### 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>H9</td>
<td>HEALTH-BEHAVIOR</td>
<td>1</td>
</tr>
<tr>
<td>H9.1</td>
<td>Health-behavior career</td>
<td>0</td>
</tr>
<tr>
<td>H9.1.1</td>
<td>Earlier health-behavior</td>
<td>1</td>
</tr>
<tr>
<td>H9.1.2</td>
<td>Change in health-behavior</td>
<td>2</td>
</tr>
<tr>
<td>H9.1.4</td>
<td>Later health-behavior</td>
<td>0</td>
</tr>
<tr>
<td>H9.2</td>
<td>Current healthy life-style</td>
<td>6</td>
</tr>
<tr>
<td>H9.2.1</td>
<td>Health inspection</td>
<td>4</td>
</tr>
<tr>
<td>H9.2.2</td>
<td>Hygiene</td>
<td>1</td>
</tr>
<tr>
<td>H9.3</td>
<td>Current medical consumption</td>
<td>2</td>
</tr>
<tr>
<td>H9.3.3</td>
<td>Use of medicaments</td>
<td>6</td>
</tr>
<tr>
<td>H9.4</td>
<td>Attitudes to health-maintenance</td>
<td>2</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 HEALTH-BEHAVIOR
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and HEALTH-BEHAVIOR

Subject code: H9

Study

Reported in: Brinkerhoff, M.B.; Fredell, K.; Frideres, J.
Basic Minimum Needs, Quality of Life and Selected Correlates: Explorations in Villages in Northern India.
Social Indicators Research, 1997, Vol. 42, 245 - 281 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006834830518
Page in Report: 263

Population: Adult, general public, poor rural village, Bhopalpani, India 1991

Sample: Non-probability purposive-quota sample

Non-Response: 108

N: 0

Correlate

Authors label: Hospital (1)

Our classification: HEALTH-BEHAVIOR, code H9

Measurement: Family needs prioritized by Paired Comparisons. Out of four basic needs, subjects were asked to compare two at a time and to select, which they sought 'their family needs most'. Items were:
- food
- health
- employment
- leisure
This leads to six pairs of comparisons.
Score per need can be:
0. not mentioned
1. once
2. twice
3. three times
Needs index is the mean number of times an item is chosen.

Measured Values: 0: 0,80; 1: 42,2; 2: 39,4; 3: 14,7; M: 3,7
Remarks: Items for pairwise comparison were selected by participant observation and open interviews

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measure Statistic</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-H/?/sq/f/7/a</td>
<td>( r = -0.07 ) ns</td>
</tr>
<tr>
<td>O-SL/?/sq/l/5/a</td>
<td>( r = 0.0 ) ns</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier health-behavior

Subject code: H9.1.1

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: 122

Population: 31-33 aged, born at the university hospital, Denmark, 1993
Sample: Non-probability chunk sample
Non-Response: 36%
N: 4626

Correlate

Authors label: How clothes are washed at age 1
Our classification: Earlier health-behavior, code H9.1.1
Measurement: How clothes are washed at age 1 as reported in medical file
a: in machine
b: soap
c: detergent
Findings on Happiness and HEALTH-BEHAVIOR

**Measured Values:** N: 221, a:5%, b:16%, c:78%

---

**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/m/sq/v/5/a</td>
<td>D Mt=±</td>
<td>a: Mt=8.54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b: Mt=7.64</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: Mt=7.81</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>D Mt=±</td>
<td>a: Mt=8.54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b: Mt=7.23</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: Mt=7.73</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>D Mt=±</td>
<td>a: Mt=8.34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b: Mt=7.15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: Mt=7.16</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Change in health-behavior**

**Subject code:** H9.1.2

**Study**

**EVANS 2005**

*Reported in:* Evans, S.; Huxley, P.
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.
Quality of Life Research, 2005, Vol. 14, 1719 - 1732. ISSN 0096 2934 DOI:
DOI:10.1007/s 1136-005-1742-I
Page in Report: 1729

*Population:* 18-65 aged in good, moderate and poor mental health, followed 2 years, UK, 1999-2001

*Sample:* Mixed samples

*Non-Response:* Non-response at T1: 83% Drop-out at T2: 50%

*N:* 1912
Authors label: Change in health consultations

Our classification: Change in health-behavior, code H9.1.2

Measurement: T1-T2 change in response to question: Seen a doctor for physical illness in the last year?
0 no
1 yas

Measured Values: 0: 37.4% 1: 62.6%

Remarks: Assessed at T1 and T2 (2 years interval)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = .10</td>
<td>T1-T2 INCREASE in health consultations by T2 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = .17</td>
<td>T1-T2 DECREASE in health consultations by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>p &lt; .10</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>B's controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 mental health status (good, moderate, poor)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 objective conditions</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = .72</td>
<td>Changes in mental health</td>
</tr>
<tr>
<td></td>
<td>p &lt; .0001</td>
<td>T1-T2 INCREASE in mental health by T2 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = .32</td>
<td>Changes in mental health</td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td>T1-T2 DECREASE in income by T2 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B's controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 mental health status (good, moderate, poor)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 objective conditions</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Change in health-behavior  
Subject code: H9.1.2

Study  
**EVANS 2005**

*Reported in:* Evans, S.; Huxley, P.  
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.  
Quality of Life Research, 2005, Vol. 14, 1719 - 1732. ISSN 0096 2934 DOI:  
DOI:10.1007/s 1136-005-1742-i  
Page in Report: 1730

*Population:* 18-65 aged in good, moderate and poor mental health, followed 2 years, UK, 1999-2001

*Sample:* Mixed samples

*Non-Response:* Non-response at T1: 83% Drop-out at T2: 50%

*N:* 1912

Correlate

*Authors label:* Change in mental health consultations

*Our classification:* Change in health-behavior, code H9.1.2

*Measurement:* T1−T2 change in response to question: Seen a doctor for your nerves in the last year?  
0 no  
1 yes

*Measured Values:* 0: 89,1%, 1: 10,9%

*Remarks:* T1−T2 2 years

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = .72</td>
<td>T1−T2 INCREASE in mental health consultations ny T2 happiness</td>
</tr>
</tbody>
</table>

*Remark:* p<.001
Findings on Happiness and HEALTH-BEHAVIOR

O-DT/u/sqt/v/7/a  B=+.32  p<.05  T1-T2 DECREASE in mental health consultations by T2 happiness

B's controled for:
- T1 happiness
- T1 mental health status (good, moderate, poor)
- T1 objective conditions

Correlational finding on Happiness and Current healthy life-style
Subject code: H9.2

Study  HEADE 1993


Population: 18-65 aged, Victoria, Australia, followed every 2 years from 1981 to 1987

Sample: Probability stratified sample

Non-Response:

N: 419

Correlate

Authors label: Healthy lifestyle

Our classification: Current healthy life-style, code H9.2

Measurement: Selfreport on 15 questions about
- use of caffiene
- use of alcohol
- smoking
- exercise
- diet
- weight
- sleep disturbance
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/<em>/mq/</em>/0/a</td>
<td>r=+.16</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current healthy life-style

Subject code: H9.2

Study LINN 1986


Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response:

N: 211

Correlate

Authors label: Health habits

Our classification: Current healthy life-style, code H9.2

Measurement: Selfreported of typical behavices in the past 6 month to make one feel better:
- eating: eating 3 meals a day
- sleeping: getting an adequate amount of sleep at night
- alcohol: use alcohol beverages (beer, wine liquor)
- smoking: cigarettes
- snacking: eating frequent snacks during the day or in the evening
Rated 1: never to 6 daily

Measured Values: M = Eating: 4.85, Sleeping 5.15, Drinking 3.70, Smoking 1.30, Snacking 3.06
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>r=+.14</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current healthy life-style

Subject code: H9.2

Study

**LINN 1986**

*Reported in:* Linn, L.S.; Yager, J.; Dennis, W.; Cope, W.; Leake, B.
Factors Associated With Life Satisfaction Among Practicing Internist.
Medical Care, 1986, Vol. 24, 830 - 837. ISSN p 0125 7079; ISSN e 1537 1948
Page in Report: 834

*Population:* Physicians, California, USA, 1984

*Sample:* Probability simple random sample

*Non-Response:*

N: 211

Correlate

*Authors label:* Health habits

*Our classification:* Current healthy life-style, code H9.2

*Measurement:* Selfreported of typical behaviors in the past 6 month to make one feel better:
- Jogging, running, swimming, golfing or other strenuous exercise for 15 minutes or more
Rated 1: never to 6 daily

*Measured Values:* M = 4.21
## Correlational finding on Happiness and Current healthy life-style

**Subject code:** H9.2

### Study

**Reported in:** Pelham, B. Nyiri, Z.  
Eating well and life satisfaction: a global view  
The Gallup Company, 2009, Washington DC, USA  
Page in Report: 4

**Population:** 15+ aged, 114 nations, 2006-2008

**Sample:** Probability simple random sample

**Non-Response:**

\[ N = 114000 \]

### Correlate

**Authors label:** Eating healthy

**Our classification:** Current healthy life-style, code H9.2

**Measurement:** Self report on single question: "Now, please think about yesterday, from the morning until the end of the day. Think about where you were, what you were doing, who you were with, and how you felt. Did you eat healthy all day yesterday?"  
0 = yes  
1 = no

**Remarks:** For the analysis of 'healthy eating' at least 18.000 responses per region were used.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>r = +.07</td>
<td>ns</td>
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</tbody>
</table>

Findings on Happiness and HEALTH-BEHAVIOR

<table>
<thead>
<tr>
<th>Region</th>
<th>Healthy</th>
<th>Not Healthy</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Africa</td>
<td>4.6</td>
<td>3.8</td>
<td>-0.8</td>
</tr>
<tr>
<td>The Americas</td>
<td>6.0</td>
<td>5.4</td>
<td>-0.6</td>
</tr>
<tr>
<td>Asia</td>
<td>5.4</td>
<td>5.0</td>
<td>-0.4</td>
</tr>
<tr>
<td>Europe</td>
<td>6.8</td>
<td>6.6</td>
<td>-0.2</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current healthy life-style

Subject code: H9.2

Study SAFI 2008

Reported in: Safi, M.
Page in Report: 5

Population: 15 + aged, 20 European nations 2002-2006

Sample: Probability multi-stage cluster sample

Non-Response:

N: 60169

Correlate

Authors label: health

Our classification: Current healthy life-style, code H9.2
**Measurement:**
1 very good reference  
2 good  
3 fair  
4 bad  
5 very bad

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/11/cd</td>
<td>B = .47</td>
<td>good (compared to very good)</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/cd</td>
<td>B = 1.0</td>
<td>fair (compared to very good)</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/cd</td>
<td>B = 1.9</td>
<td>bad (compared to very good)</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/n/11/cd</td>
<td>B = 3.0</td>
<td>very bad (compared to very good)</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

B's controlled for:  
- gender  
- age  
- family situation  
- income  
- occupation  
- employment

**Correlational finding on Happiness and Current healthy life-style**

**Subject code: H9.2**

**Study**

**VENTE 1996**

*Reported in:* Ventegodt, S.  
Page in Report: 462

**Population:** 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen
Sample: Non-probability chunk sample
Non-Response: 39%
N: 4500

Correlate

Authors label: healthy lifestyle
Our classification: Current healthy life-style, code H9.2
Measurement: Lifestyle and Quality of Life
1: very unhealthy lifestyle
2: unhealthy lifestyle
3: neither healthy, nor unhealthy lifestyle
4: healthy lifestyle
5: very healthy lifestyle

Measured Values: N: All:4597; %; 1:1.8; 2:15.6; 3:42.0; 4:35.0; 5:5.6

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/m/sq/v/5/a</td>
<td>r=+.12</td>
<td>1: Ms=6.63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Ms=7.39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Ms=7.68</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Ms=7.96</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Ms=8.16</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.12</td>
<td>1: Ms=6.24</td>
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<tr>
<td></td>
<td></td>
<td>2: Ms=7.01</td>
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<td></td>
<td></td>
<td>3: Ms=7.36</td>
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<tr>
<td></td>
<td></td>
<td>4: Ms=7.69</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Ms=7.69</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.11</td>
<td>1: Ms=6.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Ms=6.65</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Ms=7.01</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Ms=7.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Ms=7.29</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Health inspection  
Subject code: H9.2.1

Study
SCHUL 1985B

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H.  
Lebensqualität in Österreich. (Quality-of-Life in Austria).  
Research paper nr 10/1, Institut für Soziologie, University of Vienna, 1985, Austria  
Page in Report: 52,54

Population: Adults, non-institutionalized, Austria, 1984

Sample:

Non-Response: ?

N: 1776

Correlate

Authors label: Personal weight control (1)

Our classification: Health inspection, code H9.2.1

Measurement: Direct question:"How often do you control your weight?"  
Answer categories: never, less than once a week, at least weekly

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/c/mq/v/5/a</td>
<td>r=+.13</td>
<td></td>
</tr>
<tr>
<td>O-Sum/c/mq/v/5/a</td>
<td>Beta=+.04</td>
<td>8 controlled for: gender, age, community size, education, professional status, marital status, income, body weight, healthy eating habits, alcohol consumption, physical fitness activity, psychosomatic complains, illness and satisfaction with health.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Health inspection
Subject code: H9.2.1

Study

VENTE 1997

Reported in: Ventegodt, S.
Livskvalitet og Omstædigheder Tidligt I Livet. (The Quality of Life and Factors in Pregnancy, Birth and Infancy).
Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København, Denmark,
Page in Report: 448,450

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

Sample: Non-probability chunk sample

Non-Response: 36%

N: 4626

Correlate

Authors label: Examinig doctor shortly after birth

Our classification: Health inspection, code H9.2.1

Measurement: Examinig doctor shortly after birth as reported in medical file
a: examination by Q
b: examination by JP
c: examination by ZC
d: examination by other
Assessed at day 1 and day 5

Measured Values: N day 1 all:4213, %:a:4,5, b:7,9, c:82,5, d:5,1 N day 5 all:4101, %:a:2,6, b:5,2, c:83,2, d:9.0

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
Findings on Happiness and HEALTH-BEHAVIOR

<table>
<thead>
<tr>
<th>Study Code</th>
<th>DM ±</th>
<th>Day 1</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>DM ±</td>
<td>a: Mt=7.65</td>
<td>a: 7.99</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b: Mt=7.85</td>
<td>b: 7.63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: Mt=7.71</td>
<td>c: 7.71</td>
</tr>
<tr>
<td></td>
<td></td>
<td>d: Mt=7.98</td>
<td>d: 7.90</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>DM ±</td>
<td>a: Mt=7.58</td>
<td>a: 7.64</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b: Mt=7.51</td>
<td>b: 7.46</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: Mt=7.39</td>
<td>c: 7.40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>d: Mt=7.55</td>
<td>d: 7.53</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>DM ±</td>
<td>a: Mt=7.06</td>
<td>a: 7.23</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b: Mt=7.09</td>
<td>b: 7.09</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: Mt=7.00</td>
<td>c: 7.01</td>
</tr>
<tr>
<td></td>
<td></td>
<td>d: Mt=7.14</td>
<td>d: 7.11</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Health inspection

Subject code: H9.2.1

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: 544

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

Sample: Non-probability chunk sample

Non-Response: 36%

N: 4626

Correlate

Authors label: Paediatric checks in first year of life
Findings on Happiness and HEALTH-BEHAVIOR

*Our classification:* Health inspection, code H9.2.1

*Measurement:* Paediatric checks in first year of life as reported in medical file
1: 5 week examination undertaken
2: 5 month examination undertaken
3: 10 month examination undertaken
4: all three examinations undertaken

*Measured Values:* N: 1:693, 2:975, 3:505, 4:2091,

*Remarks:* only absolute frequencies are given

---

**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/m/sq/v/5/a</td>
<td>DMt=±</td>
<td>Mt=7.74</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt=7.74</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.78</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.69</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.74</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>DMt=±</td>
<td>Mt=7.43</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt=7.43</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.44</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>DMt=±</td>
<td>Mt=7.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt=7.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.04</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=6.93</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.03</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Health inspection**

**Subject code:** H9.2.1

**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: Pediatric checks on first year of life

Our classification: Health inspection, code H9.2.1

Measurement: Pediatric checks on first year of life as reported in medical file
  a: child care clinic
  b: own physician

Measured Values: N: a:898, b:1572

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a   | DMt=+      | a: Mt=7.76
                     |            | b: Mt=7.80          |
| O-SLu/c/sq/v/5/e   | DMt=+      | a: Mt=7.41
                     |            | b: Mt=7.46          |
| O-HL/c/sq/v/5/h    | DMt=+      | a: Mt=7.00
                     |            | b: Mt=7.09          |
### Correlational finding on Happiness and Hygiene
**Subject code: H9.2.2**

**Study**

<table>
<thead>
<tr>
<th>Author</th>
<th>BAKKE 1974</th>
</tr>
</thead>
</table>

Page in Report: 28

**Population:** 20-65 aged, general public, The Netherlands, 1968

**Sample:**

*Non-Response:* 34% refusal and unattainable.

*N:* 1552

#### Correlate

**Authors label:** Frequency of bathing. (1)

**Our classification:** Hygiene, code H9.2.2

**Measurement:** Closed question rated on a 6-point scale.

#### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/sq/ol/7/a</td>
<td>G = +.05</td>
<td>ns</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current medical consumption
**Subject code: H9.3**

**Study**

<table>
<thead>
<tr>
<th>Author</th>
<th>LEHMA 1988</th>
</tr>
</thead>
</table>

**Reported in:** Lehman, A.F. A Quality of Life Interview for the Chronically Mentally Ill. Evaluation and Program Planning, 1988, Vol. 11, 51 -52. ISSN 0149 7189  
Page in Report: 57
Findings on Happiness and HEALTH-BEHAVIOR

Population: Chronic mental patients, USA, 1981
Sample: Non-probability purposive sample

Non-Response:
\[ N = 469 \]

Correlate

Authors label: Frequency of Medical Care
Our classification: Current medical consumption, code H9.3
Measurement: self report of frequency of medical care in the past year

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r = -0.14</td>
<td>Los Angeles: mentally ill residents of 30 large board-and-care homes</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.05</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r = +0.00</td>
<td>Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r = -0.30</td>
<td>Rochester: chronically mentally ill residents of various supervised community residences</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current medical consumption
Subject code: H9.3

Study
ORMEL 1980

Reported in: Ormel, J. Moeite met Leven of een Moeilijk Leven. (Difficulties with Living or a Difficult Life). Konstapel, 1980, Groningen, Netherlands
Page in Report: 350
Population: 15-60 aged, general public, followed 12 month, The Netherlands, 1967-77

Sample:

Non-Response: 18%

N: 296

Correlate

Authors label: Taking action on symptoms of illness (1)

Our classification: Current medical consumption, code H9.3

Measurement: Ss were confronted with a list of 16 symptoms and asked what they would do. Doing nothing vs self-medication/ consulting a doctor. Additive index. Assessed at T2 (1976)

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/4/c</td>
<td>r=+.09</td>
<td>T2 happiness by T2 readiness to take action on symptoms.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r=+.07</td>
<td>T3 happiness by T2 readiness to take action on symptoms.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Use of medicaments

Subject code: H9.3.3

Study BENYA 2004
Findings on Happiness and HEALTH-BEHAVIOR


Population: Residents retirement community, USA, 1998

Sample: Probability area sample

Non-Response: N: 850

Correlate

Authors label: Medication use

Our classification: Use of medicaments, code H9.3.3

Measurement: Number of medications reported to be taken daily by doctor's recommendation.

Measured Values: M=2.16; SD=2.09

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

O-Sum/*/mq/v/5/b r=-.17 Beta controled for
p<.01 -age
Beta=ns -gender
-education
-functional disability

Correlational finding on Happiness and Use of medicaments
Subject code: H9.3.3
Findings on Happiness and HEALTH-BEHAVIOR

**Study**

<table>
<thead>
<tr>
<th>JOL 1985</th>
</tr>
</thead>
</table>


*Page in Report:* 178

*Population:* 18+ aged, general public, The Netherlands, 1974-83

*Sample:*

*Non-Response:* 1974: 28%, 1983: 43%

*N:* 4000

**Correlate**

*Authors label:* Use of medicaments (1)

*Our classification:* Use of medicaments, code H9.3.3

*Measurement:* 0 = uses no medicaments

1 = uses medicaments

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SLL/c/sq/v/5/d   | Beta = -.09 | 1983 only
|                    | p < .05    | ß controlled for sex and age.
|                    |            | Results not significantly different from 1974. |

**Correlational finding on Happiness and Use of medicaments**

*Subject code:* H9.3.3

**Study**

<table>
<thead>
<tr>
<th>MOSER 1969</th>
</tr>
</thead>
</table>

*Study MOSER 1969*
Findings on Happiness and HEALTH-BEHAVIOR

Reported in: Moser-Peters, C.M.
Achtergronden van Geluksgevoelens. (Backgrounds of Happiness Feelings).
Nederlands Instituut voor Preventieve Geneeskunde (TNO), 1969, Leiden, Netherlands
Page in Report: 37


Sample:
Non-Response: 14% unattainable etc.
N: 300

Correlate

Authors label: Nervousness. (2)
Our classification: Use of medicaments, code H9.3.3
Measurement: Direct question: Have you taken 'something against the nerves' during the last 14 days?
0: Nothing
1: Swallowed something

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
---|---|---
O-HL/c/sq/v/5/c | G = -.41 | p < .01

Correlational finding on Happiness and Use of medicaments
Subject code: H9.3.3

Study MOSER 1969

Reported in: Moser-Peters, C.M.
Achtergronden van Geluksgevoelens. (Backgrounds of Happiness Feelings).
Nederlands Instituut voor Preventieve Geneeskunde (TNO), 1969, Leiden, Netherlands
Page in Report:
Findings on Happiness and HEALTH-BEHAVIOR


Sample:
Non-Response: 14% unattainable etc.

N: 300

Correlate

Authors label: Medicine use. (1)

Our classification: Use of medicaments, code H9.3.3

Measurement: Direct question on medicine use during the last two weeks.

Observed Relation with Happiness

Happiness Measure

Statistics Elaboration/Remarks

O-HL/c/sq/v/5/c SNR = ns

Correlational finding on Happiness and Use of medicaments
Subject code: H9.3.3

Study ZUMA 1989

Reported in: Zentrum fur Umfrageforschung Mannheim (ZUMA)

Page in Report:

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response: ?

N: 2100

Correlate
Findings on Happiness and HEALTH-BEHAVIOR

Authors label: Use of medicaments (1)

Our classification: Use of medicaments, code H9.3.3

Measurement: Question: 'Do you regularly use medicine?'
   1 yes
   2 no

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/b</td>
<td>$\text{SNR=}$ eta</td>
<td>G</td>
</tr>
<tr>
<td>1978</td>
<td>+.09</td>
<td>+.18</td>
</tr>
<tr>
<td>1980</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1984</td>
<td>+.12</td>
<td>+.25</td>
</tr>
<tr>
<td>1988</td>
<td>+.10</td>
<td>+.19</td>
</tr>
</tbody>
</table>

$\beta$'s controlled for age, gender, perceived class and marital status.

Correlational finding on Happiness and Use of medicaments
Subject code: H9.3.3

Study
ZUMA 1989


Page in Report:

Population: 18+ aged, general public, West-Germany, 1978-88

Sample:

Non-Response: ?

N: 2100

Correlate
Findings on Happiness and HEALTH-BEHAVIOR

Authors label: Lasting sickness or disabled (1)

Our classification: Use of medicaments, code H9.3.3

Measurement: Question: 'Do you have some lasting sickness or disablement that forced you to change your profession or your complete life?'
1 yes
2 no

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/11/</td>
<td>SNR=</td>
<td>eta</td>
</tr>
<tr>
<td>ba</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1978</td>
<td>+.08</td>
<td>+.09</td>
</tr>
<tr>
<td>1980</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

β's controlled for age, gender, perceived class and marital status.

Correlational finding on Happiness and Attitudes to health-maintenance
Subject code: H9.4

Study: KAINU 1998


Sample: Probability sample (unspecified)

Non-Response: not rep
Findings on Happiness and HEALTH-BEHAVIOR

N: 2682

Correlate

Authors label: Difficulties in getting (medical) care (1)

Our classification: Attitudes to health-maintenance, code H9.4

Measurement: Have you experienced difficulties in getting (medical) care

(a) during the last year?
(b) ever in your life?
Answers: No (=0) or Yes (=1).

Measured Values: Never: N = 2291 Ever in your life: N = 146

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-S Lu/c/sq/v/5/g</td>
<td>r = -.04</td>
<td>during the last year</td>
</tr>
<tr>
<td>O-S Lu/c/sq/v/5/g</td>
<td>r = -.09</td>
<td>ever in your life</td>
</tr>
<tr>
<td>O-S Lu/c/sq/v/5/g</td>
<td>DM =</td>
<td>never: M = 3.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ever in your life: M = 3.57</td>
</tr>
<tr>
<td></td>
<td></td>
<td>95% CI for difference: [0.14 ; 0.48]</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Attitudes to health-maintenance
Subject code: H9.4

Study

SMITS 1995

Reported in: Smits, C.H.; Deeg, D.J.; Bosscher, R.J.
Well-Being and Control in Older Persons: The Prediction of Well-Being from Control Measures.
Page in Report: 241, 245
Findings on Happiness and HEALTH-BEHAVIOR

Population: Elderly, Sassenheim, the Netherlands, 1992
Sample: Probability simple random sample
Non-Response: 24.4%
N: 119

Correlate

Authors label: internal health control
Our classification: Attitudes to health-maintenance, code H9.4
Measurement: Self-report on 6 items.
Typical item: "If I take good care of myself, I can prevent diseases."
Dutch version of Internal health locus of control scale.

Measured Values: M = 18.56 (sd = 5.58)
Error Estimates: Cronbach alpha = .78
Remarks: data available for 46 Ss

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BB/cw/mg/v/4/g   | r = -.21 ns| positive affect = -.27 (05)
|                   |            | negative affect = -.02 |

Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
</table>

Findings on Happiness and HEALTH-BEHAVIOR

A-AOL/sq/v/5/a  Single direct question:

How are you feeling now....?
5 very good
4 good
3 neither good nor poor
2 poor
1 very poor

A-BB/cw/mq/v/4/c  Selfreport on 8 questions:

"In the past few weeks did you ever feel.....?"
A Pleased about having accomplished something
B Upset because someone criticized you
C Proud because someone complimented you on something you had done
D That things are going your way
E So restless you couldn't sit long in a chair
F Unhappy or depressed
G Particularly interested in something
H Lonely and remote from other people

Response options:
0 not at all
1 sometimes
2 often
3 very often

Scoring: a = 0........d = 3

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

Name: Bradburn's Affect Balance Scale (variant)

A-BB/cw/mq/v/4/g  Selfreport on 10 questions:

"During the past few weeks, did you ever feel ....?"
A Particularly exited 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:
Findings on Happiness and HEALTH-BEHAVIOR

1 not at all
2 sometimes
3 often
4 very often

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: -15 to +15

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

C-BW/c/sq/l/11/c Selfreport on single question:

Here is ladder representing the 'ladder of life'. Let's suppose the top of the ladder represents the best possible life for you; and the bottom, the worst possible life for you. On which step of the ladder do you feel you personally stand at the present time?

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

This question was followed (not preceded) by items on life 5 years ago and 5 years from now.

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)
Findings on Happiness and HEALTH-BEHAVIOR

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-H?/?/sq/f/7/a  Selfreport on single question:

Lead item not reported
Rated on a 7-step pictorial faces scale, presented on a card
(pictures not shown here)
7 smiling face, very happy
6
5
4
3
2
1 frowning face, very unhappy

O-HL/c/sq/v/4/b  Selfreport on single question:

Is your life at this moment .....? 
4 very happy
3 fairly happy
2 fairly unhappy
1 very unhappy

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

"Taking all things together, how would you say you are these days.....?"
5 extremely happy
4 very happy
3 happy
2 pretty happy
1 not too happy
Findings on Happiness and HEALTH-BEHAVIOR

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 ullykklig
1 meget ullykkelig

O-HP/g/sq/ol/7/a  Selfreport on single question:

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

Responses were made on an open line scale, and were later coded in 7 categories:
1 very unhappy
2
3
4
5
6
7 very happy.

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-SLu/?/sq/l/5/a  Selfreport on single question:

"..... satisfaction with life ......"
(full lead item not reported)

Rated on a wooden miniature ladder, handed to the respondent
[ 5 ] very satisfied
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ] very dissatisfied
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

Self report on single question:

How satisfying do you find your life at the moment.....?
1 very dissatisfying
2 quite dissatisfying
3 not satisfying not dissatisfying
4 quite satisfying
5 very satisfying

Selfreport on single question;

What do you think, how satisfied are you at this moment- all in all - with your life ?' 'If for instance you are totally satisfied with your life, please mark a '10'.If you are totally unsatisfied with your life, mark a '0'.If you are not completely unsatisfied nor totally satisfied range yourself somewhere between '1' and '9'
10 completely satisfied
9
8
7
6
5
4
3
2
1
0 completely dissatisfied
Selfreport on single question:

All things considered, how satisfied are you with your life as a whole nowadays?
0 extremely dissatisfied
1
2
3
4
5
6
7
8
9
10 extremely satisfied
- don't know
- no answer

Self report on 8 items

A How do you feel about your life as a whole?
Rated on a 9-step Delighted-Terrible scale
Asked twice in the interview with 15 minutes interval

B a In most ways my life is close to ideal
b The conditions of my life are excellent
c I am satisfied with my life
d So far, I have gotten the important things I want in life
e If I could live my life over, I would change nothing'
Answers rated: 7 strongly agree to 1 strongly disagree

C How do you feel usually?
0 extremely unhappy
. .
10 extremely happy

Computation: factor
Self report on four questions:

A I am very satisfied with my life
B These are the best years of my life
C My life could be better than it is now
D The quality of my life is poor

Scoring
1 disagree strongly
2
3
4
5 agree strongly

Computation: A + B + C + D / 4 (C and D reversed)

Self report on 3 questions:

A When you consider your present life as-a-whole, would you say you are.....?
5 very happy
4 fairly happy
3 rather happy than unhappy
2 rather unhappy than happy
1 very unhappy
- DK/NA

B When you consider your present life as-a-whole, would you say you are.....?
5 very satisfied
4 fairly satisfied
3 rather satisfied than dissatisfied
2 rather dissatisfied than satisfied
1 fairly dissatisfied
- DK/NA

C How do you feel right now? Is your well-being.....?
5 very high
4 high
3 moderate
2 rather low
1 very low
- DK/NA

Summation: The summed scores were divided in three strata: low, medium and high quality of life
## Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
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</table>
| B      | REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)  
Type: test statistic  
Measurement level: Correlate: metric, Happiness: metric  
Theoretical range: unlimited  
Meaning:  
B > 0 A higher correlate level corresponds with, on an average, higher happiness rating.  
B < 0 A higher correlate level corresponds with, on an average, lower happiness rating.  
B = 0 Not any correlation with the relevant correlate. |
| Beta   | (ß) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)  
Type: test statistic.  
Measurement level: Correlates: all metric, Happiness: 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.  
Remark:  
Mean of observations is subtracted from all observations if standardized. |
| 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. |
| 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. |
Findings on Happiness and HEALTH-BEHAVIOR

GOODMAN & Kruskal's GAMMA
Type: test statistic
Measurement level: Correlate: ordinal, Happinessl: 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.

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.

SNR Statistic Not Reported

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
Findings on Happiness and HEALTH-BEHAVIOR

Selection of empirical studies  
Selection on valid measurement: Item Bank

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

<table>
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<th>Main Subjects</th>
<th>Subject Description</th>
<th>Number of Studies</th>
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<tbody>
<tr>
<td>A1</td>
<td>ACTIVITY: LEVEL (how much one does)</td>
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<td>A2</td>
<td>ACTIVITY: PATTERN (what one does)</td>
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<td>AFFECTIVE LIFE</td>
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<td>A7</td>
<td>APPEARANCE (good looks)</td>
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<td>A9</td>
<td>AUTHORITARIANISM</td>
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<td>BIRTH HISTORY (own birth)</td>
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<td>CHILDREN: REARING OF ONE'S CHILDREN (parental behavior)</td>
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<td>HOPE</td>
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<td>O1</td>
<td>OCCUPATION</td>
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Findings on Happiness and HEALTH-BEHAVIOR

V3 VALUES: CLIMATE (current values in environment) 7
V4 VALUES: SIMILARITY (current fit with others) 12
V5 VICTIM 14
W1 WAR 5
W2 WISDOM 2
W3 WORK: CAREER 2
W4 WORK: CONDITIONS 68
W5 WORK: ATTITUDES 347
W6 WORK: PERFORMANCE (current) 29
W7 WORRIES 31
XX UNCLASSIFIED 25

Appendix 5: Related Subjects

<table>
<thead>
<tr>
<th>Subject</th>
<th>Related Subject(s)</th>
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<tbody>
<tr>
<td>H9 HEALTH-BEHAVIOR</td>
<td>P6 PHYSICAL HEALTH</td>
</tr>
<tr>
<td>H9.1 Health-behavior career</td>
<td>M6.1 Medical career</td>
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<tr>
<td>H9.2.1 Health inspection</td>
<td>M6.2.1 Visits to doctor</td>
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<td>H9.3 Current medical consumption</td>
<td>M6 MEDICAL TREATMENT</td>
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<td>H9.3.3 Use of medicaments</td>
<td>S13 STIMULANTS</td>
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<td>H9.4 Attitudes to health-maintenance</td>
<td>C8.2.2 Specific concerns</td>
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<td>H9.4 Attitudes to health-maintenance</td>
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A report of the World Database of Happiness, Correlational Findings