## Classification of Findings

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Description</th>
<th>Nr of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>W7</td>
<td>WORRIES</td>
<td>0</td>
</tr>
<tr>
<td>W7.1</td>
<td>Worry career</td>
<td>0</td>
</tr>
<tr>
<td>W7.1.1</td>
<td>Earlier worries</td>
<td>1</td>
</tr>
<tr>
<td>W7.1.2</td>
<td>Change in worries</td>
<td>1</td>
</tr>
<tr>
<td>W7.1.3</td>
<td>Later worries</td>
<td>0</td>
</tr>
<tr>
<td>W7.2</td>
<td>Current worries</td>
<td>0</td>
</tr>
<tr>
<td>W7.2.1</td>
<td>Amount of worrying</td>
<td>19</td>
</tr>
<tr>
<td>W7.2.2</td>
<td>Specific worries</td>
<td>9</td>
</tr>
<tr>
<td>W7.2.2.1</td>
<td>. apocalyptic worries</td>
<td>1</td>
</tr>
<tr>
<td>W7.3</td>
<td>Attitudes to own worrying</td>
<td>0</td>
</tr>
</tbody>
</table>

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Appendix 1 Happiness Items 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 Subjects

Cite as
Veenhoven, R.: Findings on WORRIES
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Study | MUSSE 1980/1
---|---
Page in Report: | 342

Population: | Mothers, followed from age 30 to 70, Berkeley USA, 1928-68

Sample:

Non-Response:

N: | 53

Measured Correlate

Class: | Earlier worries, Code W7.1.1

Measurement: | Personality factor that appears in an analysis of ratings by two interviewers on 71 personality-social characteristics. This factor appeared in young adulthood (T1: age 30) as well as in old age (T2: age 70). Correlation over this 40-year-period is +.34.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLC/g/fi/v/7/b</td>
<td>r=+.37</td>
<td>ns</td>
</tr>
<tr>
<td>A-CP/g/fi/v/7/a</td>
<td>r=+.33</td>
<td>Happiness assessed at T1 and T2 load similarly on this factor.</td>
</tr>
</tbody>
</table>
### Study
**BRADB 1969**

*Reported in:* Bradburn, N.M.  
The Structure of Psychological Well-Being.  
Aldine Publishing, 1969, Chicago, USA  
Page in Report: 111

*Population:* 21-60 aged, general public, urban areas, USA, 1963 - 64

*Sample:*

*Non-Response:* ± 20%, Attrition ± 30%

*N:* 2787

### Measured Correlate

*Class:* Change in worries, Code W7.1.2

*Measurement:* Difference in response to 12-item index of question worries in the past few weeks.

Assessed at  
T1: January 1963  
T3: October 1963

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v2/a    | DMr= p<.05 | CHANGE in worries by CHANGE in happiness. Computed for negative affect (NA) only (not full ABS). NA assessed at T1 and T3.  
Ss who increased in worries tend to increased in NA as well (and reversedly).  
Change in affect expressed in change (●) in average ridits (RT). Ridit analysis compares distribution in category with distribution in total sample.  
•RT above .50 means relative increase.  
•RT below relative decrease in happiness. |

Findings on Happiness and WORRIES

Study

Reported in: Abe, T.; Moritsuka, T.
A Case-Control Study on Climacteric Symptoms and Complaints of Japanese Women by Symptomatic Type for Psychological Variables.
Maturitas, 1986, Vol. 8, 255 - 265. ISSN 0378 5122
Page in Report: 261


Sample: Non-probability chunk sample

Non-Response: 20 % (cases 21%, controls 19%)

N: 432

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Single direct question

Observed Relation with Happiness

Measured Happiness Statistics Elaboration/Remarks
Findings on Happiness and WORRIES

Study VEROF 1962

Reported in: Veroff, J.; Feld, S.; Gurin, G.
Dimensions of Subjective Adjustment.
Journal of Abnormal and Social Psychology, 1962, Vol. 64, 192 - 205
Page in Report: 196

Population: 21+ aged, married, with children, USA, 1957

Sample:
Non-Response: -
N: 797

Measured Correlate

Class: Amount of worrying, Code W7.2.1
Measurement: Question: never / sometimes / all the time.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>tb = - p&lt; 01</td>
<td>Males : _b = -.19 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females : _b = -.18 (01)</td>
</tr>
</tbody>
</table>
Findings on Happiness and Worries

Study WESSM 1956

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 213

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:
Non-Response: -
N: 2377

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Closed question: a little / a fair amount / a lot

Observed Relation with Happiness

Measured Happiness  Statistics   Elaboration/Remarks
O-HL/g/sq/v/3/c   G = .32
                      p < .01
Findings on Happiness and WORRIES

Study                  BORTN 1970

Reported in: Bortner, R.W.; Hultsch, D.F.
A Multivariate Analysis of Correlates of Life Satisfaction in Adulthood.
Page in Report: 44

Population: 21+ aged, general public, USA 1959

Sample:

Non-Response: 9%

N: 1301

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Closed question on worry that things may get worse for one self and family.
Rated on an 11-point self-anchoring scale (Cantril ladder: see CANTR, 1965).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/sq/l11/a</td>
<td>r=-.23</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>r=-.30</td>
<td></td>
</tr>
<tr>
<td>O-SLP/c/sq/l11/a</td>
<td>r=-.28</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and WORRIES

Study  CANTR 1965/1

Reported in: Cantril, H.
The Pattern of Human Concern.
Rutgers University Press, 1965, New Brunswick, New Jersey, USA
Page in Report: 263

Population: Adults, general public, 14 countries ±1960

Sample:

Non-Response: -

N: 18653

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Content analysis of responses on open-ended question on personal worries and fears for the future. Responses indicating that the respondent cannot think of any fears or worries.

Observed Relation with Happiness

Measured Happiness Statistics Elaboration/Remarks

C-BW/c/sq/l/11/a G =+.29
p< .01
Study  
**GURIN 1960**

*Reported in:* Gurin, G.; Veroff, J.; Feld, S.  
Americans View their Mental Health. A Nationwide Interview Survey.  
ISBN 0 405 1191 86  
Page in Report: 29

*Population:* 21+ aged, general public, non-institutionalized, USA, 1957

*Sample:*

*Non-Response:* 13%; 5% not at home, 8% refusals

*N:* 2460

---

**Measured Correlate**

*Class:* Amount of worrying, Code W7.2.1

*Measurement:* Closed question: never / not very much / sometimes / a lot / all the time.

---

**Observed Relation with Happiness**

*Measured Happiness*  
*Statistics*  
*Elaboration/Remarks*

O-HL/c/sq/v/3/aa  
G = -0.28  
p < .01
<table>
<thead>
<tr>
<th>Study</th>
<th>GONZA 1967</th>
</tr>
</thead>
</table>
| **Reported in:** | Gonzalez, J.R.  
Study of Student Teachers' Life Adjustment.  
Page in Report: 73 |
| **Population:** | Students teachers, University of California, USA, 1967 |
| **Sample:** | |
| **Non-Response:** | |
| **N:** | 75 |

<table>
<thead>
<tr>
<th>Measured Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class:</strong></td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Observed Relation with Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measured Happiness</strong></td>
</tr>
</tbody>
</table>
| O-HL/u/sq/v/3/c | G = .50  
* p < .01 | G' based on proportion very happy (vs not very happy). |
| O-HL/u/sq/v/3/c | tau = .41  
* p < .01 | |
Study 

**BRADB 1965/1**

*Reported in:* Bradburn, N.M.; Caplovitz D.  
Aldine Publishing Company, 1965, Chicago, USA  
Page in Report: 51

*Population:* Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962

*Sample:*

*Non-Response:* -

*N:* 2006

**Measured Correlate**

*Class:* Amount of worrying, Code W7.2.1

*Measurement:* Closed question: not very much vs a lot

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BB/cw/mq/v/4/e    | G = -      | Index of Negative Affects: G' = -.49 (01)  
No relation to the Index of Positive Affects. |
<p>| O-HL/c/sq/v/3/aa   | G = -.58   | p&lt; .01              |</p>
<table>
<thead>
<tr>
<th>Study</th>
<th>ABE 1986</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Abe, T.; Moritsuka, T.</td>
</tr>
<tr>
<td>A Case-Control Study on Climacteric Symptoms and Complaints of Japanese Women by Symptomatic Type for Psychological Variables.</td>
<td></td>
</tr>
<tr>
<td>Maturitas, 1986, Vol. 8, 255 - 265. ISSN 0378 5122</td>
<td></td>
</tr>
<tr>
<td>Page in Report: 261</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability chunk sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>20% (cases 21%, controls 19%)</td>
</tr>
<tr>
<td>N:</td>
<td>432</td>
</tr>
</tbody>
</table>

### Measured Correlate

| Class: | Amount of worrying, Code W7.2.1 |
| Measurement: | Single direct question: Do you have anything about which you are anxious in the present or in the future? |

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SL?/c/sq/v/3/a</td>
<td>DM = p&lt;.000</td>
<td></td>
</tr>
</tbody>
</table>
# Findings on Happiness and WORRIES

## Study

**Study**

**ANDRE 1976/5**

**Reported in:** Andrews, F.M.; Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Page in Report: 92

**Population:** 18+ aged, general public, non-institutionalized, USA, 1973/7

**Sample:**

**Non-Response:**

**N:** 222

## Measured Correlate

**Class:** Amount of worrying, Code W7.2.1

**Measurement:** Closed question: "Most people worry more or less about some things. Would you say you never worry, worry a little, worry sometimes, worry a lot, or worry all the time?"
Rated on a 5-point scale ranging from never worry (5) to worry all the time (1)

## Observed Relation with Happiness

**Measured Happiness**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>mr=-.27</td>
</tr>
<tr>
<td>C-BW/cy/sq/l/9/a</td>
<td>r=-.20</td>
</tr>
<tr>
<td>M-AO/u/sq/f/7/a</td>
<td>r=-.30</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=+.30</td>
</tr>
<tr>
<td>O-GBB/u/sq/c/9/a</td>
<td>r=-.30</td>
</tr>
</tbody>
</table>

HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end.
HAP 4.1 asked first: r=-.30
HAP 4.1 asked second: r=-.30
HAP 4.1 asked third: r=-.20
Findings on Happiness and WORRIES

A-BB/cm/mq/v/2/a   r=-.40
Index of positive affects: r=-.00
Index of negative affects: r=+.40

O-HL/u/sq/v/7/b   r=+.40
Findings on Happiness and WORRIES

Study

**ANDRE 1976/3**


*Population:* 18+ aged, general public, non institutionalized, USA, 1972/11

*Sample:

*Non-Response:* 38%

*N:* 1072

Measured Correlate

*Class:* Amount of worrying, Code W7.2.1

*Measurement:* Closed question: "Most people worry more or less about some things. Would you say you never worry, worry a little, worry sometimes, worry a lot, or worry all the time?"

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r=-.31</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/n/7/a</td>
<td>r=-.27</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/a</td>
<td>r=-.24</td>
<td></td>
</tr>
<tr>
<td>O-HL/u/sq/v/7/b</td>
<td>r=-.30</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=-.24</td>
<td></td>
</tr>
<tr>
<td>O-SLV/u/sq/t/101/a</td>
<td>r=-.16</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=-.28</td>
<td></td>
</tr>
</tbody>
</table>
| O-DT/u/sqt/v/7/a   | mr=-.26    | HAP 4.1 asked first: r=-.24  
                     |            | HAP 4.1 asked last  : r=-.27 |
Findings on Happiness and WORRIES

Study CANTR 1965/2

Reported in: Cantril, H.
The Pattern of Human Concern.
Rutgers University Press, 1965, New Brunswick, New Jersey, USA
Page in Report: 268/415

Population: 21+ aged, general public, USA, 1959

Sample:

Non-Response: -

N: 1549

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Closed question on extent of worries and fears that things my get worse for oneself or family. Rated on an 11-point self-anchoring scale.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=-.27</td>
<td></td>
</tr>
<tr>
<td>C-RG/h/sq/l/11/a</td>
<td>r=-.23</td>
<td></td>
</tr>
<tr>
<td>O-SLP/c/sq/l/11/a</td>
<td>r=-.24</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and WORRIES

**Study**  
**ANDRE 1976/2**

*Reported in:* Andrews, F.M.; Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Page in Report: 85

*Population:* 18+ aged, general public, non-institutionalized, USA, 1972/11

*Sample:*

*Non-Response:* 24%

*N:* 1118

---

**Measured Correlate**

*Class:* Amount of worrying, Code W7.2.1

*Measurement:* Closed question: "Most people worry more or less about some things. Would you say you never worry, worry a little, worry sometimes, worry a lot, or worry all the time?"

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>r=-.21</td>
<td></td>
</tr>
<tr>
<td>O-SLV/u/sq/t/101/a</td>
<td>r=-.13</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/n/7/a</td>
<td>r=-.24</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and WORRIES

Study

Page in Report: 342

Population: Mothers, followed from age 30 to 70, Berkeley USA, 1928-68

Sample:

Non-Response:

N: 53

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Personality factor that appears in an analysis of ratings by two interviewers on 71 personality-social characteristics. This factor appeared in young adulthood (T1: age 30) as well as in old age (T2: age 70). Correlation over this 40-year-period is +.34.

Observed Relation with Happiness

Measured Happiness

Statistics Elaboration/Remarks

A-CP/g/fi/v/7/a r=+.33 ns Happiness assessed at T1 and T2 load similarly on this factor.
Findings on Happiness and WORRIES

Study CLEME 1980/4

Reported in: Clement, F.J.
De la Variation de Quelques Traits de Personalité en Fonction, notamment, de l'Age, du Sexe et du Niveau Intellectuel. (The Variation of Certain Personality Traits in Relation to Age, Sex, and Intelligent Level).
Psychologie Francaise, 1980, Vol. 25, 95 - 113
Page in Report: 103-107

Population: 50-69 aged women, France, 1975

Sample:
Non-Response:
N: 747

Measured Correlate

Class: Amount of worrying, Code W7.2.1
Measurement: Self rating of personality;
0 no mentioned on worries and fears
1 one or more mentioned

Observed Relation with Happiness

Measured Happiness | Statistics | Elaboration/Remarks |
--- | --- | --- |
O-HL/u/sq/ol/9/a | DM= - p<.01 | No mentioned on worries and fears One or more mentioned M=7,41 Mt'=8,0 M=6,93 Mt'=7,4 |
O-SP/u/sq/ol/9/a | DM=+ p<.01 | No mentioned on worries and fears One or more mentioned M=6,83 Mt'=7,3 M=6,22 Mt'=6,5 |
M-FH/u/sq/ol/9/a | DM=+ p<.001 | No mentioned on worries and fears One or more mentioned M=6,99Mt'=7,5 M=6,26Mt'=6,6 |
Findings on Happiness and WORRIES

Study WARR 1978

Reported in: Warr, P.
A Study of Psychological Well-Being.
The British Journal of Psychology, 1978, Vol. 6, 111 - 121
Page in Report: 116

Population: Steel workers, six months after closure of their plant, Manchester, U.K., 1976

Sample:
Non-Response: 9 % (4 % ill, 5 % refused), 13 % not contacted
N: 1655

Measured Correlate

Class: Amount of worrying, Code W7.2.1

Measurement: Single closed question: "In general, how much would you say you worry these days?" rated on an 11-point scale from 'not at all' to 'a great deal'

Observed Relation with Happiness

Measured Happiness

Statistics Elaboration/Remarks

O-HL/c/sq/n/7/a  r=-.34
### Findings on Happiness and WORRIES

#### Study

**Reported in:** Bradburn, N.M.
The Structure of Psychological Well-Being.
Aldine Publishing, 1969, Chicago, USA

**Page in Report:**

**Population:** 21-60 aged, general public, urban areas, USA, 1963 - 64

**Sample:**

**Non-Response:** ± 20%, Attrition ± 30%

**N:** 2787

### Measured Correlate

**Class:** Amount of worrying, Code W7.2.1

**Measurement:** 12-item index of questions on worries during the past few weeks about:
- Each rated yes/no.
- 1. not having enough money
- 2. financial debts
- 3. work
- 4. getting along with wife / husband / girlfriend / boyfriend
- 5. moving ahead in the world
- 6. one's children
- 7. sexual problems
- 8. people one has troubles with
- 9. health
- 10. things that happen in one's neighbourhood
- 11. world situation
- 12. growing old

(Adapted from Srole et al., 1962).

**Remarks:** Data T1. Results T3 similar.
Not computed for summed ABS.
## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mg/v/2/a</td>
<td>G=</td>
<td>Index of Positive Affects:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Males : G= +.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Females : G= -.03</td>
</tr>
</tbody>
</table>

Index of Negative Affects:
- Males : G= +.40
- Females : G= +.41

Unaffected by expecting a nervous breakdown.
### Study

**HEADE 1981**

- **Reported in:** Headey, B.  
The Quality of Life in Australia  
Social Indicators Research, 1981, Vol. 9, 155 - 18. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00286195  
Page in Report: 166

- **Population:** Adults, general public, Australia 1978  
- **Sample:** Probability sample (unspecified)  
- **Non-Response:** not reported  
- **N:** 679

### Measured Correlate

- **Class:** Amount of worrying, Code W7.2.1
- **Measurement:** Index of two single questions on satisfaction with:  
  a: the amount of pressure you are under  
  b: the amount you worry about things  
Both items scored on 1-9 rating scale, summation by average.

- **Measured Values:**  
  $M = 5.9$  
  $SD = 1.6$

- **Remarks:** Both items scored on the same rating scale as the question on happiness.  
  It is assumed that worries index in "...Quality of Life..." is the same as anxiety index in "...Priorities, Satisfactions and Well-being."

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r=+.36</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
</tbody>
</table>
Study  WESSION 1956

Reported in: Wessman, A.E.
A Psychological Inquiry into Satisfaction and Happiness.
Unpublished Doctoral Dissertation, Princeton University, 1956, USA
Page in Report: 213

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:

Non-Response: -

N: 2377

Measured Correlate

Class: Specific worries, Code W7.2.2

Measurement: Open-ended direct question: "Other worries vs worry mentioned"

a. Family and children
b. Health (personal and family)
c. Financial worries, money
d. Security, job, future
e. Politics, world and national conditions
f. Work conditions
g. Personal traits
h. Housing, place to live
i. Vague answers (anything, everything)

Remarks: Computed for those who have worries only (N = 2040)
## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +.10</td>
<td>a.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td></td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +.15</td>
<td>b.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -.23</td>
<td>c.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -.09</td>
<td>d.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
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<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +.31</td>
<td>e.</td>
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<tr>
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<td>p &lt; .01</td>
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</tr>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = +.05</td>
<td>f.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
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<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = .05</td>
<td>g.</td>
</tr>
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<td></td>
<td>ns</td>
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<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = .25</td>
<td>h.</td>
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<td>ns</td>
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<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G = -.03</td>
<td>i.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>
Study CANTR 1965/1

Reported in: Cantril, H.
The Pattern of Human Concern.
Rutgers University Press, 1965, New Brunswick, New Jersey, USA
Page in Report: 263

Population: Adults, general public, 14 countries ±1960

Sample: Non-Response: -
N: 18653

Measured Correlate

Class: Specific worries, Code W7.2.2

Measurement: Content analysis of an open-ended question on personal worries and fears for the future. Responses rated as concerning:

a. Values and character:
   emotional instability and immaturity; become anti-social; no self-development or improvement; not be accepted by others; no sense of personal worth; be a person without character; etc.

b. Economic conditions:
   deterioration in or inadequate standard of living for self or family; etc.

c. Job or work situation:
   poor job, un congenial work, unemployment, failure in one's work, etc. for self, spouse, or other family members.

d. Health of self or family:
   ill health, accident, death for self or for members of the family.

e. Family references:
   no or unhappy family life; worries and fears regarding relatives,
Findings on Happiness and WORRIES

f. Political references:
lack of freedom; political instability; no improvement in present government; etc.

g. Social references:
social injustice; future generations; no social security; etc.

h. International references:
war; militarism and armaments; misuse of nuclear energy; threat, aggression, domination by a Communist power; etc.

i. Have no fears:
the respondent cannot think of any fear or worries.

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
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</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l11/a</td>
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<td>a.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>G = - .29</td>
<td>b.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>G = - .05</td>
<td>c.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>G = + .22</td>
<td>d.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and WORRIES

C-BW/c/sq/l/11/a  G = +0.08  e.  
          p < .01

C-BW/c/sq/l/11/a  G = +0.22  f.  
          p < .01

C-BW/c/sq/l/11/a  G = +0.27  g.  
          p < .01

C-BW/c/sq/l/11/a  G = +0.47  h.  
          p < .01

C-BW/c/sq/l/11/a  G = +0.29  i.  
          p < .01
### Findings on Happiness and WORRIES

**Study**

**VEROF 1981**

*Reported in:* Veroff, J.; Douvan, E.; Kulka, R.A.
The Inner American: A Self-Portrait from 1957 to 1976.
Page in Report: 54

*Population:* 21 aged, general public, non-institutionalized, USA, 1976

*Sample:*

*Non-Response:* 29%

*N:* 2264

### Measured Correlate

*Class:* Specific worries, Code W7.2.2

*Measurement:* Open-ended question: "What kind of things do you worry about?".
Sources mentioned:
- a. Economic and material
- b. Children
- c. Marriage
- d. Other interpersonal
- e. Job
- f. Own health
- g. Family's health
- h. Independence
- i. Personal characteristics
- j. Community, national and world problems

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
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</thead>
</table>

http://worlddatabaseofhappiness.eur.nl/hap_cor/top_sub.php?code=W7 (31 of 63)
Findings on Happiness and WORRIES

<table>
<thead>
<tr>
<th>O-HL/c/sq/v/3/aa</th>
<th>r = ns</th>
<th>1957</th>
<th>1976</th>
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<tr>
<td>a.</td>
<td>+.09</td>
<td>+.20</td>
<td></td>
</tr>
<tr>
<td>b.</td>
<td>+.10</td>
<td>+.08</td>
<td></td>
</tr>
<tr>
<td>c.</td>
<td>+.06</td>
<td>+.05</td>
<td></td>
</tr>
<tr>
<td>d.</td>
<td>+.06</td>
<td>+.01</td>
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<td>e.</td>
<td>+.05</td>
<td>+.14</td>
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<tr>
<td>f.</td>
<td>+.08</td>
<td>+.04</td>
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<tr>
<td>g.</td>
<td>+.11</td>
<td>-.01</td>
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<tr>
<td>h.</td>
<td>-</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>i.</td>
<td>+.06</td>
<td>+.05</td>
<td></td>
</tr>
<tr>
<td>j.</td>
<td>+.02</td>
<td>+.01</td>
<td></td>
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</tbody>
</table>
### Study

**LEVY 1975**

- **Reported in:** Levy, S.; Guttman, L.  
  Structure and Dynamics of Worries.  
  Page in Report: 453-457

- **Population:** 18+ aged, general public, urban areas, Israel, 1968-70

- **Sample:**  
  Non-Response: ?

- **N:** 3600

### Measured Correlate

**Class:** Specific worries, Code W7.2.2

**Measurement:** Index of closed questions, rated on a 4-point scale, ranging from (1) very worried to (4) not at all worried:

- a. Worried by the economy of Israel
- b. Worried by the economic situation of self and family
- c. Worried by health of self and family
- d. Worried these days
- e. Worried by terrorist activities throughout the country
- f. Worried by terrorist activities in his neighbourhood
- g. Worried by the political situation of Israel
- h. Worried by the military strength of Israel Defence Forces
- i. Worried by terrorist activities against Israelis abroad
- j. Worried by the security situation of Israel
- k. Family income insufficient

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
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</table>

### Findings on Happiness and Worries

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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>a. mc=</td>
<td>+.14</td>
<td>+.15</td>
<td>+.11</td>
<td>+.10</td>
<td>+.07</td>
</tr>
<tr>
<td>b. mc=</td>
<td>+.35</td>
<td>+.42</td>
<td>+.35</td>
<td>+.42</td>
<td>+.26</td>
</tr>
<tr>
<td>c. mc=</td>
<td>+.32</td>
<td>+.29</td>
<td>+.31</td>
<td>+.38</td>
<td>+.34</td>
</tr>
<tr>
<td>d. mc=</td>
<td>+.75</td>
<td>+.71</td>
<td>+.72</td>
<td>+.71</td>
<td>+.75</td>
</tr>
<tr>
<td>e. mc=</td>
<td>+.25</td>
<td>+.31</td>
<td>+.31</td>
<td>+.27</td>
<td>+.44</td>
</tr>
<tr>
<td>f. mc=</td>
<td>+.11</td>
<td>+.17</td>
<td>+.13</td>
<td>+.12</td>
<td>+.27</td>
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<tr>
<td>g. mc=</td>
<td>+.29</td>
<td>+.27</td>
<td>+.30</td>
<td>+.30</td>
<td></td>
</tr>
<tr>
<td>h. mc=</td>
<td>+.33</td>
<td>+.32</td>
<td>+.30</td>
<td>+.32</td>
<td></td>
</tr>
<tr>
<td>i. mc=</td>
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<td>+.33</td>
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<td>j. mc=</td>
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<td>+.37</td>
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<tr>
<td>k. mc=</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>+.35</td>
</tr>
</tbody>
</table>
Study  

**WARR 1978**

*Reported in:* Warr, P.
A Study of Psychological Well-Being.
The British Journal of Psychology, 1978, Vol. 6, 111 - 121
Page in Report: 116

*Population:* Steel workers, six months after closure of their plant, Manchester, U.K., 1976

*Sample:* 
Non-Response: 9 % (4 % ill, 5 % refused), 13 % not contacted

*N:* 1655

---

**Measured Correlate**

*Class:* Specific worries, Code W7.2.2

*Measurement:* Single closed question concerning anxiety about the world situation of Ss in the past few weeks rated on an 11-point scale from 'not at all' to 'a great deal'

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.13</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**WARR 1978**

*Reported in:*  Warr, P.
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The British Journal of Psychology, 1978, Vol. 6, 111 - 121
Page in Report: 116

*Population:*  Steel workers, six months after closure of their plant, Manchester, U.K., 1976

*Sample:*

*Non-Response:*  9 % (4 % ill, 5 % refused), 13 % not contacted

*N:*  1655

### Measured Correlate

*Class:*  Specific worries, Code W7.2.2

*Measurement:*  Single closed question concerning respondents anxiety in the past few weeks about:
- a. Not having enough money for everyday living
- b. Your financial debts, such as HP, mortgage, etc
- c. Relations with neighbours
- d. Your health
- e. Your family
- f. Your job situation
- g. The world situation
- h. Growing old
- i. That you might have a nervous breakdown
- j. That you might be redundant in the future

Each rated on an 11-point scale from 'not at all' to 'a great deal'

*Remarks:*  

### Observed Relation with Happiness
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<tbody>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.29</td>
<td>a.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.23</td>
<td>b.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.08</td>
<td>c.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.24</td>
<td>d.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.19</td>
<td>e.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.26</td>
<td>f.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.13</td>
<td>g.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.18</td>
<td>h.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.24</td>
<td>i.</td>
</tr>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.12</td>
<td>j.</td>
</tr>
</tbody>
</table>
### Study


**Page in Report:** 91

**Population:** 18+ aged, Australia, 2002

**Sample:** Probability area sample

**Non-Response:** 88%

**N:** 2003

### Measured Correlate

**Class:** Specific worries, Code W7.2.2

**Measurement:** Single question:

> How satisfied are you with your future security?

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measured Happiness</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SLW/u/sq/n/11/ca | Beta = +.06, p < .003 | β controlled for satisfaction with:  
- standard of living  
- health  
- achievement in life  
- relationships  
- safety  
- community |
### Study


**Population:** 18-70 aged, general public, the Netherlands, 1986

**Sample:**

- Non-Response: 28%
- N: 2016

### Measured Correlate

**Class:** apocalyptic worries, Code W7.2.2.1

**Measurement:** 5item Guttman-index:
1) end to world
2) big war
3) environmental disaster
4) nuclear disaster
5) economic disaster

Ss were asked whether they expected such disasters. Probability rated on a 5-point scale, ranging from strongly disagree to strongly agree (order reversed).

### Observed Relation with Happiness

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<th>Measured Happiness</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLL/c/sq/v/5/d</td>
<td>r=-.06</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/d</td>
<td>Beta=？ns</td>
<td>β controlled for sex, age, educational level, occupational level, income, social-economic category (allowance yes/no), political ineffectivity and neuroticism.</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/d</td>
<td>rpc=？.06</td>
<td>rpc controled for age</td>
</tr>
</tbody>
</table>

Findings on Happiness and Worries

Study BBC 2006

Reported in: BBC
Page in Report: 14

Population: 15+ aged, UK, 2005
Sample: Probability sample (unspecified)
Non-Response: ??
N: 1001

Measured Correlate

Class: Amount of worrying, Code W7.2.1
Measurement: Self-report on a single question:
In general, how much would you say that you worry? Is it...
1: Not at all
2: A little
3: A fair amount
4: A lot

Observed Relation with Happiness

Measured Happiness	Statistics	Elaboration/Remarks
O-HL/g/sq/v/4/q	tb=.23	
		p<.00
O-SLW/c/sq/n/10/ab	tb=.25	
		p<.00

**Study**

**BALTA 2004**

*Reported in:* Baltatescu, S.M.; Cummins, R.A.  
Subjective Wellbeing in a Post-Communist Country: Romania's International Wellbeing Index.  
Powerpoint presentation at 6th Conference ISQOLS, November 2004, Philadelphia, USA  
Page in Report: 11

**Population:** 18+ aged, Bihor County, North-West Romania, 2003  
**Sample:** Probability area sample  
**Non-Response:** 38%  
**N:** 368

**Measured Correlate**

*Class:* Specific worries, Code W7.2.2  
*Measurement:* Single question:  
How satisfied are you with your future security?

**Observed Relation with Happiness**

<table>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SLW/u/sq/n/11/ca | Beta = +.11, p < .01 | Beta controlled for satisfaction with  
- standard of living  
- health  
- achievement in life  
- relationships  
- safety  
- community |
### Study

**DEEN 2005A**


*Population:* 16-64 aged workers, The Netherlands, 2005

*Sample:* Probability systematic sample

*Non-Response:* ?

*N:* 3202

### Measured Correlate

*Class:* Specific worries, Code W7.2.2

*Measurement:* Selfreport of frequency of worrying about work at night: Rated 1 very dissatisfied (regularly) to 5 very satisfied (never)

*Measured Values:* (very) dissatisfied: 24%

### Observed Relation with Happiness

<table>
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<tr>
<th>Measured Happiness</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HP/u/sq/n/10/a</td>
<td>DM=</td>
<td>dissatisfied: M=7,3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>satisfied: M=6,8</td>
</tr>
<tr>
<td>O-HP/u/sq/n/10/a</td>
<td>r=+.18</td>
<td></td>
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</tbody>
</table>
Appendix 1: Happiness Items used

Happiness Item Code Full Text

A-AOL/c/sq/v/4/b Selfreport on single closed question:

"How is your mood these days....?"
4 very good all the time
3
2
1 not good almost all the time

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

Name: Bradburn's 'Affect Balance Scale' (standard version)
Findings on Happiness and WORRIES

A-BB/cw/mq/v/4/e Selfreport on 9 questions:

We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

How often last week did you feel .....?
A On the top of the world
B Very lonely or remote from other people
C Particularly excited or interested in something
D Depressed or very unhappy
E Pleased about having accomplished something
F Bored
G Proud because someone complimented you on something you had done
H So restless you couldn't sit long in a chair
I Vaguely uneasy about something without knowing why

Answer options:
0 not at all
1 once
2 several times
3 often

Summation:
Positive Affect Score (PAS): summed scores on A, C, E, G
Negative Affect Score (NAS): summed scores on B, D, F, H, I
Affect Balance Score (ABS): PAS minus NAS

Possible range: -15 tot +12

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

A-CP/g/fi/v/7/a Selfreport in focused interview

Rating two independent interviewers.
A. Psychiatric social worker who interviewed parents at home. Interview focused on child
B. Clinical psychologist who interviewed parents separately. Interview focused on family life.

Rating options:
7 extremely cheerful, animated, jolly
6
5
4 usually good-humored air
3
2
1 dejected, melancholic appearance, in the dumps

Summation: average ratings A and B
C-BW/c/sq/l/11/a Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of the ladder represents the best possible life for you and the bottom represents the worst possible life for you. Where on the ladder do you feel you personally stand at the present time?"

[ 10 ] best possible life
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ]
[ 0 ] worst possible life

Preceded by 1) open questions about what the respondent imagines as the best possible life and the worst possible life. 2) ratings on the ladder of one's life five years ago and where on the ladder one expects to stand five years from now.

Name: Cantril's self anchoring ladder rating of life (original)

C-BW/cy/sq/l/9/a Selfreport on single question:

"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?"

[ 9 ] best life you might expect to have
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ] worst life you might expect to have

Name: Cantril's self anchoring ladder rating (modified version)
Findings on Happiness and WORRIES

C-RG/h/sq/l/11/a Self-report on single question:

How would you rate yourself as to how successful or unsuccessful you have been in terms of achieving your own goals and aims in life? Think of the top of the ladder as being completely successful, the bottom being entirely unsuccessful

[ 10 ] completely successful
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ]
[ 0 ] entirely unsuccessful

M-AO/u/sq/f/7/a Self-report on single question:

Which (of the faces) best described how you feel about your life as a whole?

7 completely happy
6
5
4 neither happy nor unhappy
3
2
1 completely unhappy

M-FH/u/sq/ol/9/a Self-report on single question:

Place a cross on the line on the place you estimate to be what corresponds best with your state.

1 | I don't feel very well in my skin
2 |
3 |
4 |
5 | I don't feel too well in my skin
6 |
7 |
8 |
9 | I feel very well in my skin

Scoring: rated on open horizontal line scale divided afterwards in 9 sections.
Selfreport on single question:

How do you feel about your life as a whole.....?
7 delighted
6 pleased
5 mostly satisfied
4 mixed
3 mostly dissatisfied
2 unhappy
1 terrible

Name: Andrews & Withey's `Delighted-Terrible Scale' (original version)

Selfreport on single question, asked twice in interview:

How do you feel about your life as a whole......?
7 delighted
6 pleased
5 mostly satisfied
4 mixed
3 mostly dissatisfied
2 unhappy
1 terrible

Summation: arithmetic mean

Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)
Also known as Lehman's 'Global lifesatisfaction'

Selfreport on single question asked twice

'How do you feel about your life as a whole?'
1 terrible
2 very unhappy
3 unhappy
4 mostly dissatisfied
5 mixed feelings
6 mostly satisfied
7 pleased
8 very pleased
9 delighted
Findings on Happiness and WORRIES

Selfreport on single question:

"Here are some circles that we can imagine represent the lives of different people. Circle eight has all pluses in it, to represent a person who has all the good things in his life. Circle zero has all minuses in it, to represent a person who has all the bad things in his life. Other circles are in between. Which circle do you think comes closest to matching your life?"

(circles not reproduced here)

8 ++++++++ +
7 ++++++++ -
6 ++++++++ -
5 ++++++++ -
4 ++++++++ -
3 ++++++++ -
2 ++++++++ -
2 ++++++++ -
0 - - - - - - -

Name: Andrews & Withey's 'Circles Scale'

Selfreport on single question:

Here are some words and phrases. We would like you to use these in describing how you feel about your present life.
1 unhappy
2
3
4
5
6
7 happy

(originally presented horizontally)

Item in Campbell's semantic differential scale

Selfreport on single question:

Taken all together, how would you say things are these days? Would you say that you are....?
3 very happy
2 pretty happy
1 not too happy

Selfreport on single question:

"In general, how happy would you say you are.....?"
3 very happy
2 fairly happy
1 not too happy
Selfreport on single question:

If you were to consider your life in general, how happy or unhappy would you say you are on the whole?
4 very happy
3 fairly happy
2 fairly unhappy
1 very unhappy

Selfreport on single question:
Place a cross, on each line, on the place you estimate to be that which corresponds best with your state
1 I am not very happy
2 |
3 |
4 |
5 | I am not too happy
6 |
7 |
8 | I am quite happy
9

Scoring: rated on an open horizontal line scale, divided afterwards in 9 sections.

Selfreport on single question:
"Taking all together: how happy would you say you are? Would you say you are.....?"
3 very happy
2 pretty happy
1 not too happy

Selfreport on single question:
"Would you say:......?"
1 You are unhappy?
2 You are reasonably happy?
3 You are happy?

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
Findings on Happiness and WORRIES

O-HP/u/sq/n/10/a  Selfreport on single question:

Please indicate with a number between 1 and 10 to what degree you consider yourself as a happy person, 1 meaning very unhappy and 10 very happy

1 very unhappy
2
3
4
5
6
7
8
9
10 very happy

O-SL?/c/sq/v/3/a Selfreport on single question:

".....satisfaction with present life....."
(Full lead item not reported)
1
2
3
(Response options not reported)

O-SLC/g/fi/v/7/b Selfreport in focused interview

Two independent interviews. Each interviewer rated `satisfaction with lot' on the same scale.
1 tremendously satisfied
2
3
4 average
5
6
7 extremely dissatisfied

O-SLL/c/sq/v/3/a Selfreport on single question:

In general how satisfying do you find the way you are spending your life these days. Would you call it.....?
3 completely satisfying
2 pretty satisfying
1 not very satisfying
Findings on Happiness and WORRIES

O-LL/c/sq/v/5/d  Selfreport on single question:

How satisfied are you with the life you currently lead?
5 extraordinary satisfied
4 very satisfied
3 satisfied
2 fairly satisfied
1 not so satisfied

O-SP/c/sq/l/11/a  Selfreport on single question:

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at this ladder (again). Suppose that a person who is entirely satisfied with his life would be at the top of the ladder and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?"

[ 10 ] entirely satisfied
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ]
[ 0 ] entirely dissatisfied

Name Cantril ladder rating (modified version)

O-SL/v/sq/t/101/a  Selfreport on single question:

Where would you put your life as a whole on a feeling thermometer?
Rated on 'thermometer scale' (in grades)
0 degrees: very cold, negative
10
20
30
40
50
60
70
80
90
100 very warm, positive
Selfreport on single question:

All things considered, how satisfied are you with your life as-a-whole these days?
1 not satisfied at all
2
3
4
5
6
7
8
9
10 completely satisfied

Selfreport on single question:

We have talked about various parts of your life, now I want to ask you about your life as a whole. How satisfied are you with your life as a whole these days.....?
7 completely satisfied
6
5
4 neutral
3
2
1 completely dissatisfied

Selfreport on single question:

Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?
1 very dissatisfied
2
3
4
5 neutral
6
7
8
9
10 very satisfied

First item in Cummins' 'Personal Well-being Scale' (labels used until 2005)
Selfreport on single question:

Place a cross on the line below, on the spot you estimate that corresponds best with your state.
1 | I am not very satisfied
2 |
3 |
4 |
5 | I am not too satisfied
6 |
7 |
8 |
9 | I am very satisfied

Scoring: rated on an open horizontal line scale divided afterwards in 9 sections.
## Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| **Beta** | (β) STANDARDIZED REGRESSION COEFFICIENT  
Type: test statistic.  
Measurement level: Correlates: all metric, Happinessl: metric.  
Range: [-1 ; +1]  
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. |
| **DM** | DIFFERENCE of MEANS  
Type: descriptive statistic only.  
Measurement level: Correlate: dichotomous, Happiness: metric  
Range: depending on the happiness rating scale of the author; range symmetric about zero.  
Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels. |
| **DMr** | DIFFERENCE IN MEAN RIDITS  
Type: test statistic  
Measurement level: Happiness ordinal  
Range: [0; +1]  
Meaning:  
Mr < .50: average happiness in this subgroup lower than in the larger population  
Mr = .50: average happiness in this subgroup the same as in the larger population  
Mr > .50: average happiness in this subgroup higher than in the larger population  
'Ridit analysis' compares the distribution of happiness scores in subgroups to its distribution in the entire sample ("Relative to an Identified Distribution")  
Testing for significance can be performed through a "BROSS Confidence Interval" (BCI). If all values the BCI for a subgroup are above/below 0.500, the subgroup is significantly more/less happy than the larger population. |
Findings on Happiness and WORRIES

GOODMAN & Kruskal's GAMMA
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: [-1; +1]

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.

Guttman's monotonicy coefficient.
Range: [-1, +1].
Measurement level: Both correlate and happiness ordinal or interval
Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences.
Seldom used in happiness research. See excerpted report.

Mean correlation coefficient (r).
For r, see PRODUCT-MOMENT CORRELATION

PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient' or simply 'correlation coefficient')
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.

PARTIAL CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.
Under that conditions
rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
rpc < 0 « a higher correlate level corresponds with a lower happiness rating,
Findings on Happiness and WORRIES

**tau**

GOODMAN & Kruskal's TAU  
Type: descriptive statistic only.  
Measurement level: Correlate: nominal, Happiness: ordinal  
Range: [0; +1]

Meaning:  
\( \tau = 0 \) « knowledge of the correlate value does not improve the prediction quality of the happiness rating.  
\( \tau = 1 \) « knowledge of the correlate value enables a perfect (error-free) prediction of the happiness rating.

**tb**

KENDALL'S RANK CORRELATION COEFFICIENT TAU-B  
Type: test statistic  
Measurement level: Correlate: ordinal, Happiness: ordinal  
Range: [-1; +1]

Meaning:  
\( \tau_b = 0 \) « no rank correlation  
\( \tau_b = 1 \) « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.  
\( \tau_b = -1 \) « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.
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:

- Literature on happiness
  - Selection on Subject
    - Bibliography (1)
    - Directory (2)
  - Selection of Empirical studies
    - Happiness Queries (3)
    - Testbank
  - Abstracting and classification
    - Distributional Findings
    - How happy people are
    - Happiness in Nations (4)
    - Happiness in Publics (5)
  - Correlational Findings (6)
    - What goes with happiness


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 ITEMS (testbank). Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Items are classified by focus, time reference, mode of observation, rating and wording.

Findings on Happiness and WORRIES

5 CATALOG OF HAPPINESS IN PUBLICS Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 837 studies. Part of Catalog of Correlational Findings.


Appendix 4 Further Findings in the World Database of Happiness

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<th>Main Subjects</th>
<th>Subject Description</th>
<th>Number of Studies</th>
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Findings on Happiness and WORRIES

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<tr>
<th>Code</th>
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<td>S2</td>
<td>SELF-IMAGE</td>
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<td>SEX-LIFE</td>
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<td>SOCIAL PARTICIPATION b: VOLUNTARY ASSOCIATIONS</td>
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<td>S8</td>
<td>SOCIAL PARTICIPATION c: TOTAL (personal + associations)</td>
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<td>SOCIAL STATUS (Socio-Economic Status)</td>
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<td>SOCIAL SUPPORT a: RECEIVED</td>
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<td>STIMULANTS</td>
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<td>S14</td>
<td>SUICIDE</td>
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<td>SUMMED EFFECTS ON HAPPINESS</td>
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<td>V2</td>
<td>VALUES c: CURRENT PREFERENCES (own)</td>
<td>V3</td>
<td>VALUES d: CLIMATE (current values in environment)</td>
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<td>V4</td>
<td>VALUES e: SIMILARITY (current fit with others)</td>
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<td>W1</td>
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Appendix 5: Related Subjects

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<td>W7 WORRIES</td>
<td>C9 COPING</td>
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<td>W7 WORRIES</td>
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<td>W7.2.1 Amount of worrying</td>
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<td>W7.2.2 Specific worries</td>
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<td>S2.4.3.3 Self confidence</td>
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