**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>E4</td>
<td>EXPRESSIVE BEHAVIOR</td>
<td>0</td>
</tr>
<tr>
<td>E4.1</td>
<td>Behavioral career</td>
<td>0</td>
</tr>
<tr>
<td>E4.1.1</td>
<td>Earlier expressiveness</td>
<td>1</td>
</tr>
<tr>
<td>E4.1.2</td>
<td>Change in expressiveness</td>
<td>0</td>
</tr>
<tr>
<td>E4.1.4</td>
<td>Later expressiveness</td>
<td>0</td>
</tr>
<tr>
<td>E4.2</td>
<td>Current expressiveness</td>
<td>0</td>
</tr>
<tr>
<td>E4.2.2</td>
<td>Specific expressive behaviors</td>
<td>0</td>
</tr>
<tr>
<td>E4.2.2.1</td>
<td>. crying often</td>
<td>1</td>
</tr>
<tr>
<td>E4.2.2.2</td>
<td>. laughing often</td>
<td>5</td>
</tr>
<tr>
<td>E4.2.2.3</td>
<td>. writing firmness</td>
<td>2</td>
</tr>
<tr>
<td>E4.3</td>
<td>Attitudes to expressiveness</td>
<td>3</td>
</tr>
</tbody>
</table>

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 EXPRESSIVE BEHAVIOR World Database of Happiness, Correlational Findings Internet: worlddatabaseofhappiness.eur.nl Erasmus University Rotterdam, 2009, Netherlands
## Correlational finding on Happiness and Earlier expressiveness

**Subject code: E4.1.1**

### Study

*VENTE 1997*

**Reported in:** Ventegodt, S.  
Livskvalitet og Omstaedigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).  
Page in Report: 468

**Population:** 31-33 aged, born at the university hospital, Denmark, 1993

**Sample:** Non-probability chunk sample

**Non-Response:** 36%

**N:** 4626

### Correlate

**Authors label:** Age of first smile

**Our classification:** Earlier expressiveness, code E4.1.1

**Measurement:** Age of first smile as reported in medical file

1: 1–2 weeks  
2: 3–4 weeks  
3: 5–6 weeks  
4: 7–8 weeks  
5: 3–4 months  
6: later than 4 months

**Measured Values:** N all: 3059, 1:2,3%, 2:18,8%, 3:34,5%, 4:31,8%, 5:11,9%, 6:0,7%

### Observed Relation with Happiness

**Happiness Measure**  

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Study Code</th>
<th>Mean Difference (Mt)</th>
<th>Correlation (r)</th>
<th>p-value</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | 1: Mt=7.78  
2: Mt=7.61  
3: Mt=7.73  
4: Mt=7.79  
5: Mt=7.91  
6: Mt=8.58 | r=+.04  
p<.019 | |
| O-SLu/c/sq/v/5/e | 1: Mt=7.46  
2: Mt=7.21  
3: Mt=7.39  
4: Mt=7.49  
5: Mt=7.59  
6: Mt=7.74 | r=+.05  
p<.009 | |
| O-HL/c/sq/v/5/h | 1: Mt=7.25  
2: Mt=6.86  
3: Mt=7.04  
4: Mt=7.00  
5: Mt=7.15  
6: Mt=7.63 | r=+.03  
p<.128 | |

**Correlational finding on Happiness and crying often**

Subject code: E4.2.2.1
Study VENTE 1997


Population: 31-33 aged, born at the university hospital, Denmark, 1993

Sample: Non-probability chunk sample

Non-Response: 36%

N: 4626

Correlate

Authors label: Crying shortly after birth

Our classification: crying often, code E4.2.2.1

Measurement: Crying shortly after birth as reported in medical file
1: crying normally
2: one of the following:
   2a: no sound
   2b: crying weakly
   2c: strong screaming, sounds physiological
   2d: strong screaming, sounds non-physiological

Assessed at day 1 and day 5

Measured Values: N day 1 all:4062, 1:51,7, 2a:16,8, 2b:18,5, 2c:12,0, 2d:1,0 N day 5 all:3881, 1:40,0, 2a:37,9, 2b:15,2, 2c:6,7, 2d:0,2

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
## Findings on Happiness and EXPRESSIVE BEHAVIOR

<table>
<thead>
<tr>
<th>Location</th>
<th>DMt</th>
<th>Day 1</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>-</td>
<td>1: Mt=7.69</td>
<td>1: Mt=7.73</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.77</td>
<td>2: Mt=7.73</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2a: Mt=7.73</td>
<td>2a: 7.76</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2b: Mt=7.69</td>
<td>2b: 7.63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2c: Mt=7.94</td>
<td>2c: 7.75</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2d: Mt=7.83</td>
<td>2d: 8.34</td>
</tr>
<tr>
<td></td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>-</td>
<td>1: Mt=7.73</td>
<td>1: Mt=7.45</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.73</td>
<td>2: 7.41</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2a: Mt=7.76</td>
<td>2a: 7.44</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2b: Mt=7.63</td>
<td>2b: 7.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2c: Mt=7.75</td>
<td>2c: 7.53</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2d: Mt=8.34</td>
<td>2d: 7.78</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>-</td>
<td>1: Mt=7.38</td>
<td>1: Mt=7.03</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.02</td>
<td>2: Mt=7.03</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2a: Mt=7.41</td>
<td>2a: 7.08</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2b: Mt=7.38</td>
<td>2b: 6.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2c: Mt=7.56</td>
<td>2c: 7.13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2d: Mt=7.05</td>
<td>2d: 7.13</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>-</td>
<td>1: Mt=7.45</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.41</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2a: Mt=7.44</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2b: Mt=7.30</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2c: Mt=7.53</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2d: Mt=7.78</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>-</td>
<td>1: Mt=6.99</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2a: Mt=6.94</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2b: Mt=6.99</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2c: Mt=7.19</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2d: Mt=6.99</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and EXPRESSIVE BEHAVIOR

O-HL/c/sq/v/5/h  DMt=0  day 5
1: Mt=7.03
2: Mt=7.03
2a: Mt=7.08
2b: Mt=6.88
2c: Mt=7.13
2d: Mt=7.23

Correlational finding on Happiness and . laughing often
Subject code: E4.2.2.2

Study  KAMMA 1983/2

Reported in: Kammann, R.,; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 75

Population: 18+ aged, general public, Dunedin, New Zealand, 1983

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Cheerfull (1)
Our classification: . laughing often, code E4.2.2.2
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I smile and laugh a lot"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness
Findings on Happiness and EXPRESSIVE BEHAVIOR

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.62</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.46</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . laughing often
Subject code: E4.2.2.2

Study

**NOELL 1977/7**


*Population:* 16+ aged, general public, West-Germany, 1973

*Sample:*

*Non-Response:*

*N:* 2035

Correlate

*Authors label:* Frequency of laughing (1)

*Our classification:* . laughing often, code E4.2.2.2

*Measurement:*

How long ago have you really laughed?
3 yesterday;
2 in the past two weeks or
1 longer ago?

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>

Findings on Happiness and EXPRESSIVE BEHAVIOR

A-CA/mh/ri/v/2/a  G=+.30  p<.01  Comparison categories of more and less cheerful looking subjects stratified by sex, age and occupation.

---

**Correlational finding on Happiness and laughing often**

**Subject code: E4.2.2.2**

**Study**

Sonde 1975


*Page in Report:*

*Population:* 40-60 aged male employees, Rotterdam, The Netherlands, 197?

*Sample:*

*Non-Response:* 5%

*N:* 13

---

**Correlate**

*Authors label:* Laughing and singing often (1)

*Our classification:* laughing often, code E4.2.2.2

*Measurement:* Single direct question:

<table>
<thead>
<tr>
<th>0</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yes</td>
</tr>
</tbody>
</table>

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/q/sq/v/2/a</td>
<td>G=+.52</td>
<td>p&lt;.000</td>
</tr>
</tbody>
</table>

---

Correlational finding on Happiness and . laughing often
Subject code: E4.2.2.2

Study
SONDE 1975

Reported in: Sondermeijer, B.
Gezondheid en Geluk. (Health Correlates of Happiness).
Unpublished report, 1975, Rotterdam, Netherlands

Population: 40-60 aged male employees, Rotterdam, The Netherlands, 197?

Sample:
Non-Response: 5%
N: 13

Correlate

Authors label: Laughing and singing often (2)
Our classification: . laughing often, code E4.2.2.2
Measurement: Single direct question:
0 No
1 Yes

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v/2/a</td>
<td>G =+.52</td>
<td>p &lt; .000</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . laughing often
Subject code: E4.2.2.2

Study
YOUNG 1937A/1
Findings on Happiness and EXPRESSIVE BEHAVIOR

Reported in: Young, P.T.
Laughing and Weeping, Cheerfulness and Depression: A Study of Moods among College Students.
Page in Report: 330

Population: College students, psychology course, USA, 1934-35

Sample:
Non-Response: -
N: 180

Correlate

Authors label: Frequency of laughing (1)
Our classification: laughing often, code E4.2.2.2
Measurement: Repeated open-ended question on number of occasions one laughed during the past 24 hours; scored twice with an interval of 16 days.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>r=+.28</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . writing firmness
Subject code: E4.2.2.3

Study

LUDWI 1971

Reported in: Ludwig, L.D.
Elation-Depression and Skill as Determinants of Desire for Excitement.
Unpublished doctoral Dissertation, 1971, University of Wisconsin, USA
Page in Report: 64

Population: Female students, undergraduates, University of Wisconsin, USA, 197?
Sample:
Findings on Happiness and EXPRESSIVE BEHAVIOR

Non-Response: 81%; 61% refusal, 5% eliminated on basis of screening data, 15% miscellaneous re
N: 72

Correlate

Authors label: Writing firmness. (1)
Our classification: Writing firmness, code E4.2.2.3
Measurement: S’s signature.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>r=-.12 ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and writing firmness
Subject code: E4.2.2.3

Study

NOELL 1977/3

Page in Report:

Population: 16+ aged, general public, West-Germany, 1973
Sample:
Non-Response:
N: 1041

Correlate

Authors label: Laughing (1)
Our classification: Writing firmness, code E4.2.2.3
Findings on Happiness and EXPRESSIVE BEHAVIOR

**Measurement:** Single direct question: When did you last really burst out laughing heartly?
3. yesterday
2. in the last two weeks
1. or is that sometimes ago

**Remarks:** reported in NOELL 1978 table 14

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/2/a</td>
<td>G = +.30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tb = +.20</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Attitudes to expressiveness**

**Subject code:** E4.3

**Study** SUH 1994

**Reported in:** Suh, E.M.
Psychocultural Factors of Subjective Well-Being.
Page in Report: 21

**Population:** College students, Korea, China, and USA, 199?

**Sample:** Non-probability chunk sample

**Non-Response:**

N: 217

**Correlate**

**Authors label:** Social desirability of positive emotional traits
Our classification: Attitudes to expressiveness, code E4.3

Measurement: Ss were asked to rate how desirable or undesirable it is to express each personality characteristic in an average situation;
a affectionate
b content
c friendly
d loving
e joyful
f pleased

Each trait was rated on a 7 point scale;
1 extremely undesirable ... 7 extremely desirable

The order of the judgements was counterbalanced

The social desirability of positive emotional traits was constructed by averaging the ratings of six positive emotional traits.

Measured Values: Mean = China: 5.70, S-Korea: 5.87, USA: 6.03

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BD3/cm/mqr/v7/</td>
<td>r=+.41</td>
<td>China</td>
</tr>
<tr>
<td>a</td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>A-BD3/cm/mqr/v7/</td>
<td>r=+.13</td>
<td>S-Korea</td>
</tr>
<tr>
<td>a</td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>A-BD3/cm/mqr/v7/</td>
<td>r=+.08</td>
<td>USA</td>
</tr>
<tr>
<td>a</td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Attitudes to expressiveness
Subject code: E4.3

Study SUH 1994
Findings on Happiness and EXPRESSIVE BEHAVIOR


Page in Report: 21

Population: College students, Korea, China, and USA, 199?

Sample: Non-probability chunk sample

Non-Response:

N: 217

Correlate

Authors label: Positive emotion desirability

Our classification: Attitudes to expressiveness, code E4.3

Measurement: Participants were asked to rate how desirable or undesirable it is to experience or express each positive emotion when she/he is with a stranger or a friend average situation;

- a joy
- b happiness
- c friendliness
- d satisfaction

rated on a 7 point scale

1 extremely undesirable and inappropriate ... 7 extremely desirable and appropriate

The order of the judgements was counterbalanced

An overall index of positive emotion desirability was obtained by averaging the ratings of the four positive emotions

Measured Values: Mean: China=5.43, S-Korea=5.15, USA=6.12

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
Correlational finding on Happiness and Attitudes to expressiveness
Subject code: E4.3

Study SUH 1994

Reported in: Suh, E.M.
Psychocultural Factors of Subjective Well-Being.
Page in Report: 21

Population: College students, Korea, China, and USA, 199?

Sample: Non-probability chunk sample

Non-Response:

N: 217

Correlate

Authors label: Ambivalence over emotional expressiveness

Our classification: Attitudes to expressiveness, code E4.3

Measurement: Ambivalence over Emotional expressiveness Questionnaire (AEQ, King & Emmons, 1990): 28 items which address ambivalent emotional conditions such as "I want to express my emotions honestly but I am afraid that it may cause me embarrassment or hurt"

rated on a 7 point scale
1 never feel that way...7 always feel that way

Measured Values: Mean: China=3.84, S-Korea=4.13, USA=3.36
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BD3/cm/mqr/v/7/a</td>
<td>r=-.17 ns</td>
<td>China</td>
</tr>
<tr>
<td>A-BD3/cm/mqr/v/7/a</td>
<td>r=-.34</td>
<td>S-Korea</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>A-BD3/cm/mqr/v/7/a</td>
<td>r=-.05 ns</td>
<td>USA</td>
</tr>
</tbody>
</table>

Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>Single direct question:</td>
</tr>
<tr>
<td></td>
<td>How are you feeling now....?</td>
</tr>
<tr>
<td></td>
<td>5 very good</td>
</tr>
<tr>
<td></td>
<td>4 good</td>
</tr>
<tr>
<td></td>
<td>3 neither good nor poor</td>
</tr>
<tr>
<td></td>
<td>2 poor</td>
</tr>
<tr>
<td></td>
<td>1 very poor</td>
</tr>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>Selfreport on 4 questions:</td>
</tr>
<tr>
<td></td>
<td>&quot;The following are statements of feelings or mood. Please read them over and then indicate which of these overall feelings best describes your feelings.&quot;</td>
</tr>
<tr>
<td></td>
<td>A) Right now you feel ..........</td>
</tr>
<tr>
<td></td>
<td>B) The best you felt today ....</td>
</tr>
<tr>
<td></td>
<td>C) The worst you felt today ...</td>
</tr>
<tr>
<td></td>
<td>D) The way you usually feel ...</td>
</tr>
<tr>
<td></td>
<td>Response options:</td>
</tr>
<tr>
<td></td>
<td>10. Complete elations, rapturous joy, and soaring ecstasy.</td>
</tr>
<tr>
<td></td>
<td>9. Very elated and in very high spirits; tremendous delight and buoyancy.</td>
</tr>
<tr>
<td></td>
<td>8. Elated and in high spirits.</td>
</tr>
<tr>
<td></td>
<td>7. Feeling very good and cheerful.</td>
</tr>
<tr>
<td></td>
<td>6. Feeling pretty good, &quot;OK&quot;.</td>
</tr>
<tr>
<td></td>
<td>4. Spirits low and somewhat blue.</td>
</tr>
<tr>
<td></td>
<td>3. Depressed and feeling very low. Definitely blue.</td>
</tr>
</tbody>
</table>
2. Tremendously depressed. Feeling terrible, really miserable, "just awful".
1. Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

Summation: average scores on A,B,C,D.

Name: Elation-Depression Scale (variant)

A-ARE/md/sqr/v/7/a Selfreport on single question, asked twice with an interval of 16 days.

"Consider your experience during the past 24 hours, being as objective and matter-of-fact as possible. Estimate honestly the prevailing or dominant level of your mood, and put a cross through the term which most accurately describes your prevailing feeling".

7 highly elated
6 moderately cheerful
5 mildly cheerful
4 indifferent
3 wildly depressed
2 moderately depressed
1 extremely gloomy

Summation: Average of 32 scores.

A-BB/cw/mq/v/2/a Selfreport on 10 questions:

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

A So restless that you could not sit long in a chair
B Proud, because someone had complimented you
C Very lonely or remote from people?
D Pleased about having accomplished something
E Bored
F On top of the world?
G Depressed
H That things were going your way?
I Upset because someone criticized you?
J Could not do anything, simply because you could not start?

Answer options and scoring:
- yes = 1
- no = 0

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

Possible range -6 to +4

Name: Bradburn's `Affect Balance Scale' (adapted version)
Selfreport of daily mood on 24 questions

Please indicate how much of each emotion you felt in the past month

A LOVE
Aa Affection
Ab love
Ac caring
Ab fondness
B JOY
Ba joy
Bb happiness
Bc contentment
Bd pride
C FEAR
Ca fear
Cb worry
Cc anxiety
Cd nervous
D ANGER
Da anger
Db irritation
Dc disgust
Dd rage
E SHAME
Ea shame
Eb guilt
Ec regret
Ed embarrassment
F SADNES
Fa sadness
Fb loneliness
Fc unhappiness
Fd depression

Answer options:
1 not at all
2 very slight
3 somewhat
4 moderate amount
5 much
6 very much
7 extremely much
Options presented horizontally

Computation: average A+B minus average C+D+E+F
Findings on Happiness and EXPRESSIVE BEHAVIOR

A-BK/cm/mq/v/5/a  Selfreport on 40 questions:

"Over this time period (the last few weeks) I have had the feeling described by":
A  My life is on the right track
B  I seem to be left alone when I don't want to be
C  I feel I can do whatever I want to
D  I think clearly and creatively
E  I feel like a failure
F  Nothing seems very much fun any more
G  I like myself
H  I can't be bothered doing anything
I  I feel close to people around me
J  I feel as though the best years of my life are over
K  My future looks good
L  I have lost interest in other people and don't care about them
M  I have energy to spare
N  I smile and laugh a lot
O  I wish I could change some parts of my life
P  My thoughts go around in useless circles
Q  I can handle any problems that come up
R  My life seems stuck in a rut
S  I feel loved and trusted
T  I feel there must be something wrong with me

"Over this period (the last few weeks), "how often you felt..."
U  Satisfied
V  Lonely
W  Free-and-easy
X  Clear-headed
Y  Helpless
Z  Impatient
AA  Useful
AB  Depressed
AC  Loving
AD  Hopeless
AE  Optimistic
AF  Withdrawn
AG  Enthusiastic
AH  Good-natured
AI  Discontented
AJ  Confused
AK  Confident
AL  Tense
AM  Understood
AN  Insignificant

Answer options;
0 not at all
1 occasionally
2 some of the time
Findings on Happiness and EXPRESSIVE BEHAVIOR

3 often
4 all the time

Summation:
- Positive Affect score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect balance score (ABS): PAS minus NAS
Possible range: -4 to +4

A-CA/mh/ri/v/2/a Interviewer-rating of cheerful appearance on 8 aspects

A The look is
2) open
1) evasive
- impossible to say
B The corners of the mouth turn
2) up
1) down
- impossible to say
C The posture is
2) relaxed, at ease
1) rather tense
- impossible to say
D The movements are
2) relaxed, at ease
1) limited, withdrawn
- impossible to say
E The eyes are
2) big, open
1) small, screw up
- impossible to say
F The elbows are kept
2) not close to the body
1) close to the body
- impossible to say
G The lips are more
2) broad, full
1) thin, pent up
- impossible to say
H All in all the subject looks
2) quite cheerful
1) not very cheerful
- difficult to say

Scoring: sum of aspect ratings

Name: `Allensbacher Ausdruckstest'
Findings on Happiness and EXPRESSIVE BEHAVIOR

M-FH/c/sq/v/7/a Selfreport on single question:

"Taking all things together, how would you say you have been this period? Check the phrase that best describes how you have felt."
7 very happy
6 happy
5 somewhat happy
4 mixed (about equally happy and unhappy)
3 somewhat unhappy
2 unhappy
1 very unhappy

M-FH/g/sq/v/2/a Selfreport on single question:

"Are you generally satisfied? "
2 yes
1 no

O-HL/c/sq/v/5/h Selfreport on single question

'How happy are you now?'
5 very happy
4 happy
3 neither happy nor unhappy
2 unhappy
1 very unhappy

Original text in Danish:
'Hvor lykkelig er du for tiden?'
5 meget lykkelig
4 lykkelig
3 hverken eller
2 ullykkelig
1 meget ullykkelig

O-SLu/c/sq/v/5/e Selfreport on single question:

'How satisfied are you with your life now?'
5 very satisfied
2 satisfied
3 neither satisfied nor dissatisfied
2 dissatisfied
1 very dissatisfied

Original text in Danish:
'Hvor tilfreds er du med dit liv for tiden?'
5 meget tilfreds
4 tilfreds
3 hverken tilfreds eller utilfreds
2 utilfreds
1 meget utilfreds
Findings on Happiness and EXPRESSIVE BEHAVIOR
## Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| BMCT   | BONFERRONI's MULTIPLE COMPARISON TEST  
Type: statistical procedure  
Measurement level: Correlate: nominal, Happiness: metric  
Meaning: if the correlate is measured at c levels, the c mean happiness values can be ranked from low to high. A multiple comparison procedure judges for each of the \(\frac{1}{2}c(c-1)\) pairs whether or not they differ significantly. A convenient way to represent the results is by ranking the c means and by underlining them in such a way that means which have a common underlining do NOT differ significantly.  
When added by us, this test is performed at the 95% confidence level for all the differences together. |  
| DMt    | DIFFERENCE of MEANS AFTER TRANSFORMATION  
Type: descriptive statistic only.  
Measurement level: Correlate: dichotomous, Happiness: metric  
Theoretical range: [-10; +10]  
Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels. |  
| G      | 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. |
Findings on Happiness and EXPRESSIVE BEHAVIOR

**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.

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

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

---

**Appendix 3: About the World Database of Happiness**

**Structure of the collections**

The World Database of Happiness is an ongoing register of scientific research on the subjective enjoyment of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic work.

World literature on Happiness
Selection on subject

Bibliography and Directory

Selection of empirical studies
Selection on valid measurement: Item Bank

Findings on Happiness and EXPRESSIVE BEHAVIOR

Abstracting and classification of findings

How happy people are, distributional findings
Happiness in Nations, Happiness in Publics

What goes together with happiness
Correlational Findings

Listing of comparable findings in Nations
States of Nations, Trends in Nations

Size of the collections
1226 Happiness measures (Item Bank)
4258 Nations surveys in 206 Nations
149 Distinguished publics in 1199 studies
12032 Correlational findings in 1196 studies

Appendix 4 Further Findings in the World Database of Happiness

Main Subjects | Subject Description | Number of Studies
A1 | ACTIVITY: LEVEL (how much one does) | 58
A2 | ACTIVITY: PATTERN (what one does) | 32
A3 | AFFECTIVE LIFE | 48
A4 | AGE | 400
A5 | AGGRESSION | 12
A6 | ANOMY | 32
A7 | APPEARANCE (good looks) | 15
A8 | ATTITUDES | 6
A9 | AUTHORITARIANISM | 4
B1 | BIRTH CONTROL | 1
B2 | BIRTH HISTORY (own birth) | 201
B3 | BODY | 77
C1 | CHILDREN | 1
C2 | CHILDREN: WANT FOR (Parental aspirations) | 6
C3 | CHILDREN: HAVING (parental status) | 195
C4 | CHILDREN: CHARACTERISTICS OF ONE’S CHILDREN | 25
C5 | CHILDREN: RELATION WITH ONE’S CHILDREN | 8
C6 | CHILDREN: REARING OF ONE’S CHILDREN (parental behavior) | 26
C7 | COMMUNAL LIVING | 9
Findings on Happiness and EXPRESSIVE BEHAVIOR

C8  CONCERNS  18
C9  COPING  43
C10 CREATIVENESS  6
C11 CULTURE (Arts and Sciences)  8
D1  DAILY JOYS & HASSLES  5
E1  EDUCATION  302
E2  EMPLOYMENT  363
E3  ETHNICITY  98
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  152
G1  GENDER  370
G2  GRIEF  1
H1  HABITS  1
H2  HANDICAP  25
H3  HAPPINESS: VIEWS ON HAPPINESS  49
H4  HAPPINESS: DISPERSION OF HAPPINESS  10
H5  HAPPINESS: CAREER  191
H6  HAPPINESS: CORRESPONDECE OF DIFFERENT MEASURES  310
H7  HAPPINESS OF OTHERS  0
H8  HAPPINESS: REPUTATION OF HAPPINESS  19
H9  HEALTH-BEHAVIOR  25
H10 HELPING  5
H11 HOPE  8
H12 HOUSEHOLD: COMPOSITION  137
H13 HOUSEHOLD: WORK  32
H14 HOUSING  106
I1  INCOME  552
I2  INSTITUTIONAL LIVING  43
I3  INTELLIGENCE  71
I4  INTERESTS  8
I5  INTERVIEW  73
I6  INTIMACY  103
L1  LANGUAGE  2
L2  LEADERSHIP  8
<table>
<thead>
<tr>
<th>Code</th>
<th>Category</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>P3</td>
<td>PERSONALITY: CURRENT ORGANIZATION</td>
<td>7</td>
</tr>
<tr>
<td>P4</td>
<td>PERSONALITY: CURRENT TRAITS</td>
<td>462</td>
</tr>
<tr>
<td>P5</td>
<td>PERSONALITY: LATER</td>
<td>23</td>
</tr>
<tr>
<td>P6</td>
<td>PHYSICAL HEALTH</td>
<td>427</td>
</tr>
<tr>
<td>P7</td>
<td>PLANNING</td>
<td>11</td>
</tr>
<tr>
<td>P8</td>
<td>POLITICAL BEHAVIOUR</td>
<td>231</td>
</tr>
<tr>
<td>P9</td>
<td>POPULARITY</td>
<td>26</td>
</tr>
<tr>
<td>P10</td>
<td>POSSESSIONS</td>
<td>60</td>
</tr>
<tr>
<td>P11</td>
<td>PRISON</td>
<td>1</td>
</tr>
<tr>
<td>P12</td>
<td>PROBLEMS</td>
<td>25</td>
</tr>
<tr>
<td>P13</td>
<td>PSYCHO-SOMATIC COMPLAINTS</td>
<td>62</td>
</tr>
<tr>
<td>P14</td>
<td>PETS</td>
<td>3</td>
</tr>
<tr>
<td>R1</td>
<td>RELIGION</td>
<td>251</td>
</tr>
<tr>
<td>R2</td>
<td>RESOURCES</td>
<td>9</td>
</tr>
<tr>
<td>R3</td>
<td>RETIREMENT</td>
<td>89</td>
</tr>
<tr>
<td>R4</td>
<td>ROLES</td>
<td>23</td>
</tr>
<tr>
<td>S1</td>
<td>SCHOOL</td>
<td>129</td>
</tr>
<tr>
<td>S2</td>
<td>SELF-IMAGE</td>
<td>237</td>
</tr>
<tr>
<td>S3</td>
<td>SEX-LIFE</td>
<td>61</td>
</tr>
<tr>
<td>S4</td>
<td>SLEEP</td>
<td>16</td>
</tr>
<tr>
<td>S5</td>
<td>SOCIAL MOBILITY</td>
<td>17</td>
</tr>
<tr>
<td>S6</td>
<td>SOCIAL PARTICIPATION: PERSONAL CONTACTS</td>
<td>69</td>
</tr>
<tr>
<td>S7</td>
<td>SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS</td>
<td>131</td>
</tr>
<tr>
<td>S8</td>
<td>SOCIAL PARTICIPATION: TOTAL (personal + associations)</td>
<td>34</td>
</tr>
<tr>
<td>S9</td>
<td>SOCIO-ECONOMIC STATUS</td>
<td>154</td>
</tr>
<tr>
<td>S10</td>
<td>SOCIAL SUPPORT: RECEIVED</td>
<td>62</td>
</tr>
<tr>
<td>S11</td>
<td>SOCIAL SUPPORT: PROVIDED</td>
<td>6</td>
</tr>
<tr>
<td>S12</td>
<td>SPORTS</td>
<td>38</td>
</tr>
<tr>
<td>S13</td>
<td>STIMULANTS</td>
<td>49</td>
</tr>
<tr>
<td>S14</td>
<td>SUICIDE</td>
<td>8</td>
</tr>
<tr>
<td>S15</td>
<td>SUMMED DETERMINANTS</td>
<td>92</td>
</tr>
<tr>
<td>T1</td>
<td>TIME</td>
<td>53</td>
</tr>
<tr>
<td>T2</td>
<td>THERAPY</td>
<td>38</td>
</tr>
<tr>
<td>T3</td>
<td>TOLERANCE</td>
<td>37</td>
</tr>
<tr>
<td>V1</td>
<td>VALUES: CAREER</td>
<td>8</td>
</tr>
<tr>
<td>V2</td>
<td>VALUES: CURRENT PREFERENCES (own)</td>
<td>73</td>
</tr>
<tr>
<td>V3</td>
<td>VALUES: CLIMATE (current values in environment)</td>
<td>7</td>
</tr>
<tr>
<td>V4</td>
<td>VALUES: SIMILARITY (current fit with others)</td>
<td>12</td>
</tr>
<tr>
<td>V5</td>
<td>VICTIM</td>
<td>14</td>
</tr>
</tbody>
</table>
Appendix 5: Related Subjects

<table>
<thead>
<tr>
<th>Subject</th>
<th>Related Subject(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>E4.1.1 Earlier expressiveness</td>
<td>P1.2.57 Earlier inhibition</td>
</tr>
<tr>
<td>E4.1.1 Earlier expressiveness</td>
<td>P1.2.76 Earlier openness</td>
</tr>
<tr>
<td>E4.1.1 Earlier expressiveness</td>
<td>P1.2.101 Earlier self-disclosing</td>
</tr>
<tr>
<td>E4.1.4 Later expressiveness</td>
<td>P5.2.76 Later openness</td>
</tr>
<tr>
<td>E4.1.4 Later expressiveness</td>
<td>P5.2.101 Later self-disclosure</td>
</tr>
<tr>
<td>E4.2.2.1 . crying often</td>
<td>G2 GRIEF</td>
</tr>
<tr>
<td>E4.2.2.3 . writing firmness</td>
<td>P4.44 Fortuitous</td>
</tr>
<tr>
<td>E4.2.2.3 . writing firmness</td>
<td>P4.117 Vigorous</td>
</tr>
</tbody>
</table>

A report of the World Database of Happiness, Correlational Findings