: 3-4 months
 2: 5-6 months
 3: 7-8 months
 4: 9-10 months
 5: 11-12 months
 6: cannot in 1 year
 (b) the child's ability to sit at the one-year examination
 a: unable to sit despite support
 b: sits without kyphosis
 c: sits too bent over
 d: sits too bent with poor balance
 e: sits only with support
 f: sits normally

Measured Values: N a all:3649, %: 1:0,9, 2:18,9, 3:55,4, 4:19,8, 5:4,5, 6:0,4
 N b all:3567, %:a:92,4, b:5,1, c:1,8, d:0,2, e:0,3, f:0,2

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.01 ns	age when the child sits 1: Mt=8.01 2: Mt=7.68 3: Mt=7.78 4: Mt=7.64 5: Mt=7.58 6: Mt=7.91

			ability to sit at one-year
			a: Mt=7.76
			b: Mt=8.04
			c: Mt=7.66
			d: Mt=6.88
			e: Mt=6.66
			f: Mt=6.43
O-HL/c/sq/v/5/h	r=-.01	ns	age when the child sits
			1: Mt=7.06
			2: Mt=7.01
			3: Mt=7.03
			4: Mt=7.06
			5: Mt=6.90
			6: Mt=7.71
			ability to sit at one-year
			a: Mt=7.03
			b: Mt=7.35
			c: Mt=6.90
			d: Mt=5.63
			e: Mt=6.04
			f: Mt=7.14
O-SLu/c/sq/v/5/e	r=-.00	ns	age when the child sits
			1: Mt=7.50
			2: Mt=7.33
			3: Mt=7.44
			4: Mt=7.34
			5: Mt=7.39
			6: Mt=7.29
			ability to sit at one-year
			a: Mt=7.41
			b: Mt=7.70
			c: Mt=7.14
			d: Mt=6.43
			e: Mt=6.04
			f: Mt=7.14

Study	VENTE 1997	<i>Page in Report:</i>	476
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Earlier activity level Code: A 1.1.1
<i>Measurement:</i>	age when the child crawls without support 1: 3-4 months 2: 5-6 months 3: 7-8 months 4: 9-10 months 5: 11-12 months 6: cannot in 1 year
<i>Measured Values:</i>	N all:3260, %:1:0,1, 2:1,6, 3:18,0, 4:32,9, 5:25,8, 6:21,5
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.03 ns	1: Mt=8.13 2: Mt=8.03 3: Mt=7.80 4: Mt=7.76 5: Mt=7.86 6: Mt=7.60
O-HL/c/sq/v/5/h	r=-.02 ns	1: Mt=7.50 2: Mt=7.06 3: Mt=7.05 4: Mt=7.04 5: Mt=7.05 6: Mt=7.06
O-SLu/c/sq/v/5/e	r=-.00 ns	1: Mt=7.50 2: Mt=7.50 3: Mt=7.39 4: Mt=7.44 5: Mt=7.55 6: Mt=7.33

Study	VENTE 1997	<i>Page in Report:</i>	478
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: age when the child stands with support
 1: within 7 months
 2: 7-8 months
 3: 9 months
 4: 10 months
 5: 11 months
 6: 12 months
 7: cannot after 1 year

Measured Values: N all:3680, %:1:5,4, 2:23,1, 3:22,2, 4:18,0, 5:17,6, 6:9,8, 7:3,9

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.03 ns	1: Mt=7.51 2: Mt=7.81 3: Mt=7.74 4: Mt=7.90 5: Mt=7.65 6: Mt=7.53 7: Mt=7.49
O-HL/c/sq/v/5/h	r=-.04 p<.02	1: Mt=7.11 2: Mt=7.08 3: Mt=7.03 4: Mt=7.11 5: Mt=6.98 6: Mt=6.83 7: Mt=6.76

O-SLu/c/sq/v/5/e	r=-.02	ns	1: Mt=7.34
			2: Mt=7.44
			3: Mt=7.43
			4: Mt=7.56
			5: Mt=7.30
			6: Mt=7.28
			7: Mt=7.28

Study	VENTE 1997	<i>Page in Report:</i>	482
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

Class: Earlier activity level Code: A 1.1.1

Measurement: age when the child walks with support
 1: within 7 months
 2: 7-8 months
 3: 9 months
 4: 10 months
 5: 11 months
 6: 12 months
 7: cannot after 1 year

Measured Values: N all:3564, %:1:0,5, 2:6,0, 3:10,2, 4:18,5, 5:24,7, 6:25,7, 7:14,3

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.04 p<.01	1: Mt=8.89 2: Mt=7.89 3: Mt=7.68 4: Mt=7.80 5: Mt=7.84 6: Mt=7.63 7: Mt=7.59
O-HL/c/sq/v/5/h	r=-.05 p<.00	1: Mt=8.20 2: Mt=7.20 3: Mt=7.00 4: Mt=7.06 5: Mt=7.13 6: Mt=6.95 7: Mt=6.79

O-SLu/c/sq/v/5/e	r=-.03	ns	1: Mt=8.75
			2: Mt=7.49
			3: Mt=7.26
			4: Mt=7.48
			5: Mt=7.53
			6: Mt=7.29
			7: Mt=7.30

Study	VENTE 1997	<i>Page in Report:</i>	480
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Earlier activity level Code: A 1.1.1
<i>Measurement:</i>	age when the child stands without support 1: within 9 months 2: 9-10 months 3: 11 months 4: 12 months 5: cannot after 1 year
<i>Measured Values:</i>	N all:1988, %:1:3,3, 2:23,4, 3:23,6, 4:42,5, 5:7,2
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.05 p<.03	1: Mt=8.23 2: Mt=7.83 3: Mt=7.86 4: Mt=7.75 5: Mt=7.49
O-SLu/c/sq/v/5/e	r=-.04 p<.05	1: Mt=7.93 2: Mt=7.48 3: Mt=7.55 4: Mt=7.36 5: Mt=7.28
	r=-.04 ns	1: Mt=7.50 2: Mt=7.01 3: Mt=7.15 4: Mt=7.00 5: Mt=6.76

Study	VENTE 1997	<i>Page in Report:</i>	484
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Earlier activity level Code: A 1.1.1
<i>Measurement:</i>	age when the child walks without support 1: within 9 months 2: 9-10 months 3: 11 months 4: 12 months 5: cannot after 1 year
<i>Measured Values:</i>	N all:1836, %:1:0,2, 2:4,9, 3:14,5, 4:52,8, 5:27,7
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=-.01 ns	1: Mt=6.66 2: Mt=7.48 3: Mt=7.81 4: Mt=7.83 5: Mt=7.59
O-HL/c/sq/v/5/h	r=-.02 ns	1: Mt=5.00 2: Mt=6.55 3: Mt=7.16 4: Mt=7.11 5: Mt=6.79
O-SLu/c/sq/v/5/e	r=+.00 ns	1: Mt=5.84 2: Mt=6.95 3: Mt=7.56 4: Mt=7.48 5: Mt=7.30

Study	VENTE 1997	<i>Page in Report:</i>	388,390
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt I livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

Measured Correlate

<i>Class:</i>	Earlier activity level Code: A 1.1.1
<i>Measurement:</i>	(1) the infant's walking reflex, day 1 1a: not examined 1b: weak 1c: lively 1d: only one leg 1e: right leg first 1f: left leg first 1g: supported (2) the infant's walking reflex, day 5 2a: not examined 2b: weak 2c: lively 2d: only one leg 2e: right leg first 2f: left leg first 2g: supported
<i>Measured Values:</i>	N 1 all:4856, %:1a:25,6, 1b:24,0, 1c:15,3, 1d:14,1, 1e:12,5, 1f:5,2, 1g:3,1 N 2 all:4296, %:2a:18,3, 2b:21,6, 2c:25,9, 2d:8,4, 2e:6,8, 2f:3,3, 2g:4,1
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	day 1 1a: Ms=7.75 1b: Ms=7.71 1c: Ms=7.70 1d: Ms=7.74 1e: Ms=7.80 1f: Ms=7.76 1g: Ms=7.60	day 5 2a: 7.74 2b: 7.71 2c: 7.75 2d: 7.73 2e: 7.59 2f: 7.83 2g: 8.01

O-HL/c/sq/v/5/h	day 1	day 5
	1a: Ms=6.98	2a: 7.09
	1b: Ms=7.04	2b: 6.96
	1c: Ms=7.05	2c: 7.04
	1d: Ms=6.98	2d: 7.03
	1e: Ms=7.00	2e: 6.86
	1f: Ms=7.04	2f: 7.16
	1g: Ms=6.81	2g: 7.19
O-SLu/c/sq/v/5/e	day 1	day 5
	1a: Ms=7.38	2a: 7.50
	1b: Ms=7.41	2b: 7.36
	1c: Ms=7.48	2c: 7.40
	1d: Ms=7.38	2d: 7.41
	1e: Ms=7.40	2e: 7.28
	1f: Ms=7.48	2f: 7.70
	1g: Ms=7.30	2g: 7.59

Study	AUSTR 1984/2	<i>Page in Report:</i>	227
<i>Reported in:</i>	Austrom, D.R. The consequences of being single Peter Lang Publ., New York, 1984		
<i>Population:</i>	23-59 aged English speaking, Toronto and Ontario, Canada, 198?		
<i>Sample:</i>			
<i>Non-Response:</i>	45%		
<i>N:</i>	1038		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Single open-ended question: On average, how many hours per week do you spend at work or on work-related activities (business travel, travel to and from work, work-related courses, and work you take home)?

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLW/u/sq/n/11/a	r= ns	

Study	CHANG 1984	<i>Page in Report:</i>	128
<i>Reported in:</i>	Chang, R.H. & Dodder, R.A. Activity and affect among the aged. The Journal of Social Psychology, 1984, vol 125, p.127-128		
<i>Population:</i>	Retired teachers, Oklahoma, USA and Taipei, Taiwan, 198?		
<i>Sample:</i>			
<i>Non-Response:</i>	?		
<i>N:</i>	177 resp. 202		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement:

1. INSTRUMENTAL ACTIVITY (total)
 - wi thout payment
 - wi th payment
2. SOCIAL ACTIVITY (total)
 - fri ends
 - fami ly
 - acqui ntances
 - sedentai ry
3. PHYSICAL ACTIVITY
4. TOTAL ACTIVITY

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>	
A-BB/cm/mq/v/2/a	r=+	USA	Tai wan
		r=+. 15 (05)	ns
		r=+. 15 (05)	ns
		ns	ns
		ns	r=+. 16 (05)
		ns	r=+. 16 (05)
		ns	ns
		ns	ns
		ns	ns
		ns	r=+. 17 (05)
		ns	r=+. 17 (05)

Study	HAES 1987	<i>Page in Report:</i>	7
<i>Reported in:</i>	Haes de, J.C.J.M., Pennink, B.J.W. & Welvaart, K. The distinction between affect and cognition Social Indicators Research, 1987, Vol 19, p.367-378		
<i>Population:</i>	Early breast cancer patient, followed 11 and 18 month after treatment, The Netherlands, 1981-1987		
<i>Sample:</i>			
<i>Non-Response:</i>	17% (6 refusals and one death in the meantime)		
<i>N:</i>	34		

Measured Correlate

<i>Class:</i>	Current activity level Code: A 1.2
<i>Measurement:</i>	Rotterdam Symptom Checklist (see de Haes, Pruyn & van Knippenberg, 1983)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Synchronic correlations at:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/se/sq/v/7/a	Beta=-.1 Beta=+.0	11 months after surgery (T1) 18 months after surgery (T2) Synchronic correlations at: β controlled for: Psychological complaints, pain, gastro-intestinal symptoms, loss of libido, fatigue, perceived impact of breast-surgery on body image, and fear of recurrence of cancer and death
O-SLW/se/sq/?/7/a	Beta=-.0 Beta=-.2	11 months after surgery (T1) 18 months after surgery (T2) β controlled for: Psychological complaints, fatigue, gastro-intestinal symptoms, loss of libido, pain, perceived impact of breast-surgery on body image, and fear of recurrence of cancer and death

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Respondents were asked to list their regular or scheduled instrumental activities (economic or occupation productivity or achievement, social status, household chores) They were also asked what they did "yesterday". The number of mentions was recorded.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r=+.33 (ns) newly weds males: r= ns females: r= ns
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-Sum/u/mq/*/0/a	r= ns	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddle aged + preretired) hs seniors males: r= ns females: r=+.33 (ns) newly weds males: r= ns females: r= ns middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Respondents were asked to report their regular or scheduled total activities on a 33 point checklist, rating from no participation (0) to frequent participation (3). Rating were summed and divided by 33.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r= ns newly weds males: r= ns females: r=+.56 (05)
middle aged males: r= ns females: r=+.34 (ns) preretired males: r= ns females: r= ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-Sum/u/mq/*/0/a	r=+.18 ns	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddle aged + preretired)
		hs seniors males: r= ns females: r= ns newly weds males: r= ns females: r=+.56 (05)
		middle aged males: r= ns females: r=+.34 (ns) preretired males: r= ns females: r= ns

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Respondents were asked to list their regular or scheduled instrumental activities (economic or occupation productivity or achievement, social status, household chores) They were also asked what they did "yesterday". The number of mentions was recorded.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r=+.43 (05) newly weds males: r= ns females: r= ns
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/d	r=+.27 p<.01	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddl e hs seniors males: r= ns females: r=+.43 (05) aged + preretired) newly weds males: r= ns females: r= ns middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Respondents were asked to report their regular or scheduled total activities on a 33 point checklist, rating from no participation (0) to frequent participation (3). Rating were summed and divided by 33.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r= ns newly weds males: r= ns females: r=+.52 (05)
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/d	r= ns	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddl e aged + preretired) hs seniors males: r= ns females: r= ns newly weds males: r= ns females: r=+.52 (05) middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	MOLLE 1988	<i>Page in Report:</i>	631
<i>Reported in:</i>	Moller, V. Quality of life in retirement: a case study of zulu return migrants Social Indicators Research, Vol. 20, 1988, pp. 621-658		
<i>Population:</i>	Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	253		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: 0: low
1: high
'Which of the following activities do you often, seldom, never?':
a Walk to places
b Visit friends
c Drink with friends
d Work on your land
e Do odd jobs
f Go to the shops/market
g Go to town
h Just sit and think about things
i Engage in religious activities/
go to church meetings
j Attend community meetings
k Play games
l Do handcrafts
m Go to parties, feasts, weddings,
funerals, etc.

Measured Values:

Error Estimates:

Remarks: The direction of this correlation is uncertain.
The table mentions a negative relationship, but the text refers to a positive relationship.

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HL/c/sq/v/5/a	r=+.35 p<.01	All The direction of this correlation is uncertain. The table mentions a negative relationship, but the text refers to a positive relationship.

	Beta=+.1 p<.01	All
		β controlled for:
		1 Satisfied with health
		2 Higher affluence rating
		3 Need to purchase maize
		4 Grows cash crop
		5 Religious traditionalist
		6 Has a confidant
		7 Keeps goats
		8 Higher monthly income
		9 Worked for many years in jobs
		10 Retired for many years
		11 No desire to return to work
		12 Agrees: Modern community leader
	Beta=+.2 p<.01	65+ years old
		β controlled for:
		1 Seldom restricted by poor health
		2 Higher affluence rating
		3 Need to purchase maize
		4 Grows cash crop
		5 Religious traditionalist
		6 Keeps chicken
		7 Has a confidant
		8 Higher standard house
		9 Keeps goats
		10 Larger size field
		11 Higher monthly income
		12 No desire to return to work
O-SLW/u/sq/v/5/d	r=-.30 p<.01	
	Beta=-.0 ns	β controlled for:
		1 Satisfied with health
		2 Voluntary retirement
		3 No pension income
		4 Has a confidant
		5 Higher standard income
		6 Community elder
		7 Satisfied with job while working
		8 Enjoys aspects of retirement
		9 Retired suddenly
		10 Is happy as grandparents were
		11 Agrees: planning is key to success
		12 Preference for entrepreneurship in retirement
		13 Higher modernity score

Study	PALMO 1972	<i>Page in Report:</i>	70/72
<i>Reported in:</i>	Palmore, E.B. & Luikart, C. Health and social factors related to life satisfaction. Journal of Health & Social Behavior, 1972, vol. 13, p. 68-80		
<i>Population:</i>	46+ aged, whites, North Carolina, USA, 1968		
<i>Sample:</i>	Probability stratified sample		
<i>Non-Response:</i>			
<i>N:</i>	502		

Measured Correlate

<i>Class:</i>	Current activity level Code: A 1.2
<i>Measurement:</i>	Number of hours spent during the last typical week working or doing housework, doing volunteer work for church, relatives, yard care, repairing, and other such activities.
<i>Measured Values:</i>	Actual range 0-87 M= 41,3 SD=18,5
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-BW/c/sq/l/10/c	r=+.12 p<.05 Beta=+.0 p<.05	All (N=502) step wise multiple regression: self rated health R= +.43 org. activity B1=+.46 internal control B2=+.47 performance status B3=+.48 productive hours B4=+.49 All variables p<.05

Study	PALMO 1977	<i>Page in Report:</i>	313
<i>Reported in:</i>	Palmore, E.B. and Kivett, V. Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70 Journal of Gerontology, Vol 32, 1977, p 311-316		
<i>Population:</i>	46+ aged whites, North Carolina, USA, 1968-1972/74		
<i>Sample:</i>	Probability stratified sample		
<i>Non-Response:</i>			
<i>N:</i>	378		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Number of hours spent during the last typical week working or doing housework; doing volunteer work for church, relatives, yard, care, repairing and other such activities.

Assessed at T1: 1968/70.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-BW/c/sq/l/10/c	r=+.10 p<.05 Beta=+.0 ns	Dependent life satisfaction T1. Multiple regression. self-rated health sexual enjoyment soc. act. hours org. act. prod. hours.

Study	ZAUTR 1977	<i>Page in Report:</i>	87/93
<i>Reported in:</i>	Zautra, A., Beier, E. and Cappel, L. The dimensions of life quality in a community American Journal of Community Psychology, 1977, vol.5, no.1, page 85-97		
<i>Population:</i>	18+ aged, general public, Salt Lake County, USA, 197?		
<i>Sample:</i>			
<i>Non-Response:</i>	15%		
<i>N:</i>	454		

Measured Correlate

Class: Current activity level Code: A 1.2

Measurement: Interviewer rating on a 5 point scale.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLW/u/sqrt/v/7/a	r= ns	

Study	BAKKE 1974	<i>Page in Report:</i>	28
<i>Reported in:</i>	Bakker, P. & Berg, N. van de Determinants and correlates of happiness. Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands.		
<i>Population:</i>	20-65 aged, general public, The Netherlands, 1968		
<i>Sample:</i>			
<i>Non-Response:</i>	34% refusal and unattainable.		
<i>N:</i>	1552		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Closed question: none or very little / little / neither much nor little / rather much / very much

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/sq/ol/7/a	G=+.18	

Study	RICHA 1984	<i>Page in Report:</i>	69-71
<i>Reported in:</i>	Richards,M.L. Kashner,J.B. Vaughan,D.A. Okun,M.A. Stock,W.A. The influence of serious personal losses or misfortunes on life satisfaction The Journal of Community Psychology, 1984, vol.12, p.67-73		
<i>Population:</i>	25-59 aged, general public, USA, 1981		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	375		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Single direct question: "None or little, occasional, regular."

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLu/g/sq/v/3/b	r=+.08 ns	
	r=+.08 ns	
	Beta=+.0 ns	β controlled for: self-perceived health, social integration, marital status and reported serious loss or misfortune in the past year. Same for Blackes and Whites.

Study	VENTE 1995	<i>Page in Report:</i>	176
<i>Reported in:</i>	Ventegodt, S. Livskvalitet i Danmark.(Quality of Life in Denmark) Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017		
<i>Population:</i>	18-88 aged, general public, Denmark, 1993		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	1494		

Measured Correlate

<i>Class:</i>	Physical activity Code: A 1.2.1
<i>Measurement:</i>	Single question: "How many hours of exhausting exercise do you get every week (possibly during work)" 1: 0 hours 2: about 30 minutes 3: about 1 hour 4: about 2 hours 5: about 4 hours or more
<i>Measured Values:</i>	N: 1:271, 2:140, 3:235, 4:397, 5:407
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.05 ns	1: Mt=7.56 2: Mt=7.87 3: Mt=7.79 4: Mt=7.79 5: Mt=7.90 All: Mt=7.78
O-HL/c/sq/v/5/h	r=+.05 p<.04	1: Mt=6.76 2: Mt=6.96 3: Mt=6.94 4: Mt=6.93 5: Mt=7.10 All: Mt=6.95

O-SLu/c/sq/v/5/e	r=+.04	ns	1: Mt=7.24
			2: Mt=7.61
			3: Mt=7.49
			4: Mt=7.43
			5: Mt=7.54
			All: Mt=7.45

Study	VENTE 1996	<i>Page in Report:</i>	452
<i>Reported in:</i>	Ventegodt, S. Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds) Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068		
<i>Population:</i>	Persons born at the University Hospital in Copenhagen 1959-1961		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	4500		

Measured Correlate

<i>Class:</i>	Physical activity Code: A 1.2.1
<i>Measurement:</i>	Single question: "How many hours of exhausting exercise do you get every week (possibly during work)?" 1: 0 hours 2: about 30 minutes 3: about 1 hour 4: about 2 hours 5: about 4 hours or more
<i>Measured Values:</i>	N: All:4553; %:1:21,3; 2:9,0; 3:17,1; 4:24,7; 5:28,0
<i>Error Estimates:</i>	
<i>Remarks:</i>	the correlations and M's do give only the relation between exercise and health

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	1: Ms=7.24 2: Ms=7.30 3: Ms=7.51 4: Ms=7.89 5: Ms=8.06	the correlations and M's do give only the relation between exercise and health
O-HL/c/sq/v/5/h	1: Ms=7.35 2: Ms=7.35 3: Ms=7.61 4: Ms=7.94 5: Ms=8.01	
O-SLu/c/sq/v/5/e	1: Ms=7.33 2: Ms=7.36 3: Ms=7.59 4: Ms=7.74 5: Ms=7.89	

Study	VENTE 1996	Page in Report:	184
<i>Reported in:</i>	Ventegodt, S. Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds) Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068		
<i>Population:</i>	Persons born at the University Hospital in Copenhagen 1959-1961		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	4500		

Measured Correlate

<i>Class:</i>	Physical activity Code: A 1.2.1
<i>Measurement:</i>	Single question: "How many hours of exhausting exercise do you get every week(possibly during work)? 1: 0 hours 2: about 30 minutes 3: about 1 hour 4: about 2 hours 5: about 4 hours or more
<i>Measured Values:</i>	N: All:4565; %:1:21,3; 2:9,0; 3:17,1; 4:24,7; 5:28,0
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-AOL/m/sq/v/5/a	r=+.11 p<.00	1: Mt=7.40 2: Mt=7.53 3: Mt=7.68 4: Mt=7.86 5: Mt=8.01
O-HL/c/sq/v/5/h	r=+.09 p<.00	1: Mt=7.05 2: Mt=7.26 3: Mt=7.39 4: Mt=7.59 5: Mt=7.63
	r=+.06 p<.00	1: Mt=6.85 2: Mt=6.85 3: Mt=6.96 4: Mt=7.15 5: Mt=7.14

Study	WEBB 1915/1	<i>Page in Report:</i>	26
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	Male college students, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	194		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Trained peer rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdp/ro/7/a	r=+.44	

Study	WEBB 1915/1	<i>Page in Report:</i>	26
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	Male college students, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	194		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Trained peer rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdp/ro/7/a	r=+.36	

Study	WEBB 1915/1	<i>Page in Report:</i>	26
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	Male college students, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	194		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Trained peer-rating of degree of bodily activity during business hours rated on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdp/ro/7/a	r=+.44	

Study	WEBB 1915/2	<i>Page in Report:</i>	27
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	±12 aged, male school pupils, London, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	140		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Class-master rating of bodily activity during school hours on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdt/ro/7/a	r=+.59	

Study	WEBB 1915/2	<i>Page in Report:</i>	27
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	±12 aged, male school pupils, London, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	140		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Class-master rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdt/ro/7/a	r=+.59	

Study	WEBB 1915/2	<i>Page in Report:</i>	27
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	±12 aged, male school pupils, London, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	140		

Measured Correlate

Class: Physical activity Code: A 1.2.1

Measurement: Class-master rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdt/ro/7/a	r=+.47	

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Respondents were asked to list their regular or scheduled philosophical activities (religious or spiritual, concern with the meaning of existence, adherence to an ethical or behavioral code). They were also asked what they did "yesterday"
The number of mentions was recorded.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r=-.37 ns females: r=+.39 05 newly weds males: r= ns
females: r= ns
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-Sum/u/mq/*/0/a	r= ns	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddl e aged + preretired) hs seniors males: r=-.37 ns females: r=+.39 05 newly weds males: r= ns females: r= ns middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Respondents were asked to list their regular or scheduled philosophical activities (religious or spiritual, concern with the meaning of existence, adherence to an ethical or behavioral code). They were also asked what they did "yesterday"
The number of mentions was recorded.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r=+.34 (ns) newly weds males: r= ns
females: r= ns
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/d	r= ns	Youngest (hs seniors + newly-weds)
	r= ns	Oldest (middle aged + preretired)
		hs seniors males: r= ns females: r=+.34 (ns) newly weds males: r= ns females: r= ns middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	LOWEN 1975	Page in Report:	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Respondents were asked to list their regular or scheduled personal growth activities (new skills and new experiences). They were also asked what they did "yesterday". The number of mentions was recorded.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r=+.38 (ns) newly weds males: r= ns
females: r= ns
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cw/mq/v/4/d	r=+.20 p<.05	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddl e aged + prereti red)
		hs seniors males: r= ns females: r=+.38 (ns) newly weds males: r= ns females: r= ns middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	LOWEN 1975	<i>Page in Report:</i>	93
<i>Reported in:</i>	Lowenthal,M.F., Thurnher,M. & Chiriboga,D. Four stages of life: A comparative study of women and men facing transitions Jossey-Bass, 1975, San Fransisco, USA		
<i>Population:</i>	People in transition, metropolis,USA, 1969		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	216		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Respondents were asked to list their regular or scheduled personal growth activities (new skills and new experiences). They were also asked what they did "yesterday".
The number of mentions was recorded.

Measured Values:

Error Estimates:

Remarks: hs seniors males: r= ns females: r= ns newly weds males: r= ns females:
r= ns
middle aged males: r= ns females: r= ns preretired males: r= ns females: r=
ns

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-Sum/u/mq/*/0/a	r= ns	Youngest (hs seniors + newl y-weds)
	r= ns	Ol dest (mi ddl e hs seniors males: r= ns females: r= ns newly weds males: r= ns females: r= ns middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

Study	PAYNE 1974	<i>Page in Report:</i>	17
<i>Reported in:</i>	Payne, R.L. N.M. Bradburn's measures of psychological well-being: an attempt at replication. Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology University of Sheffield, England, 1974.		
<i>Population:</i>	Employed males, supervising jobs, England, 197?		
<i>Sample:</i>			
<i>Non-Response:</i>	4% incomplete.		
<i>N:</i>	192		

Measured Correlate

<i>Class:</i>	Mental activity Code: A 1.2.2
<i>Measurement:</i>	Closed question; during last few weeks.
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cm/mq/v/5/a	G=	Index of Positive Affects: G = +.22 Index of Negative Affects: G = +.08

Study	WEBB 1915/1	<i>Page in Report:</i>	26
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	Male college students, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	194		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Trained peer rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdp/ro/7/a	r=+.27	

Study	WEBB 1915/1	<i>Page in Report:</i>	26
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	Male college students, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	194		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Trained peer rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdp/ro/7/a	r=-.02	

Study	WEBB 1915/2	<i>Page in Report:</i>	27
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	±12 aged, male school pupils, London, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	140		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Class-master rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdt/ro/7/a	r=+.43	

Study	WEBB 1915/2	<i>Page in Report:</i>	27
<i>Reported in:</i>	Webb, E. Character and intelligence. An attempt at an exact study of character. London, 1915, Cambridge University Press.		
<i>Population:</i>	±12 aged, male school pupils, London, England, 1912		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	140		

Measured Correlate

Class: Mental activity Code: A 1.2.2

Measurement: Class-master rating on a 7-point scale on the basis of observation during 6 months.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/rdt/ro/7/a	r=+.41	

Study	SNIDE 1980	<i>Page in Report:</i>	257-258
<i>Reported in:</i>	Snider, E.L. Explaining lifesatisfaction: It's the elderly's attitude that co that counts. Social Science Quaterly, 1980, vol. 61, nr 2, p. 253-263		
<i>Population:</i>	65+ aged, retired whites, Edmonton, Canada, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>	10%		
<i>N:</i>	428		

Measured Correlate

Class: Perceived over/under activity Code: A 1.3.1

Measurement: Single direct question rated on a 3-point scale with the choice statements: 'not enough', 'just right' and 'too busy'.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLu/g/sq/v/3/a	r=+.17 p<.01 tb=+.14 p<.01 Dyx=+.2 p<.01	

Study	SONDE 1975	<i>Page in Report:</i>	-
<i>Reported in:</i>	Sondermeijer, B. Health correlates of happiness Unpublished report, 1975, Rotterdam.		
<i>Population:</i>	40-60 aged male employees, Rotterdam, The Netherlands, 197?		
<i>Sample:</i>			
<i>Non-Response:</i>	5%		
<i>N:</i>	13,000		

Measured Correlate

<i>Class:</i>	Perceived over/under activity Code: A 1.3.1
<i>Measurement:</i>	Single direct question: 0 No 1 Yes
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
M-FH/g/sq/v/2/a	G=-.48 p<. 000	
	G=-.48 p<. 000	

Study	ANDRE 1976/4	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/3		
<i>Sample:</i>			
<i>Non-Response:</i>	26%		
<i>N:</i>	1433		

Measured Correlate

Class: . satisfaction with physical activity Code: A 1.3.2.1

Measurement: Closed question: "How do you feel about the amount of physical work and exercise in your life?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sqrt/v/7/a	E ² =+.37	

Study	ANDRE 1976/4	<i>Page in Report:</i>	156
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/3		
<i>Sample:</i>			
<i>Non-Response:</i>	26%		
<i>N:</i>	1433		

Measured Correlate

Class: . satisfaction with physical activity Code: A 1.3.2.1

Measurement: Closed question: "How do you feel about the amount of physical work and exercise in your life?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-BW/cy/sq/l/9/a	r=+.28	

Study	ANDRE 1976/5	<i>Page in Report:</i>	112
<i>Reported in:</i>	Andrews, F.M. & Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA		
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/7		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	222		

Measured Correlate

Class: . satisfaction with physical activity Code: A 1.3.2.1

Measurement: 2-item index of questions "How do you feel about...?"
 1. your health and physical condition
 2. the amount of physical work and exercise.
 Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/
 mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cm/mq/v/2/a	r=+.26	
O-BW/cy/sq/l/9/a	r=+.39	
O-DT/u/sq/v/7/a	r=+.49	
O-HL/c/sq/v/3/aa	r=+.33	
O-HL/u/sq/v/7/b	r=+.55	
O-SLW/u/sq/f/7/a	r=+.48	

Study	FORTI 1983	<i>Page in Report:</i>
<i>Reported in:</i>	Th.J. Forti, M.S. Hyg A Documented Evaluation of Primary Prevention through Consultation Community Mental Health Journal, 1983, p 290-304	
<i>Population:</i>	Catholic nuns, re-organized cloister, followed 4 years, Louisiana, USA, 1977-1981	
<i>Sample:</i>		
<i>Non-Response:</i>	T1: 18%, T2: 14%, T3: 23%	
<i>N:</i>	T1: 146, T2: 154, T3: 137	

Measured Correlate

Class: . satisfaction with physical activity Code: A 1.3.2.1

Measurement: Single closed question: 'How do you feel about physical work and exercise?', rated on a 7-point Delighted-Terrible scale, ranging from (1) Delighted to (7) Terrible (8) neither. (order reversed)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sq/f/7/a	r=+	T1: 1977 r= +.15 (05) T2: 1979 r= +.27 (01) T3: 1981 r= +.29 (01) Both variables assessed at T1, T2, and T3. Correlation concerns same time measures.

Study	HEADE 1981	Page in Report:	166
<i>Reported in:</i>	Headey, B. The Quality of Life in Australia Social Indicators Research, 1981, Vol. 9, 155-181		
<i>Population:</i>	Adults, general public, Australia 1978		
<i>Sample:</i>	Probability sample (unspecified)		
<i>Non-Response:</i>	not reported		
<i>N:</i>	679		

Measured Correlate

<i>Class:</i>	. satisfaction with physical activity Code: A 1.3.2.1
<i>Measurement:</i>	Index of 3 single questions on satisfaction with: a: Your physical fitness and the exercise you get b: Your own health and physical condition c: The amount of energy you have All scored on a 1-9 D-T rating scale, summation by average.
<i>Measured Values:</i>	M = 6.2 SD = 1.5
<i>Error Estimates:</i>	
<i>Remarks:</i>	All items scored on the same rating scale as the question on happiness.

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-DT/u/sqrt(v/9/a)	r=+.45 p<.001 Beta=+.0	all cases All items scored on the same rating scale as the question on happiness. Beta's controlled for satisfaction with - self-fulfillment - sex life - problem handling - family activities - work around the house - mother - house - standard of living - assertiveness - friends - fun and enjoyment - marriage

Beta=+.0

- married cases
Beta's controlled for satisfaction with
- self-fulfillment
 - sex life
 - problem handling
 - family activities
 - work around the house
 - mother
 - house
 - standard of living
 - assertiveness
 - friends
 - fun and enjoyment
 - marriage

Appendix 1 **Queries on Happiness used in reported Studies**

Happiness Query Code *Full Text*

A-AOL/m/sq/v/5/a

Single direct question:
'How are you feeling now....?'
5 very good
4 good
3 neither good nor poor
2 poor
1 very poor

Original text in Danish:
'Hvordan har du det for tiden?'
5 meget godt
4 godt
3 hverken godt eller dårligt
2 dårligt
1 meget dårligt

A-AOL/se/sq/v/7/a

Selfreport on single question

"Taken things together: how did you feel since you got ill...?"
7 very good
6
5
4
3
2
1 very bad

A-BB/cm/mq/v/2/a

Selfreport on 10 questions:

"During the past few weeks, did you ever feel?" (yes/no)
A Particularly excited or interested in something?
B So restless that you couldn't sit long in a chair?
C Proud because someone complimented you on something you had done?
D Very lonely or remote from other people?
E Pleased about having accomplished something?
F Bored?
G On top of the world?
H Depressed or very unhappy?
I That things were going your way?
J Upset because someone criticized you?

Answer options and scoring:

yes = 1
no = 0

Summation:

-Positive Affect Score (PAS): A+C+E+G+I
-Negative Affect Score (NAS): B+D+F+H+J
-Affect Balance Score (ABS): PAS minus NAS

Possible range: -5 to +5

A-BB/cm/mq/v/5/a
Name: Bradburn's 'Affect Balance Scale' (standard version)
Selfreport on 13 questions:

"During the past four weeks have you ever felt....?" (yes/no)

- A Pleased about having accomplished something.
- B Things going my way.
- C Proud because someone complimented me on something I had done.
- D Particularly excited or interested in something I had done.
- E On top of the world.
- F A deep sense of joy.
- G Pleased because my life feels orderly and secure.
- H Bored.
- I Very lonely and remote from other people.
- J Jealous of somebody.
- K Angry with someone.
- L Disappointed in myself..
- M Unhappy about the small number of times I have pleasant feelings and experiences.

Answer options:

0 no

yes

If yes: How often did you feel so?

5 every day

4 several times a week

3 once a week

2 2 or 3 times a month

1 once a month

Summation:

- Positive Affect Score (PAS): Average A to G

- Negative Affect Score (NAS): Average H to M

- Affect Balance Score (AB): PAS minus NAS

Possible range: +42 tot -30

A-BB/cw/mq/v/4/d
Name : Bradburn's 'Affected Balance Scale' (modified version)
Selfreport on 8 questions.

"During the past week, did you ever feel.....?"

A very lonely

B restless

C bored

D depressed

E on top of the world

F exited or interested

G pleased about accomplishment

H proud

Answer options:

- 1 never
- 2 once
- 3 several times
- 4 often

Summation:

- Positive Affect Score (PAS): E+F+G+H
- Negative Affect Score (NAS): A+B+C+D
- Affect Balance Score (ABS): PAS-NAS+13

A-CP/g/rdp/ro/7/a

Name: Bradburn's Affect Balance Scale (modified version)

Peer rating on single question (based on contact during 6 months):

Rater instruction: "personal qualities are named and briefly annotated in this schedule. If you have any doubt as to the meaning of any of them, please ask me (investigator)

2. In the columns under each subject's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)

- +3 very high compared to average
- +2 distinctly above average
- +1 slightly above average
- 0 average
- 1 slightly below average
- 2 distinctly below average
- 3 lowest as compared to average

A-CP/g/rdt/ro/7/a

Teacher rating on single question:

1 Personal qualities are named and briefly annotated in this schedule.

2. In the columns under each pupil's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)

- +3 very high compared to average
- +2 distinctly above average
- +1 slightly above average
- 0 average
- 1 slightly below average
- 2 distinctly below average
- 3 lowest as compared to average

M-FH/g/sq/v/2/a

Selfreport on single question:

"Are you generally satisfied? "

- 2 yes

O-BW/c/sq/l/10/c	<p>1 no</p> <p>Selfreport on single question:</p> <p>"Here is a picture of a ladder. Suppose we say that the top of the ladder (10) represents the best possible life for you and the bottom (1) represents the worst possible life for you. Where on the ladder do you feel personally stand at the present time?</p> <p>[9] best possible life for you [8] [7] [6] [5] [4] [3] [2] [1] [0] worst possible life for you</p>
O-BW/cy/sq/l/9/a	<p>Name: Cantril's selfanchoring ladder rating of life (adapted version)</p> <p>Selfreport on single question:</p> <p>"Here is a picture of a ladder. At the bottom of the ladder is the worst life you might reasonably expect to have. At the top is the best life you might expect to have. Of course, life from week to week falls somewhere in between. Where was your life most of the time during the past year?"</p> <p>[9] best life you might expect to have [8] [7] [6] [5] [4] [3] [2] [1] worst life you might expect to have</p>
O-DT/u/sq/f/7/a	<p>Name: Cantril's selfanchoring ladder rating (modified version)</p> <p>Selfreport on single question:</p> <p>"Which face comes closest to expressing feeling about life as a whole?",</p> <p>7 delighted 6 very satisfying 5 satisfying 4 mixed 3 dissatisfying 2 very dissatisfying 1 terrible - No opinion</p>

O-DT/u/sqt/v/7/a	<p>Name: Andrews & Withey's "Delighted-Terrible Scale" (modified version)</p> <p>Selfreport on single question, asked twice in interview:</p> <p>"How do you feel about your life as a whole.....?"</p> <p>7 delighted 6 pleased 5 mostly satisfied 4 mixed 3 mostly dissatisfied 2 unhappy 1 terrible</p> <p>Summation: arithmetic mean</p>
O-DT/u/sqt/v/9/a	<p>Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)</p> <p>Selfreport on single question asked twice</p> <p>'How do you feel about your life as a whole?'</p> <p>1 terrible 2 very unhappy 3 unhappy 4 mostly dissatisfied 5 mixed feelings 6 mostly satisfied 7 pleased 8 very pleased 9 delighted</p>
O-HL/c/sq/v/3/aa	<p>Selfreport on single question:</p> <p>"Taken all together, how would you say things are these days? Would you say that you are....?"</p> <p>3 very happy 2 pretty happy 1 not too happy</p>
O-HL/c/sq/v/3/cb	<p>Selfreport on single question:</p> <p>"In general, how happy are you these days"</p> <p>3 very happy 2 pretty happy 1 not too happy</p>
O-HL/c/sq/v/5/a	<p>Selfreport on single question:</p> <p>"Taking all things together in your life, how would you say things are these days? Would you say you are?"</p> <p>5 very happy 4 happy 3 neither happy nor unhappy 2 unhappy 1 very unhappy</p>

O-HL/c/sq/v/5/h

Selfreport on single question

'How happy are you now?'

5 very happy
 4 happy
 3 neither happy nor unhappy
 2 unhappy
 1 very unhappy

Original text in Danish:
 'Hvor lykkelig er du for tiden?'

5 meget lykkelig
 4 lykkelig
 3 hverken eller
 2 ullykkelig
 1 meget ullykkelig

O-HL/u/sq/v/7/b

Selfreport on single question:

"How do you feel how happy you are.....?"

7 delighted
 6 pleased
 5 mostly satisfied
 4 mixed (about equally satisfied and dissatisfied)
 3 mostly
 2 unhappy
 1 terrible

O-HP/g/sq/ol/7/a

Selfreport on single question:

"Generally speaking are you a happy person.....?"

Responses were made on an open line scale, and were later coded in 7 categories:

1 very unhappy
 2
 3
 4
 5
 6
 7 very happy.

Original text in Dutch:
 "Bent u over het algemeen een gelukkig mens?"

a zeer ongelukkig
 b
 c
 d
 e
 f
 g zeer gelukkig

O-SLu/c/sq/v/5/e

Selfreport on single question:

	'How satisfied are you with your life now?'
	5 very satisfied
	2 satisfied
	3 neither satisfied nor dissatisfied
	2 dissatisfied
	1 very dissatisfied
	Original text in Danish:
	'Hvor tilfreds er du med dit liv for tiden?'
	5 meget tilfreds
	4 tilfreds
	3 hverken tilfreds eller utilfreds
	2 utilfreds
	1 meget utilfreds
O-SLu/g/sq/v/3/a	Selfreport on single question:
	"On the whole, how satisfied would you say you are with your life.....?"
	1 not very satisfied
	2 fairly satisfied
	3 very satisfied
O-SLu/g/sq/v/3/b	Selfreport on single question:
	"In general, how satisfied are you with your life.....?"
	3 mostly satisfied
	2 partly satisfied
	1 mostly disappointed
O-SLW/se/sq/?/7/a	Selfreport on single question :
	"How satisfied are you about your life as a whole since that time?"(onset of disease)
	7 very satisfied
	6
	5
	4
	3
	2
	1 very dissatisfied
O-SLW/u/sq/f/7/a	Selfreport on single question:
	"Which face comes closest to expressing how you feel about your life as a whole?"
	Rated on pictorial scale, consisting of seven faces varying from smiles to frowns.
	7 smiling cheerful face
	6
	5
	4 neutral face
	3
	2
	1 frowning depressed face
	(Pictures not reproduced here)
O-SLW/u/sq/n/11/a	Selfreport on single question:

"All things considered, how satisfied or dissatisfied are you with your life as a whole?"

10 completely satisfied

9

8

7

6

5

4

3

2

1

0 completely dissatisfied

O-SLW/u/sq/v/5/d

Selfreport on single question:

"Taking your life as a whole, are you"?

5 very satisfied

4 quite satisfied

3 more satisfied than discontented

2 more discontented than satisfied

1 quite dissatisfied

In German:

"Wenn Sie Ihr Leben jetzt alles in allem betrachten, sind Sie.....?"

5 sehr zufrieden

4 ziemlich zufrieden

3 eher zufrieden

2 eher unzufrieden

1 ziemlich unzufrieden

O-SLW/u/sqt/v/7/a

Selfreport on single question, asked twice in interview:

"Considering everything, how satisfied are you with your life as a whole.....?"

7 completely satisfied

6

5

4

3

2

1 completely dissatisfied

Summation: both scores added

Possible range: 2 to 14

O-Sum/u/mq/*/0/a

Selfreport on 3 questions:

A. "Dissatisfied" and "Unhappy" responses on the Block (1961) Adjective Rating List.

B. Overall happiness. Single direct question: "Taking all things together, how would you say things are these days? Would you say you are"?"

3 very happy

- 2 pretty happy
- 1 not too happy

C. Present-year score on Life-Evaluation Chart, ranging from:

- 1 low
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9 high

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.

Appendix 2 *Statistics used in reported studies*

<i>Symbol</i>	<i>Explanation</i>
Beta	<p>(β) STANDARDIZED REGRESSION COEFFICIENT Type: test statistic. Measurement level: Correlates: all metric, Happiness!: metric. Range: [-1 ; +1]</p> <p>Meaning: $\beta > 0$ « a higher correlate level corresponds with, on an average, higher happiness rating. $\beta < 0$ « a higher correlate level corresponds with, on an average, lower happiness rating. $\beta = 0$ « no correlation. $\beta = +1$ or -1 « perfect correlation.</p>
Dyx	<p>SOMERS' ASYMMETRIC TEST STATISTIC Type: test statistic Measurement level: Correlate: ordinal, Happiness: ordinal Range: [-1; +1]</p> <p>Meaning: $Dyx = 0$ «no rank correlation $Dyx = +1$ «strongest possible rank correlation, where high correlate values correspond with high happiness ratings. $Dyx = -1$ «strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
E ²	<p>CORRELATION RATIO (Elsewhere sometimes called h² or ETA) Type: test statistic Measurement level: Correlate: nominal or ordinal, Happiness: metric Range: [0; 1]</p> <p>Meaning: correlate is accountable for E² x 100 % of the variation in happiness. $E^2 = 0$ « knowledge of the correlate value does not improve the prediction quality of the happiness rating. $E^2 = 1$ « knowledge of the correlate value enables an exact prediction of the happiness rating</p>
G	<p>GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happiness!: ordinal Range: [-1; +1]</p> <p>Meaning: $G = 0$ « no rank correlation $G = +1$ « strongest possible rank correlation, where high correlate values correspond with high happiness ratings. $G = -1$ « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')</p>

Type: test statistic.

Measurement level: Correlate: metric, Happiness: metric

Range: [-1; +1]

Meaning:

$r = 0$ « no correlation ,

$r = 1$ « perfect correlation, where high correlate values correspond with high happiness values, and

$r = -1$ « perfect correlation, where high correlate values correspond with low happiness values.

tb

KENDALL'S RANK CORRELATION COEFFICIENT TAU-B

Type: test statistic

Measurement level: Correlate: ordinal, Happiness: ordinal

Range: [-1; +1]

Meaning:

$tb = 0$ « no rank correlation

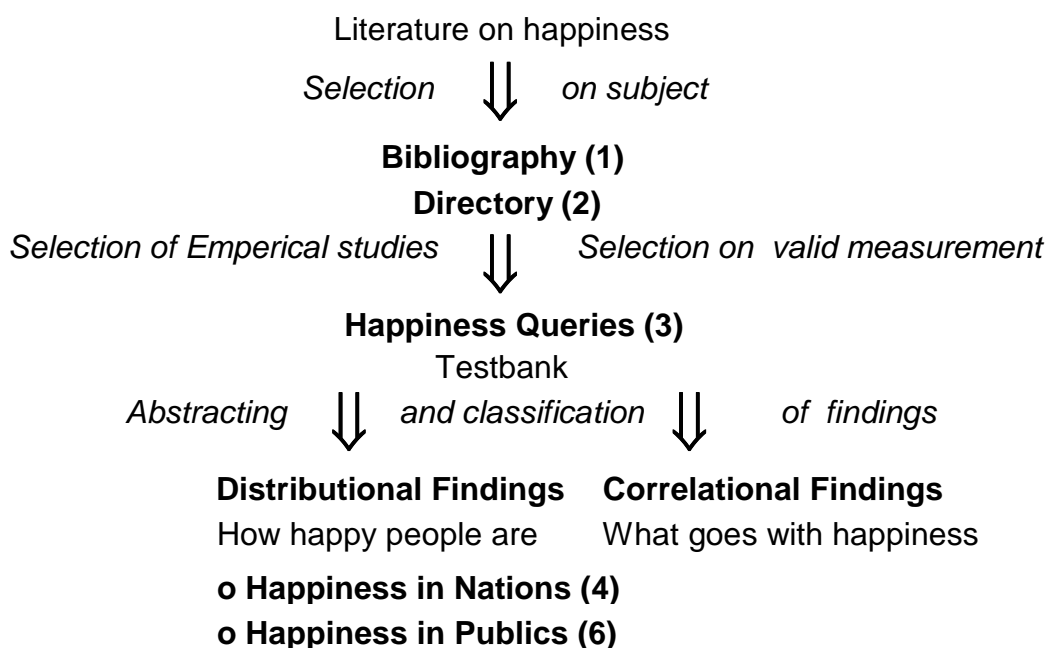
$tb = 1$ « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.

$tb = -1$ « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

On the web you will find a text explaining the statistics used in more detail. Go to: www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm. This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

Appendix 3: About the World Database of Happiness

The World Database of Happiness is an ongoing register of scientific research on subjective appreciation of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic analysis. The research literature is processed as follows:



-
- 1 **BIBLIOGRAPHY OF HAPPINESS** Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
 - 2 **DIRECTORY OF INVESTIGATORS** Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
 - 3 **CATALOG OF HAPPINESS QUERIES (testbank)** Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
 - 4 **CATALOG OF HAPPINESS IN NATIONS** Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
 - 5 **CATALOG OF HAPPINESS IN PUBLICS** Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
 - 6 **CATALOG OF CORRELATIONAL FINDINGS** Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

Appendix 4 Further Findings in the World Database of Happiness

<i>Main Category's</i>	<i>Category Name</i>	<i>Number of Studies in this Category</i>
A 1	ACTIVITY LEVEL (how much one does)	53
A 2	ACTIVITY PATTERN (what one does)	7
A 3	AFFECTIVE LIFE	31
A 4	AGE	279
A 5	AGGRESSION	11
A 6	ANOMY	30
A 7	APPEARANCE (good looks)	8
A 8	ATTITUDES	4
A 9	AUTHORITARIANISM	4
B 3	BODY	66
C 1	CHILDREN 1:	4
C 10	CREATIVENESS	6
C 11	CULTURE (Arts and Sciences)	6
C 2	CHILDREN: WANT FOR (Parental aspirations)	6
C 3	CHILDREN: HAVING (parental status)	145
C 4	CHILDREN's CHARACTERISTICS	19
C 5	CHILDREN: RELATION WITH	8
C 6	CHILDREN: REARING (parental behavior)	11
C 7	COMMUNAL LIVING	1
C 8	CONCERNS	15
C 9	COPING	27
D 1	DAILY JOYS & HASSLES	4
E 1	EDUCATION	243
E 2	EMPLOYMENT	180
E 3	ETHNICITY	63
E 4	EXPRESSIVE BEHAVIOR	10
F 1	FAMILY OF ORIGIN (earlier family for adults, current for young)	195
F 2	FAMILY OF PROCREATION	42
F 3	FAMILY OF RELATIVES	145
F 4	FARMING	30
F 5	FREEDOM	24
F 6	FRIENDSHIP	123
G 1	GENDER	252
G 2	GRIEF	1
H 10	HOPE	3
H 11	HOUSEHOLD: COMPOSITION	90
H 12	HOUSEHOLD: WORK	10
H 13	HOUSING	75
H 2	HANDICAP	13

H 3	HAPPINESS: ATTITUDES	39
H 5	HAPPINESS CAREER	144
H 6	HAPPINESS: CURRENT LEVEL	260
H 8	HEALTH-BEHAVIOR	15
H 9	HELPING	4
I 1	INCOME	415
I 2	INSTITUTIONAL LIVING	28
I 3	INTELLIGENCE	63
I 4	INTERESTS	5
I 5	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
L 2	LEADERSHIP	8
L 3	LEISURE	128
L 4	LIFE APPRAISALS: OTHER THAN HAPPINESS4	290
L 5	LIFE-CHANGE	26
L 6	LIFE-EVENTS	63
L 7	LIFE-GOALS	52
L 8	LIFE HISTORY	1
L 9	LIFE STYLE	4
M 1	MARRIAGE: MARITAL STATUS CAREER	32
M 10	MIGRATION: MIGRANT WORK	3
M 11	MILITARY LIFE	5
M 12	MODERNITY	5
M 13	MOOD	181
M 2	MARRIAGE: CURRENT MARITAL STATUS	315
M 3	MARRIAGE: RELATIONSHIP	99
M 4	MARRIAGE: PARTNER	34
M 5	MEANING	18
M 6	MEDICAL TREATMENT	49
M 7	MENTAL HEALTH	99
M 8	MIGRATION: OTHER COUNTRY	9
M 9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
N 1	NATIONALITY	5
N 2	NATION: TIME & PLACE	20
N 3	NATIONAL CHARACTER (modal personality)	2
N 4	NATION'S CONDITION	52
N 6	ATTITUDES TO THE NATION	111
N 7	LIVABILITY OF THE NATION	5
N 8	NUTRITION	18
O 1	OCCUPATION	133

O 2	ORGAN TRANSPLANTATION	11
P 1	PERSONALITY: HISTORY	44
P 10	POSSESSIONS	26
P 12	PROBLEMS	20
P 13	PSYCHO-SOMATIC COMPLAINTS	53
P 2	PERSONALITY: CHANGE	7
P 3	PERSONALITY: CURRENT ORGANIZATION	7
P 4	PERSONALITY: CURRENT TRAITS	392
P 5	PERSONALITY: LATER	23
P 6	PHYSICAL HEALTH	286
P 7	PLANNING	7
P 8	POLITICS	197
P 9	POPULARITY	22
R 1	RELIGION	198
R 2	RESOURCES	8
R 3	RETIREMENT	46
R 4	ROLES	13
S 1	SCHOOL	92
S 10	SOCIAL SUPPORT: RECEIVED	26
S 11	SOCIAL SUPPORT: Provided	3
S 12	SPORTS	32
S 13	STIMULANTS	33
S 14	SUICIDE	4
S 15	SUMMED EFFECTS ON HAPPINESS	71
S 2	SELF-IMAGE	193
S 3	SEX-LIFE	54
S 4	SLEEP	10
S 5	SOCIAL MOBILITY	16
S 6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	50
S 7	SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS	111
S 8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	25
S 9	SOCIAL STATUS (Socio-Economic Status)	140
T 1	TIME	27
T 2	THERAPY	9
T 3	TOLERANCE	37
V 1	VALUE CAREER	8
V 2	VALUES: CURRENT PREFERENCES (own)	49
V 3	VALUES: CLIMATE (current values in environment)	4
V 4	VALUES: SIMILARITY (current fit with others)	5
V 5	VICTIM	11
W 1	WAR	5
W 2	WORK CAREER	1
W 3	WORK CONDITIONS	34
W 4	WORK-ATTITUDES	313

W 5	WORK-PERFORMANCE (current)	6
W 6	WORRIES	27
X	UNCLASSIFIED	22

Appendix 5 Related Topics

This Topic*Classification Page 1****Related Topics****In Subject List on Appendix 4*

A 1	ACTIVITY LEVEL (how much one does)		
A 1.1	Activity career	P 4.120	Zestful
		P 4.2	Ambitious
A 1.1.1	Earlier activity level	P 4.3	Active
A 1.1.2	Change in activity level	T 2.2.1	Effects of activation therapy
A 1.1.4	Later activity level		
A 1.2	Current activity level		
A 1.2.1	Physical activity	W 3.2.12	Strain at work (physical)
		S 12.2.1	Active involvement in sports
		O 1.3.1.3	. manual or non-manual
A 1.2.2	Mental activity	C 11.2	Current cultural participation
		O 1.3.1.3	. manual or non-manual
		S 1.2.3	Involvement in school-work
A 1.3	Attitudes to own activity level		
A 1.3.1	Perceived over/under activity		
A 1.3.2	Attitudes to own activity-level		
A 1.3.2.1	. satisfaction with physical activity		

End of Report