

# World Database of Happiness



## Correlational Findings on Happiness and WORRIES Subject Code: W7

© on data collection: [Ruut Veenhoven](#), [Erasmus University Rotterdam](#)

### Classification of Findings

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

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](http://worlddatabaseofhappiness.eur.nl)  
 Erasmus University Rotterdam, 2009, Netherlands

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**Study**                      **MUSSE 1980/1**

*Reported in:* Mussen, P.; Eichorn, D.H.; Honzik, M.P.; Bieber, S.L.; Meredith, W.M.  
Continuity and Change in Womens Characteristics over Four Decades.  
International Journal of Behavioral Development, 1980, Vol. 3, 333 - 347. ISSN 0165  
0254  
Page in Report: 342

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

*Sample:*

*Non-Response:*

*N:* 53

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**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 .

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**Observed Relation with Happiness**

*Measured  
Happiness*

*Statistics    Elaboration/Remarks*

O-SLC/g/fi/v/7/b

r=+.37  
ns

A-CP/g/fi/v/7/a

r=+.33                      Happiness assessed at T1 and T2 load similarly on  
ns                              this factor.

## 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: Oktober 1963

## Observed Relation with Happiness

*Measured  
Happiness*

*Statistics Elaboration/Remarks*

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



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**Study**                      **ABE 1986**

*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

*Population:* Women in menopause patient and controls, Miyagi, North-east Japan, 1981-82.

*Sample:* Non-probability chunk sample

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

*N:* 432

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**Measured Correlate**

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

*Measurement:* Single direct question

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**Observed Relation with Happiness**

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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## 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

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## Measured Correlate

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

*Measurement:* Question: never / sometimes / all the time.

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## Observed Relation with Happiness

*Measured  
 Happiness*

*Statistics    Elaboration/Remarks*

<a href="#">O-HL/u/sq/v/3/a</a>	<u>tb= - p&lt;.01</u>	Males     :  _b = -.19 (01)
		Females  :  _b = -.18 (01)

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## 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

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## Measured Correlate

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

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

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## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.32</u> <u>p&lt;. 01</u>	

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## Study **BORTN 1970**

*Reported in:* Bortner, R.W.; Hultsch, D.F.  
 A Multivariate Analysis of Correlates of Life Satisfaction in Adulthood.  
 Journal of Gerontology, 1970, Vol. 25, 41 - 47 ISSN 0022 1422  
 Page in Report: 44

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

*Sample:*

*Non-Response:* 9%

*N:* 1301

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## 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).

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## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-RG/h/sq/l/11/a</u>	<u>r=-.23</u>	
<u>C-BW/c/sq/l/11/a</u>	<u>r=-.30</u>	
<u>O-SLP/c/sq/l/11/a</u>	<u>r=-.28</u>	



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## 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

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## 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.

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## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/a</u>	<u>G=+.29</u> <u>p&lt;. 01</u>	

## Study **GURIN 1960**

*Reported in:* Gurin, G.; Veroff, J.; Feld, S.  
 Americans View their Mental Health. A Nationwide Interview Survey.  
 Basic Books, 1960, New York, USA ( Reprint in 1980, Arno Press, New York, USA)  
 Basic Books, 1960, New York, USA ( Reprint in 1980, Arno Press, New York, USA).  
 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-HL/c/sq/v/3/aa</a>	<u>G=-.28</u> <u>p&lt;. 01</u>	

## Study **GONZA 1967**

*Reported in:* Gonzalez, J.R.  
 Study of Student Teachers' Life Adjustment.  
 Unpublished doctoral dissertation, 1967, University of North Carolina, Chapel Hill, USA.  
 Page in Report: 73

*Population:* Students teachers, University of California, USA, 1967

*Sample:*

*Non-Response:*

*N:* 75

## Measured Correlate

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

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

## Observed Relation with Happiness

*Measured Happiness*

*Statistics Elaboration/Remarks*

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

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**Study**                    **BRADB 1965/1**

*Reported in:* Bradburn, N.M.; Caplovitz D.  
 Reports on Happiness. A Pilot Study of Behavior Related to Mental Health.  
 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

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**Measured Correlate**

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

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

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**Observed Relation with Happiness**

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">A-BB/cw/mq/v/4/e</a></u>	<u>G= -</u>	Index of Negative Affects: $G' = -.49$ (01) No relation to the Index of Positive Affects.
<u><a href="#">O-HL/c/sq/v/3/aa</a></u>	<u>G=-.58</u> <u>p&lt;. 01</u>	

## Study **ABE 1986**

*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

*Population:* Women in menopause patient and controls, Miyagi, North-east Japan, 1981-82.

*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: Do you have anything about which  
 you are anxious in the present or in the future?

## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-SL?/c/sq/v/3/a</a>	<u>DM=</u> <u>p&lt;.000</u>	

**Study**      **ANDRE 1976/5**

*Reported in:* Andrews, F.M.; Withey, S.B.  
 Social Indicators of Well-being: Americans' Perceptions of Life Quality  
 Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1  
 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*

*Statistics    Elaboration/Remarks*

[O-DT/u/sq/v/7/a](#)

[mr=-.27](#)

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

[C-BW/cy/sq/l/9/a](#)

[r=-.20](#)

[M-AO/u/sq/f/7/a](#)

[r=-.30](#)

[O-HL/c/sq/v/3/aa](#)

[r=+.30](#)

[O-GBB/u/sq/c/9/a](#)

[r=-.30](#)

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

**Study**                    **ANDRE 1976/3**

*Reported in:* Andrews, F.M.; Withey, S.B.  
 Social Indicators of Well-being: Americans' Perceptions of Life Quality  
 Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1  
 Page in Report: 85

*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**

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#"><u>A-BB/cm/mq/v/2/a</u></a>	<a href="#"><u>r=-.31</u></a>	
<a href="#"><u>O-SLW/c/sq/n/7/a</u></a>	<a href="#"><u>r=-.27</u></a>	
<a href="#"><u>O-SLL/c/sq/v/3/a</u></a>	<a href="#"><u>r=-.24</u></a>	
<a href="#"><u>O-HL/u/sq/v/7/b</u></a>	<a href="#"><u>r=-.30</u></a>	
<a href="#"><u>O-HL/c/sq/v/3/aa</u></a>	<a href="#"><u>r=-.24</u></a>	
<a href="#"><u>O-SLV/u/sq/t/101/a</u></a>	<a href="#"><u>r=-.16</u></a>	
<a href="#"><u>O-DT/u/sq/v/7/a</u></a>	<a href="#"><u>r=-.28</u></a>	
<a href="#"><u>O-DT/u/sq/v/7/a</u></a>	<a href="#"><u>mr=-.26</u></a>	HAP 4.1 asked first: r=-.24 HAP 4.1 asked last : r=-.27





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## 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

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## 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.

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## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">C-BW/c/sq/l/11/a</a>	<a href="#">r=-.27</a>	
<a href="#">C-RG/h/sq/l/11/a</a>	<a href="#">r=-.23</a>	
<a href="#">O-SLP/c/sq/l/11/a</a>	<a href="#">r=-.24</a>	

## Study **ANDRE 1976/2**

*Reported in:* Andrews, F.M.; Withey, S.B.  
 Social Indicators of Well-being: Americans' Perceptions of Life Quality  
 Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1  
 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-DT/u/sq/v/7/a</a>	<a href="#">r=-.21</a>	
<a href="#">O-SLV/u/sq/t/101/a</a>	<a href="#">r=-.13</a>	
<a href="#">O-SLW/c/sq/n/7/a</a>	<a href="#">r=-.24</a>	

## Study **MUSSE 1980/1**

*Reported in:* Mussen, P.; Eichorn, D.H.; Honzik, M.P.; Bieber, S.L.; Meredith, W.M.  
Continuity and Change in Womens Characteristics over Four Decades.  
International Journal of Behavioral Development, 1980, Vol. 3, 333 - 347. ISSN 0165  
0254  
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.

**Study** CLEME 1980/4

*Reported in:* Clement, F.J.  
De la Variation de Quelques Traits de Personnalité 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**

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

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## 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

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## 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'

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## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-HL/c/sq/n/7/a</a>	<a href="#">r=-.34</a>	

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**Study**                    **BRADB 1969**

*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.

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## Observed Relation with Happiness

*Measured  
Happiness*

*Statistics    Elaboration/Remarks*

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

G=-

Index of Positive Affects:

- Males     : G= +.00

- Females  : G= -.03

Index of Negative Affects:

- Males     : G= +.40

- Females  : G= +.41

Unaffected by expecting a nervous breakdown.



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**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

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**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."

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**Observed Relation with Happiness**

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt/v/9/a</u>	<u>r=+.36</u> <u>p&lt;.001</u>	

**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

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**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)

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## Observed Relation with Happiness

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.10</u> <u>p&lt;.05</u>	a.
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.15</u> <u>p&lt;.01</u>	b.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.23</u> <u>p&lt;.01</u>	c.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.09</u> <u>ns</u>	d.
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.31</u> <u>p&lt;.01</u>	e.
<u>O-HL/g/sq/v/3/c</u>	<u>G=+.05</u> <u>ns</u>	f.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.05</u> <u>ns</u>	g.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.25</u> <u>ns</u>	h.
<u>O-HL/g/sq/v/3/c</u>	<u>G=-.03</u> <u>ns</u>	i.

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**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

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**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, uncongenial 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,

children; etc.

- 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/a</u>	<u>G=+.17</u> <u>p&lt;. 01</u>	a.
<u>C-BW/c/sq/l/11/a</u>	<u>G=-.29</u> <u>p&lt;. 01</u>	b.
<u>C-BW/c/sq/l/11/a</u>	<u>G=-.05</u> <u>ns</u>	c.
<u>C-BW/c/sq/l/11/a</u>	<u>G=+.22</u> <u>p&lt;. 01</u>	d.

C-BW/c/sq/l/11/a     G=+.08     e .  
p<. 01

C-BW/c/sq/l/11/a     G=+.22     f .  
p<. 01

C-BW/c/sq/l/11/a     G=+.27     g .  
p<. 01

C-BW/c/sq/l/11/a     G=+.47     h .  
p<. 01

C-BW/c/sq/l/11/a     G=+.29     i .  
p<. 01

---

## Study **VEROF 1981**

*Reported in:* Veroff, J.; Douvan, E.; Kulka, R.A.  
 The Inner American: A Self-Portrait from 1957 to 1976.  
 Basic Books, 1981, New York, USA. ISBN 0 465 03493 1  
 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
---------------------------	-------------------	----------------------------

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



## Study **LEVY 1975**

*Reported in:* Levy, S.;Guttman, L.  
Structure and Dynamics of Worries.  
Sociometry, 1975, Vol. 38, 445 - 473  
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 strenght 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
---------------------------	-------------------	----------------------------

A-AOL/c/sq/v/4/bmc=+

	1968/2	1968/11	1969/2	1969/6	1970/2
a. mc=	+.14	+.15	+.11	+.10	+.07
b. mc=	+.35	+.42	+.35	+.42	+.26
c. mc=	+.32	+.29	+.31	+.38	+.34
d. mc=	+.75	+.71	+.72	+.71	+.75
e. mc=	+.25	+.31	+.31	+.27	+.44
f. mc=	+.11	+.17	+.13	+.12	+.27
g. mc=	+.29	+.27	+.30	+.30	
h. mc=	+.33	+.32	+.30	+.32	
i. mc=					+.33
j. mc=					+.37
k. mc=				+.35	+.25

---

## 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<a href="#">O-HL/c/sq/n/7/a</a>	<a href="#">r=-.13</a>	

## 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 respondents anxiety in the past few weeks about:

- a. Not having enough money for every day living
- b. Your financial debs, 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.29</u>	a.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.23</u>	b.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.08</u>	c.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.24</u>	d.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.19</u>	e.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.26</u>	f.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.13</u>	g.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.18</u>	h.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.24</u>	i.
<u>O-HL/c/sq/n/7/a</u>	<u>r=-.12</u>	j.

## Study CUMMI 2002B

*Reported in:* Cummins, R.A.; Eckersley, R.; Lo, S.K.; Okerstrom, E.; Davern, M.; Australian Unity Wellbeing Index, Survey 4, Report 4. The Wellbeing of Australians 1. Work and Leisure 2. The Impact of September 11 One Year Later. Australian Centre on Quality of Life, 2002, Melbourne, Australia. <http://www.deakin.edu.au/research/acqol/index.htm>  
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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u><a href="#">O-SLW/u/sq/n/11/ca</a></u>	<u>Beta=</u> <u>+.06</u> <u>p&lt;.003</u>	β controled for satisfaction with.. - standard of living - health - achievement in life - relationships - safety - community

**Study**                      **BECKE 1987**

*Reported in:* Becker, J.W.; Ester, P.  
Rampbewustzijn in Nederland. (Beliefs about Coming Disasters in the Netherlands).  
Sociale Wetenschappen, 1987, Vol. 30, 179 - 206 ISSN:0037 8097  
Page in Report: 182

*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**

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLL/c/sq/v/5/d</u>	<u>r=-.06</u>	
<u>O-SLL/c/sq/v/5/d</u>	<u>Beta=?</u> <u>ns</u>	$\beta$ controlled for sex, age, educational level, occupational level, income, social-economic category (allowance yes/no), political ineffectivity and neuroticism.
<u>O-SLL/c/sq/v/5/d</u>	<u>rpc=-.06</u>	rpc controlled for age

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## Study **BBC 2006**

*Reported in:* BBC  
 The Happiness Formula: Opinion Poll. [http://news.bbc.co.uk/nol/shared/bsp/hi/pdfs/29\\_03\\_06\\_happiness\\_gfcpoll.pdf](http://news.bbc.co.uk/nol/shared/bsp/hi/pdfs/29_03_06_happiness_gfcpoll.pdf)  
 GfK-NOP poll 421059, commissioned by BBC, 2006, London, UK [http://news.bbc.co.uk/nol/shared/bsp/hi/pdfs/29\\_03\\_06\\_happiness\\_gfcpoll.pdf](http://news.bbc.co.uk/nol/shared/bsp/hi/pdfs/29_03_06_happiness_gfcpoll.pdf)  
 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/g/sq/v/4/g</u>	<u>tb=-.23</u> <u>p&lt;.00</u>	
<u>O-SLW/c/sq/n/10/ab</u>	<u>tb=-.25</u> <u>p&lt;.00</u>	



## 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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sq/n/11/</u> <u>ca</u>	<u>Beta=</u> <u>+.11</u> <u>p&lt;.01</u>	Beta controlled for satisfaction with <ul style="list-style-type: none"> <li>- standard of living</li> <li>- health</li> <li>- achievement in life</li> <li>- relationships</li> <li>- safety</li> <li>- community</li> </ul>

## Study DEEN 2005A

*Reported in:* Deen, N.; Wilcke, E.; Verheggen, P.P.  
 Het Geluk van Werkend Nederland 2005. (The Happiness of Working People in the Netherlands in 2005).  
 Projectpaper I0164 Motivaction i.o.o.Randstad (Temp Agency), 2005, Amsterdam, Netherlands.  
 Page in Report: 30,39

*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

<i>Measured Happiness</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/u/sq/n/10/a</u>	<u>DM=-</u>	dissatisfied: M=7,3 satisfied: M=6,8
<u>O-HP/u/sq/n/10/a</u>	<u>r=+.18</u>	

## Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
A-AOL/c/sq/v/4/b	<p>Selfreport on single closed question:</p> <p>"How is your mood these days....?"</p> <p>4 very good all the time</p> <p>3</p> <p>2</p> <p>1 not good almost all the time</p>
A-BB/cm/mq/v/2/a	<p>Selfreport on 10 questions:</p> <p>During the past few weeks, did you ever feel ....? (yes/no)</p> <p>A Particularly exited or interested in something?</p> <p>B So restless that you couldn't sit long in a chair?</p> <p>C Proud because someone complimented you on something you had done?</p> <p>D Very lonely or remote from other people?</p> <p>E Pleased about having accomplished something?</p> <p>F Bored?</p> <p>G On top of the world?</p> <p>H Depressed or very unhappy?</p> <p>I That things were going your way?</p> <p>J Upset because someone criticized you?</p> <p>Answer options and scoring:</p> <p>yes = 1</p> <p>no = 0</p> <p>Summation:</p> <p>-Positive Affect Score (PAS): A+C+E+G+I</p> <p>-Negative Affect Score (NAS): B+D+F+H+J</p> <p>-Affect Balance Score (ABS): PAS minus NAS</p> <p>Possible range: -5 to +5</p> <p>Name: Bradburn's 'Affect Balance Scale' (standard version)</p>

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)

C-RG/h/sq/l/11/a

Selfreport 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

Selfreport 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

Selfreport 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.

O-DT/u/sq/v/7/a

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)

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

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'

O-DT/u/sqt/v/9/a

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

O-GBB/u/sq/c/9/a

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'

O-HL/c/sq/n/7/a

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

O-HL/c/sq/v/3/aa

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

O-HL/g/sq/v/3/c

Selfreport on single question:

"In general, how happy would you say you are.....?"

- 3 very happy
- 2 fairly happy
- 1 not too happy



O-HL/g/sq/v/4/g

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

O-HL/u/sq/ol/9/a

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 |

9 I am quite happy

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

O-HL/u/sq/v/3/a

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

O-HL/u/sq/v/3/c

Selfreport on single question:

"Would you say:.....?"

1 You are unhappy?

2 You are reasonably happy?

3 You are happy ?

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/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

O-SLL/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-SLP/c/sq//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-SLV/u/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

O-SLW/c/sq/n/10/  
ab

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

O-SLW/c/sq/n/7/a

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

O-SLW/u/sq/n/11/  
ca

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)

O-SP/u/sq/ol/9/a

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

<i>Symbol</i>	<i>Explanation</i>
Beta	<p>(<math>\beta</math>) STANDARDIZED REGRESSION COEFFICIENT</p> <p>Type: test statistic.</p> <p>Measurement level: Correlates: all metric, Happiness: metric.</p> <p>Range: [-1 ; +1]</p> <p>Meaning:</p> <p>beta &gt; 0 « a higher correlate level corresponds with, on an average, higher happiness rating.</p> <p>beta &lt; 0 « a higher correlate level corresponds with, on an average, lower happiness rating.</p> <p>beta = 0 « no correlation.</p> <p>beta = + 1 or -1 « perfect correlation.</p>
DM	<p>DIFFERENCE of MEANS</p> <p>Type: descriptive statistic only.</p> <p>Measurement level: Correlate: dichotomous, Happiness: metric</p> <p>Range: depending on the happiness rating scale of the author; range symmetric about zero.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>
DMr	<p>DIFFERENCE IN MEAN RIDITS</p> <p>Type: test statistic</p> <p>Measurement level: Happiness ordinal</p> <p>Range: [0; +1]</p> <p>Meaning:</p> <p>Mr &lt; .50: average happiness in this subgroup lower than in the larger population</p> <p>Mr = .50: average happiness in this subgroup the same as in the larger population</p> <p>Mr &gt; .50: average happiness in this subgroup higher than in the larger population</p> <p>'Ridit analysis' compares the distribution of happiness scores in subgroups to its distribution in the entire sample ("Relative to an Identified Distribution")</p> <p>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.</p>

G	<p>GOODMAN &amp; 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>
mc	<p>Guttman's monotonicity 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.</p>
mr	<p>Mean correlation coefficient (r).  For r, see PRODUCT-MOMENT CORRELATION</p>
r	<p>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]</p> <p>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.</p>
rpc	<p>PARTIAL CORRELATION COEFFICIENT  Type: test statistic  Measurement level: Correlate: metric, Happiness: metric  Range: [-1; +1]</p> <p>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 &gt; 0 « a higher correlate level corresponds with a higher happiness rating,  rpc &lt; 0 « a higher correlate level corresponds with a lower happiness rating,</p>

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:

tb = 0 « no rank correlation

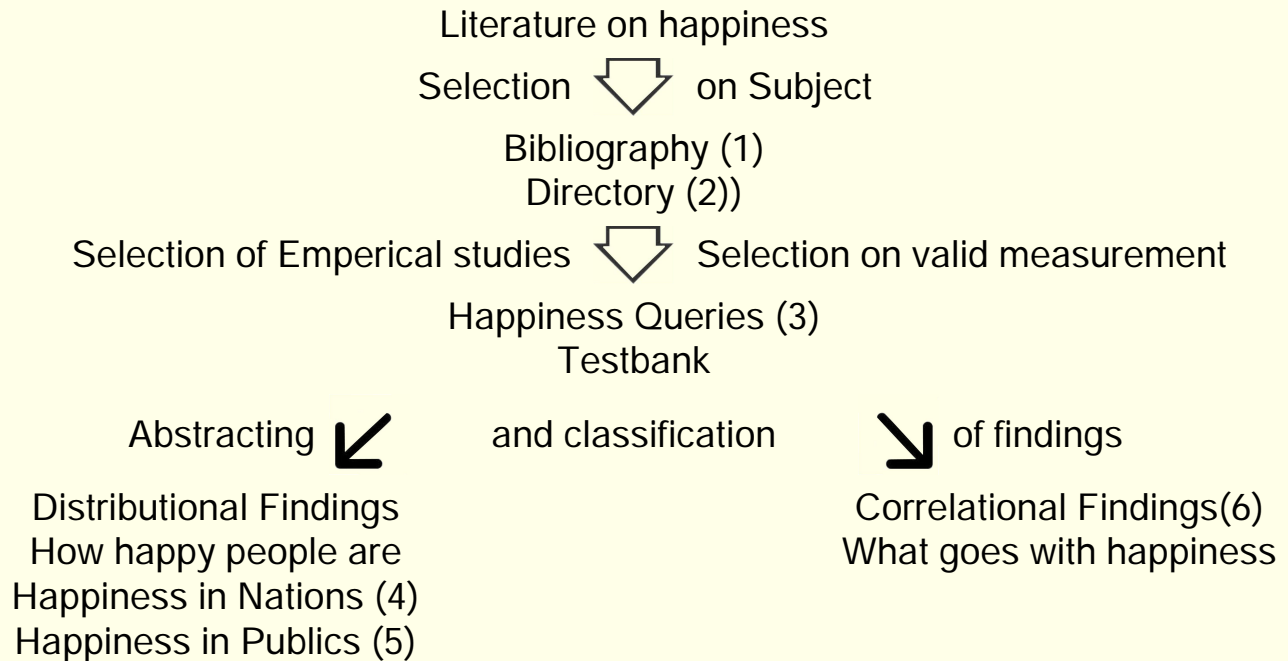
tb = 1 « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.

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



## 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: 4270 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 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.
- 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: 2605 surveys in 112 nations, 1946-2004.

- 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.
- 6 CATALOG OF CORRELATIONAL FINDINGS Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 9098 findings from 837 studies in 140 nations, 1911-2004.
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## Appendix 4 Further Findings in the World Database of Happiness

<i>Main Subjects</i>	<i>Subject Description</i>	<i>Number of Studies</i>
A1	ACTIVITY LEVEL (how much one does)	58
A2	ACTIVITY PATTERN (what one does)	32
A3	AFFECTIVE LIFE	47
A4	AGE	398
A5	AGGRESSION	12
A6	ANOMY	26
A7	APPEARANCE (good looks)	15
A8	ATTITUDES	6
A9	AUTHORITARIANISM	4
B1	BIRTH CONTROL	1
B2	BIRTH HISTORY (own birth)	201
B3	BODY	77
COMMUNITY	New Top Subject	0
C1	CHILDREN a	1
C2	CHILDREN b: WANT FOR (Parental aspirations)	6
C3	CHILDREN c: HAVING (parental status)	194
C4	CHILDREN d: CHARACTERISTICS	25
C5	CHILDREN e: RELATION WITH	8
C6	CHILDREN f: REARING (parental behavior)	26
C7	COMMUNAL LIVING	9
C8	CONCERNS	18
C9	COPING	43
C10	CREATIVENESS	5
C11	CULTURE (Arts and Sciences)	8
D1	DAILY JOYS & HASSLES	5

E1	EDUCATION	299
E2	EMPLOYMENT	364
E3	ETHNICITY	95
E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58
F3	FAMILY OF RELATIVES	157
F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	151
G1	GENDER	367
G2	GRIEF	1
HEALTH	New Top Subject	0
H1	HABITS	1
H2	HANDICAP	25
H3	HAPPINESS b: ATTITUDES TO	49
H4	HAPPINESS c: DISPERSION OF	10
H5	HAPPINESS: CAREER	191
H6	HAPPINESS e: CURRENT LEVEL	310
H7	HAPPINESS f: OF OTHERS	0
H8	HAPPINESS g: REPUTATION OF	19
H9	HEALTH-BEHAVIOR	23
H10	HELPING	5
H11	HOPE	7
H12	HOUSEHOLD: COMPOSITION	136
H13	HOUSEHOLD: WORK	32
H14	HOUSING	104
I1	INCOME	551
I2	INSTITUTIONAL LIVING	43
I3	INTELLIGENCE	69
I4	INTERESTS	8
I5	INTERVIEW	72
I6	INTIMACY	102
L1	LANGUAGE	2
L2	LEADERSHIP	8
L3	LEISURE	205
L4	LIFE APPRAISALS: OTHER THAN HAPPINESS	368
L5	LIFE CHANGE	35
L6	LIFE EVENTS	85

L7	LIFE GOALS	75
L8	LIFE HISTORY	2
L9	LIFE STYLE	20
L10	LOCAL ENVIRONMENT	372
L11	LOTTERY	8
L12	LOVE-LIFE	31
M1	MARRIAGE b: MARITAL STATUS CAREER	65
M2	MARRIAGE c: Current Marital Status	541
M3	MARRIAGE: RELATIONSHIP	115
M4	MARRIAGE e: PARTNER	46
M5	MEANING	22
M6	MEDICAL TREATMENT	81
M7	MENTAL HEALTH	198
M8	MIGRATION b: OTHER COUNTRY	24
M9	MIGRATION c: MOVING WITHIN COUNTRY (residential mobility)	17
M10	MIGRATION d: MIGRANT WORK	3
M11	MILITARY LIFE	7
M12	MODERNITY	6
M13	MOOD	246
M14	MOTIVATION	7
NATURE	New Top Subject	0
N1	NATION: NATIONALITY	27
N2	NATION: ERA (temporal period)	41
N3	NATION d: NATIONAL CHARACTER (modal personality)	28
N4	NATION e: CONDITION OF	406
N5	NATION f: POSITION OF	1
N6	NATION g: ATTITUDES TO	150
N7	NATION h: LIVABILITY OF	17
N8	NATION i: ATTITUDES IN	1
N9	REGION IN NATION	56
N10	NUTRITION	21
N21	ERA	0
O1	OCCUPATION	177
O2	ORGAN TRANSPLANTATION	17
P1	PERSONALITY b: HISTORY	48
P2	PERSONALITY c: CHANGE	10
P3	PERSONALITY d: CURRENT ORGANIZATION	7
P4	PERSONALITY e: CURRENT TRAITS	459
P5	PERSONALITY f: LATER	23

P6	PHYSICAL HEALTH	427
P7	PLANNING	10
P8	POLITICAL BEHAVIOUR	231
P9	POPULARITY	24
P10	POSSESSIONS	59
P11	PRISON	1
P12	PROBLEMS	25
P13	PSYCHO-SOMATIC COMPLAINTS	62
P14	PETS	3
RECREATION	New Top Subject	0
R1	RELIGION	251
R2	RESOURCES	7
R3	RETIREMENT	89
R4	ROLES	23
S1	SCHOOL	128
S2	SELF-IMAGE	236
S3	SEX-LIFE	60
S4	SLEEP	16
S5	SOCIAL MOBILITY	17
S6	SOCIAL PARTICIPATION a: PERSONAL CONTACTS	68
S7	SOCIAL PARTICIPATION b: VOLUNTARY ASSOCIATIONS	129
S8	SOCIAL PARTICIPATION c: TOTAL (personal + associations)	33
S9	SOCIAL STATUS (Socio-Economic Status)	154
S10	SOCIAL SUPPORT a: RECEIVED	60
S11	SOCIAL SUPPORT b: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8
S15	SUMMED EFFECTS ON HAPPINESS	92
T1	TIME	51
T2	THERAPY	21
T3	TOLERANCE	37
V1	VALUES b: CAREER	8
V2	VALUES c: CURRENT PREFERENCES (own)	73
V3	VALUES d: CLIMATE (current values in environment)	7
V4	VALUES e: SIMILARITY (current fit with others)	12
V5	VICTIM	14
W1	WAR	5
W2	WISDOM	2

W3	WORK b: CAREER	2
W4	WORK c: CONDITIONS	68
W5	WORK d: ATTITUDES	347
W6	WORK e: PERFORMANCE (current)	28
W7	WORRIES	31
XX	UNCLASSIFIED	25

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## Appendix 5: Related Subjects

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<i>Subject</i>		<i>Related Subject(s)</i>	
W7	WORRIES	C8	CONCERNS
W7	WORRIES	C9	COPING
W7	WORRIES	H11	HOPE
W7	WORRIES	P12	PROBLEMS
W7.2.1	Amount of worrying	P4.7	Anxious
W7.2.1	Amount of worrying	P4.85	Positive reacting
W7.2.2	Specific worries	P12.2.2	Kind of problems perceived
W7.3	Attitudes to own worrying	C9	COPING
W7.3	Attitudes to own worrying	P12.2	Current problems
W7.3	Attitudes to own worrying	S2.2.1	Self-perceived ability
W7.3	Attitudes to own worrying	S2.4.3.3	. self confidence

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A report of the World Database of Happiness, Correlational Findings