# World Database of Happiness

## Correlational Findings on Happiness and MENTAL HEALTH

Subject Code: M7

© on data collection: Ruut Veenhoven, Erasmus University Rotterdam

### 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>M7</td>
<td>MENTAL HEALTH</td>
<td>0</td>
</tr>
<tr>
<td>M7.1</td>
<td>Mental-health career</td>
<td>0</td>
</tr>
<tr>
<td>M7.1.1</td>
<td>Earlier mental health</td>
<td>17</td>
</tr>
<tr>
<td>M7.1.2</td>
<td>Change in mental health</td>
<td>6</td>
</tr>
<tr>
<td>M7.1.4</td>
<td>Later mental health</td>
<td>5</td>
</tr>
<tr>
<td>M7.2</td>
<td>Current general mental health</td>
<td>8</td>
</tr>
<tr>
<td>M7.2.1</td>
<td>Expert ratings of mental health</td>
<td>8</td>
</tr>
<tr>
<td>M7.2.2</td>
<td>Self ratings of mental health</td>
<td>7</td>
</tr>
<tr>
<td>M7.2.2.1</td>
<td>. overall selfestimate of mental health</td>
<td>3</td>
</tr>
<tr>
<td>M7.2.2.2</td>
<td>. scores on symptom inventories</td>
<td>25</td>
</tr>
<tr>
<td>M7.2.2.3</td>
<td>. feels close to mental breakdown</td>
<td>1</td>
</tr>
<tr>
<td>M7.2.2.4</td>
<td>. daily living skills</td>
<td>1</td>
</tr>
<tr>
<td>M7.3</td>
<td>Current specific mental disorders</td>
<td>14</td>
</tr>
<tr>
<td>M7.3.1</td>
<td>Alcoholic</td>
<td>2</td>
</tr>
<tr>
<td>M7.3.3</td>
<td>Anxious</td>
<td>3</td>
</tr>
<tr>
<td>M7.3.4</td>
<td>Depressive</td>
<td>47</td>
</tr>
<tr>
<td>M7.3.5</td>
<td>Eating disorder</td>
<td>1</td>
</tr>
<tr>
<td>M7.3.6</td>
<td>Hypochondric</td>
<td>2</td>
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<tr>
<td>M7.3.7</td>
<td>Hypomanic</td>
<td>1</td>
</tr>
<tr>
<td>M7.3.8</td>
<td>Hysteric</td>
<td>2</td>
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<tr>
<td>M7.3.9</td>
<td>Neurotic</td>
<td>9</td>
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<tr>
<td>M7.3.10</td>
<td>Paranoic</td>
<td>2</td>
</tr>
<tr>
<td>M7.3.11</td>
<td>Psychasthenic</td>
<td>1</td>
</tr>
<tr>
<td>M7.3.12</td>
<td>Psychotic</td>
<td>1</td>
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<tr>
<td>M7.3.13</td>
<td>Schizophrenic</td>
<td>6</td>
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<tr>
<td>M7.4</td>
<td>Current positive mental health</td>
<td>2</td>
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<td>M7.5</td>
<td>Current treatment for mental problems</td>
<td>17</td>
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<tr>
<td>M7.5.1</td>
<td>Perceived need for treatment</td>
<td>2</td>
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<tr>
<td>M7.5.2</td>
<td>In ambulatory treatment</td>
<td>10</td>
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<tr>
<td>M7.5.3</td>
<td>In mental hospital</td>
<td>8</td>
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<tr>
<td>M7.5.4</td>
<td>Use of psycho-pharmacals</td>
<td>3</td>
</tr>
</tbody>
</table>

Findings on Happiness and MENTAL HEALTH

M7.6 Attitudes to own mental health
M7.6.1 Readiness to seek professional care
M7.6.2 Satisfaction with treatment

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 MENTAL HEALTH
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study

**ARNOL 2006**


Page in Report: 104

Population: COPD patients, before and after 20 week rehabilitation programme, Netherlands, 2001-2002

Sample: Non-probability purposive sample

Non-Response: 21

N: 65

Correlate

Authors label: Psychological functioning

Our classification: Earlier mental health, code M7.1.1

Measurement: Self reporty on the following questions:

a: How much of time, during the past month, have you been a very nervous person?

B: How often, during the past month, have you felt so down in the dumps that nothing could cheer you up?

c: How much of the time, during the past month, have you felt calm and peaceful?

d: how much of the time, during the past month, have you felt downhearted and blue?

e: During the paste month, how much of the time were you a happy person?

SF-36 Psychological Functioning subscale

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.46</td>
<td>T1 happiness by T2 psychological functioning</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.38</td>
<td>T1 physical functioning by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td>T1-T2: before-after 20 week rehabilitation program</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Findings on Happiness and Mental Health

Study: BACHM 1977

Reported in: Bachman, J. G.; O'Malley, P. M.; Johnston, J.
Institute for Social Research, 1970, University of Michigan, Ann Arbor, USA

Page in Report:

Population: Public highschool boys followed 8 years from grade 10, USA, 1966-74

Sample:

Non-Response: 2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5

N: 1628

Correlate

Authors label: Negative affective states (2)

Our classification: Earlier mental health, code M7.1.1

Measurement: 40-item index of closed questions on irritability (7 items), general anxiety (7 items), anxiety and tension (5 items), depression (6 items), anomie (8 items) and resentment (7 items). Scale: 1.00 = low to 5.00 = high negativity. Assessed at T1, T2, T3 and T4

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>tau = -</td>
<td>p&lt;.001</td>
<td>Negative affective states</td>
</tr>
<tr>
<td>Tau = -.54</td>
<td>-.35</td>
<td>-.33</td>
</tr>
<tr>
<td>Tau = -.37</td>
<td>-.56</td>
<td>-.43</td>
</tr>
<tr>
<td>Tau = -.31</td>
<td>-.45</td>
<td>-.61</td>
</tr>
<tr>
<td>Tau = -.35</td>
<td>-.42</td>
<td>-.46</td>
</tr>
</tbody>
</table>

All tau's significant (001)


Correlational finding on Happiness and Earlier mental health

Subject code: M7.1.1

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
Findings on Happiness and MENTAL HEALTH

Sample:
Non-Response: ±20%, Attrition ±30%
N: 2787

Correlate

Authors label: Ever expected a nervous breakdown (1)
Our classification: Earlier mental health, code M7.1.1
Measurement:
Direct question:
0 No
1 Yes

Remarks: Data T1. Results T3 similar.
Not computed for summed ABS.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mg/v2/a   | G=         | Index of Positive Affects:
|                   |            | - Males: T1: G= +.04
|                   |            | - Females: T1: G= +.00
|                   |            | Index of Negative Affects:
|                   |            | - Males: T1: G= +.48
|                   |            | - Females: T1: G= +.47
|                   |            | - Unaffected by amount of worries.

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study
CHIRI 1982

Reported in: Chiriboga, D.A.
Consistency in Adult Functioning. The Influence of Stress.
Ageing and Society, 1982, Vol. 2, 7 - 29. ISSN p 0144 686X; ISSN e 1469 1779
Page in Report: 23

Population: People in transition followed 11 years, metropolis, USA, 1969-1980
Sample:

Non-Response: Attrition after 11 years 24%
N: 163
Findings on Happiness and MENTAL HEALTH

Correlate

Authors label: Earlier psychiatric symptoms count (1)
Our classification: Earlier mental health, code M7.1.1
Measurement: 42-item California Symptoms Checklist, derived from Cornwell Medical Index, administered 11 years ago at T1(1969).

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/v3/cb</td>
<td>r=</td>
<td>T1 symptoms by T5 happiness (11 year interval)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Males: r= -.31 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= -.17 (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study COSTA 1980/2
Population: 25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76
Sample:
Non-Response:
N: 234

Correlate

Authors label: Neuroticism (2)
Our classification: Earlier mental health, code M7.1.1
Measurement: Cattell (1973) Sixteen Personality Factor Questionnaire Assessed at T1 (10 years ago)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>
Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study
COSTA 1981


Population: 17-97 aged males, visitors of the Gerontology Research Centre, followed ±10 years Baltimore, USA. 1958-70

Sample:
Non-Response: Attrition 79% at T3, mostly among psychologically least adjusted

N: 117

Correlate

Authors label: Neuroticism (1)

Our classification: Earlier mental health, code M7.1.1


Observed Relation with Happiness

Happiness Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| C-A/h/sq/v/3/a | r = p<.s | T1 neuroticism by T1 happiness:  
- young (18-49) r = -.17 (001)  
- old (50-97) r = -.15 (01) |
| C-A/h/sq/v/3/a | r = -.19 p<.01 | T1 neuroticism by T2 happiness (2-10 yrs later) |
| C-A/h/sq/v/3/a | r = -.11 ns | T1 neuroticism by T3 happiness (10-17 yrs later) |
Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study ESTES 1973

Reported in: Estes, R.J.
Determinants of Differential Stress Levels among University Students.
Page in Report: 471

Population: University students, mental patients and controls, California, USA, 1971-72

Sample:

Non-Response:
N: 280

Correlate

Authors label: Earlier psychiatric treatment. (1)

Our classification: Earlier mental health, code M7.1.1

Measurement:
0. No earlier treatment               1. Received psychiatric treatment prior to college years.

Observed Relation with Happiness

Happiness Measure  Statistics         Elaboration/Remarks
A-AOL/g/sq/v/2/a  G =.68
                     p<.01

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study EVANS 2005

Reported in: Evans, S.; Huxley, P.
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.
Page in Report: 1726-29

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 quality of life  
**Our classification:** Earlier mental health, code M7.1.1  
**Measurement:** T1-T2 change in response to 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  

**Measured Values:** $M = 4.79; SD = 1.06$  
**Remarks:** Assessed at T1 and T2, 22 month interval

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-DT/u/sq/v/7/a | DM= | Ss in GOOD mental health  
- T1 happiness $M=5.37$  
- T2 happiness $M=5.12$  
- difference $-0.25$  

<p>| | | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>$E^2$</td>
<td>+.06</td>
<td></td>
</tr>
</tbody>
</table>

| O-DT/u/sq/v/7/a | DM=+ | Ss in MODERATE mental health (common mental disorder)  
- T1 happiness $M=4.15$  
- T2 happiness $M=4.25$  
- difference $+0.1$  

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$E^2$</td>
<td>+.01</td>
<td></td>
</tr>
</tbody>
</table>

| O-DT/u/sq/v/7/a | DM=+ | Ss in BAD mental health (psychotic mental patients)  
- T1 happiness $M=3.87$  
- T2 happiness $M=4.44$  
- difference $+0.57$  

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>$E^2$</td>
<td>+.10</td>
<td></td>
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</table>

### Correlational finding on Happiness and Earlier mental health

**Subject code:** M7.1.1
Study: HAWKI 2005


Page in Report: 458

Population: Couples, USA, followed 12 years, 1980-1992

Sample: Probability simple random sample

Non-Response: 35%

N: 1150

Correlate

Authors label: Psychological Distress

Our classification: Earlier mental health, code M7.1.1

Measurement: 8 items from Langner's(1962) scale of psychiatric symptoms indicating impairment.

Measured Values: At T4: M=12.68, SD=2.18, Range 8-24 At T2: M=12.60, SD=2.45, Range 8-24


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/v3/ad</td>
<td>r=-.22, p&lt;.001</td>
<td>T1 Happiness by T2 psychological distress (3 year interval)</td>
</tr>
<tr>
<td>O-HL/c/sq/v3/ad</td>
<td>r=-.22, p&lt;.001</td>
<td>T4 Happiness by T2 psychological distress (9 year interval)</td>
</tr>
<tr>
<td>O-HL/c/sq/v3/ad</td>
<td>r=-.20, p&lt;.001</td>
<td>T1 Happiness by T4 psychological distress (12 year interval)</td>
</tr>
<tr>
<td>O-HL/c/sq/v3/ad</td>
<td>r=-.41, p&lt;.001</td>
<td>T4 Happiness by T4 psychological distress</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1 is 1980</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1
Findings on Happiness and MENTAL HEALTH

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: Complaints about mental health (1)
Our classification: Earlier mental health, code M7.1.1
Measurement: 4-item additive index of specified physical complaints, having occurred in the past 4 weeks and rated on a 4 point scale, 1: none, ... 4: longer than 2 weeks:
1. nervousness
2. depression
3. worrying
4. moodiness
Assessed at T2(1976) and T3(1977)

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 = -0.57  p &lt; 0.01</td>
<td>T2 happiness by T2 complaints</td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r = -0.44  p &lt; 0.01</td>
<td>T3 happiness by T2 complaints</td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r = -0.32  p &lt; 0.01</td>
<td>T2 happiness by T3 complaints</td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r = -0.52  p &lt; 0.01</td>
<td>T3 happiness by T3 complaints</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study PAYNE 1974
Correlate

Authors label: Ever expected a nervous breakdown. (1)
Our classification: Earlier mental health, code M7.1.1
Measurement: Direct question:
0 no
1 yes

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/5/a</td>
<td>G=</td>
<td>Index of Positive Affects: G = +.08</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: G = +.19</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study PAYNE 1974

Reported in: Payne, R.L.
N.M. Bradburn's Measures of Psychological Well-Being: An Attempt at Replication.
M.C.R. Social and Applied Psychology Unit, Department of Psychology University of Sheffield, 1974, UK
Page in Report: 17

Population: Employed males, supervising jobs, England, 197?
Sample:
Non-Response: 4% incomplete.
N: 192
**Our classification:** Earlier mental health, code M7.1.1

**Measurement:** Direct question:
- 0 no
- 1 yes

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**Observed Relation with Happiness**

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</thead>
<tbody>
<tr>
<td>A-BB/cm/mg/v/5/a</td>
<td>G =</td>
<td>Index of Positive Affects: G = +.44</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: G = +.41</td>
</tr>
</tbody>
</table>

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**Correlational finding on Happiness and Earlier mental health**

**Subject code: M7.1.1**

**Study**

**Reported in:** Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Page in Report: 40-62/4

**Population:** "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

**Sample:** Non-probability purposive sample

**Non-Response:** Attrition in 1972: 25%

**N:** 671

**Correlate**

**Authors label:** Retrospective earlier adjustment (1)

**Our classification:** Earlier mental health, code M7.1.1

**Measurement:** Selfrating of general adjustment on 3-point scale.
Assessed in 1960.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>Earlier retrospective adjustment (1960) by present happiness (1972).</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study

SEARS 1977A

Reported in: Sears, P.S.; Barbee, A.H.
Career and Life Satisfactions among Terman Gifted Women.
Stanley, J.C.; George, W.C.; Eds.: "The Gifted and the Creative", J. Hopkins University Press, 1977,
Baltimore, USA, 28 - 72
Page in Report: 40-62/4

Population: "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

Sample: Non-probability purposive sample

Non-Response: Attrition in 1972: 25%

N: 671

Correlate

Authors label: Retrospective earlier adjustment (2)

Our classification: Earlier mental health, code M7.1.1

Measurement: Selfrating of general adjustment on 3-point scale.
Assessed in 1960.

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>p&lt;.00</td>
<td></td>
</tr>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV=+</td>
<td>Earlier retrospective adjustment (1960) by present happiness (1972).</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study

VEROF 1962
Findings on Happiness and MENTAL HEALTH

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

Correlate

Authors label: Ever expected a nervous breakdown (1)

Our classification: Earlier mental health, code M7.1.1

Measurement: Direct question: no vs yes

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a    | t_b = -p < .05 | Males : _b = -.10 (05)
|                   |             | Females : _b = -.11 (01) |

Correlational finding on Happiness and Earlier mental health
Subject code: M7.1.1

Study

Reported in: Wessman, A.E.; Ricks, D.F.
Mood and Personality.
Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
Page in Report: 103-115

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample: Non-probability chunk sample

Non-Response: 37%: 9 dropouts, incomplete; about the same happiness distribution.
N: 17

Correlate

Authors label: Past Depression (1)

Our classification: Earlier mental health, code M7.1.1
Findings on Happiness and Mental Health

**Measurement:** MMPI Depression Scale, taken 2 years previously (see Gough, 1953).

### Observed Relation with Happiness

<table>
<thead>
<tr>
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<th>Elaboration/Remarks</th>
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</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/a</td>
<td>r = -0.83 p &lt; 0.05</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Earlier mental health**

**Subject code:** M7.1.1

**Study**

**Reported in:** Wessman, A.E.; Ricks, D.F. Mood and Personality. Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8

**Population:** Male college students, followed 3 years, Harvard University, USA, 1957-60

**Sample:** Non-probability chunk sample

**Non-Response:** 37%: 9 dropouts, incomplete; about the same happiness distribution.

**N:** 17

**Correlate**

**Authors label:** Past depression and insecurity (1)

**Our classification:** Earlier mental health, code M7.1.1

**Measurement:** Score derived from a 212-item inventory of past life experiences.

**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/10/a</td>
<td>r = -0.46 p &lt; 0.10</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Change in mental health**

**Subject code:** M7.1.2
Findings on Happiness and mental health

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:10.1007/s 1136-005-1742-I
Page in Report: 1929-1730

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 depression

Our classification: Change in mental health, code M7.1.2

Measurement: T1-T2 change in report of depression

A: Stopped being depressed
   0 no
   1 yes

B: Became depressed
   0 no
   1 yes

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

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v/7/a | B = .46, p<.001 | T1-T2  T2 STOPPED being depressed by T2 happiness
| | | B's controled for:
| | | - T1 happiness
| | | - T1 health
| | | - T1-T2 change in situation

O-DT/u/sqt/v/7/a | B = .47, p<.001 | T1-T2 BECAME depressed by T2 happiness

Correlational finding on Happiness and Change in mental health

Subject code: M7.1.2
Study HOLLO 1999

*Reported in:* Holloway, F.; Carson, J.
Page in Report: 263

*Population:* Mental patients, followed 3 years, UK 1990-1993

*Sample:* Non-probability purposive sample

*Non-Response:* 0

*N:* 70

### Correlate

**Authors label:** SANS total score

**Our classification:** Change in mental health, code M7.1.2

**Measurement:** Rating of psychotic symptoms and depression by psychiatrist
- a. Demanding attention
- b. Suicide ideas or behaviour
- c. Panic attacks and phobias
- d. Overactivity and restlessness
- e. Laughing or talking to self
- f. Acting out bizarre ideas
- g. Posturing and mannerisms
- h. Socially unacceptable habits or manners

**Remarks:** Schedule for the Assessment of Negative Symptoms (SANS) [Andreason 1982]

### 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=-.21</td>
<td>T1 happiness by T1 negative symptoms</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>rpc=-.09, p&lt;.28</td>
<td>rpc controled for depression as measured with subscale of comprehensive Psychitic Rating Scale</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=-.23, p&lt;.15</td>
<td>T1-T3 change in hapiness by T1-T3 change symptoms (T1-T3 18 months)</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Change in mental health**

**Subject code:** M7.1.2
### Study

**HOLLO 1999**

*Reported in:* Holloway, F.; Carson, J.

**Population:** Mental patients, followed 3 years, UK 1990-1993

**Sample:** Non-probability purposive sample

**Non-Response:** 0

**N:** 70

### Correlate

**Authors label:** Change in depression

**Our classification:** Change in mental health, code M7.1.2

**Measurement:**
1. Sadness
2. Elation
3. Inner tension
4. Hostile feelings
5. Inability to feel
6. Pessimistic thoughts
7. Suicidal thoughts
8. Hypochondriasis
9. Worrying over trifles
10. Compulsive thoughts
11. Phobias
12. Rituals
13. Indecision
14. Lassitude
15. Fatiguability
16. Concentration difficulties
17. Failing memory
18. Reduced appetite
19. Reduced sleep
20. Increased sleep
21. Reduced sexual interest
22. Increased sexual interest
23. Autonomic disturbances
24. Aches and pains
25. Muscular tension
26. Loss of sensation or movement
27. Realisation
28. Depersonalization
29. Feeling controlled
30. Disrupted thoughts
31. Ideas of persecution
32. Ideas of grandeur
33. Delusional mood
34. Ecstatic experiences
35. Morbid jealousy
36. Other delusions
37. Commenting voices
38. Other auditory hallucinations
39. Visual hallucinations
40. Other hallucinations

Observed
41. Apparent sadness
42. Elated mood
43. Hostility
44. Labile emotional responses
45. Lack of appropriate emotion
46. Autonomic disturbances
47. Sleepiness
48. Distractability
49. Withdrawal
50. Perplexity
51. Blank spells
52. Disorientation
53. Pressure of speech
54. Reduced speech
55. Specific speech defects
56. Flight of ideas
57. Incoherent speech
58. Perseveration
59. Overactivity
60. Slowness of movement
61. Agitation
62. Involuntary movements
63. Muscular tension
64. Mannerisms and postures
65. Hallucinatory behaviour
66. Global rating of illness
67. Assumed reliability of the rating

Remarks: Assessed at T1 and T3

Observed Relation with Happiness

<table>
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<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>$r = -0.43$</td>
<td>T1-T3 change in hapiness by T1-T3 change symptoms (T1-T3 18 months)</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.01$</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Change in mental health

Subject code: M7.1.2

Study

HOLLO 1999


Population: Mental patients, followed 3 years, UK 1990-1993
**Findings on Happiness and MENTAL HEALTH**

**Sample:** Non-probability purposive sample  
**Non-Response:** 0  
**N:** 70

---

**Correlate**

**Authors label:** Change in psychiatric symptoms  
**Our classification:** Change in mental health, code M7.1.2  
**Measurement:** Negative psychotic symptoms and depression assessed by psychiatric  
   a. Demanding attention  
   b. Suicide ideas or behaviour  
   c. Panic attacks and phobias  
   d. Overactivity and restlessness  
   e. Laughing or talking to self  
   f. Acting out bizarre ideas  
   g. Posturing and mannerisms  
   h. Socially unacceptable habits or manners  

**Remarks:** The Schedule for the Assessment of Negative Symptoms (SANS) (by psychiatrist)  
SANS  
Assessed T1 and T3 (18 month interval)

---

**Observed Relation with Happiness**

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/sqrt/v7/a</td>
<td>r = .23</td>
<td>T1-T3 change in happiness by T1_T3 change symptoms (T1-T3 18 month)</td>
</tr>
<tr>
<td></td>
<td>p &lt; .15</td>
<td></td>
</tr>
</tbody>
</table>

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**Correlational finding on Happiness and Change in mental health**  
**Subject code: M7.1.2**

**Study**  
HOLLO 1999  
**Reported in:** Holloway, F.; Carson, J.  
Page in Report: 264-5  
**Population:** Mental patients, followed 3 years, UK 1990-1993  
**Sample:** Non-probability purposive sample  
**Non-Response:** 0  
**N:** 70
Findings on Happiness and MENTAL HEALTH

**Correlate**

*Authors label:* Change in insight

*Our classification:* Change in mental health, code M7.1.2

*Measurement:* Rating by psychiatrist using Schedule for the Assessment of Insight (SAI, David 1990)  
   Items not described. Reference incomplete.

*Remarks:* Assessed at T1 and T3 (18 month interval)

---

**Observed Relation with Happiness**

<table>
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<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=+.14, p&lt;.42</td>
<td>T1-T3 change in happiness by T1-T3 change symptoms (T1-T3 18 months)</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Change in mental health**

*Subject code:* M7.1.2

**Study**

*Reported in:* Holloway, F.; Carson, J.  
   Subjective Quality of Life, Psychopathology, Satisfaction with Care and Insight: an Exploratory Study.  
   Page in Report: 264-5

*Population:* Mental patients, followed 3 years, UK 1990-1993

*Sample:* Non-probability purposive sample

*Non-Response:* 0

*N:* 70

---

**Correlate**

*Authors label:* Change in social behaviour

*Our classification:* Change in mental health, code M7.1.2
Findings on Happiness and MENTAL HEALTH

Measurement: Rating of:
- Depression
- Inappropriate sexual behaviour
- Poor self care
- Slowness
- Underactivity
- Poor attention span
- Other behaviour

Remarks: Social Behaviour Schedule (SBS) (Wykes & Sturt 1986)
Assessed at T1 and T3 (18 month interval)

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
---|---|---
O-DT/u/sqt/v/7/a | $r=-.09$, $p<.57$ | T1–T3 Chance in happiness by T1–T3 change symptoms (T1–T3 18 month)

Correlational finding on Happiness and Later mental health

Subject code: M7.1.4

Study


Population: COPD patients, before and after 20 week rehabilitation programme, Netherlands, 2001-2002

Sample: Non-probability purposive sample

Non-Response: 21

N: 65

Correlate

Authors label: Psychological functioning

Our classification: Later mental health, code M7.1.4
Measurement: Self reporty on the following questions:
a: How much of time, during the past month, have you been a very nervous person?
B: How often, during the past month, have you felt so down in the dumps that nothing could cheer you up?
c: How much of the time, during the past month, have you felt calm and peaceful?
d: How much of the time, during the past month, have you felt downhearted and blue?
e: During the past month, how much of the time were you a happy person?

SF-36 Psychological Functioning subscale

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.46 p&lt;.01</td>
<td>T1 happiness by T2 psychological functioning</td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.38 p&lt;.05</td>
<td>T1 physical functioning by T2 happiness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1-T2: before-after 20 week rehabilitation program</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Later mental health

Subject code: M7.1.4

Study CHIRI 1982


Population: People in transition followed 11 years, metropolis, USA, 1969-1980

Sample:

Non-Response: Attrition after 11 years 24%

N: 163

Correlate

Authors label: Later psychiatric symptoms count (1)

Our classification: Later mental health, code M7.1.4
Findings on Happiness and MENTAL HEALTH

**Measurement:** 42-item California Symptoms Checklist, derived from Cornwell Medical Index, administered 11 years later at T5(1980)

---

**Observed Relation with Happiness**

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<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v3/cb</td>
<td>r=</td>
<td>T1 happiness by T5 symptoms (11 year interval)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Males: r= +.06 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= -.08 (ns)</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Later mental health**

**Subject code: M7.1.4**

**Study**

**Reported in:** Hawkins, D.N.; Booth, A. Unhappily Ever After: Effects of Long-Term, Low-Quality Marriages on Well-Being. Social Forces, 2005, Vol. 84, 452 - 471. ISSN p 0037 7732; ISSN e 1534 7605

**Population:** Couples, USA, followed 12 years, 1980-1992

**Sample:** Probability simple random sample

**Non-Response:** 35%

**N:** 1150

**Correlate**

**Authors label:** Psychological Distress

**Our classification:** Later mental health, code M7.1.4

**Measurement:** 8 items from Langner's(1962) scale of psychiatric symptoms indicating impairment.

**Measured Values:** At T4: M=12.68, SD=2.18, Range 8-24 At T2: M=12.60, SD=2.45, Range 8-24

**Remarks:** Assessed with 9 year interval at T2(1983) and T4(1992)

---

**Observed Relation with Happiness**

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</table>
Findings on Happiness and MENTAL HEALTH

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

\[ r = -0.22 \]
\[ p < 0.001 \]

T1 Happiness by T2 psychological distress (3 year interval)

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

\[ r = -0.22 \]
\[ p < 0.001 \]

T4 Happiness by T2 psychological distress (9 year interval)

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

\[ r = -0.20 \]
\[ p < 0.001 \]

T1 Happiness by T4 psychological distress (12 year interval)

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

\[ r = -0.41 \]
\[ p < 0.001 \]

T4 Happiness by T4 psychological distress

T1 is 1980

Correlational finding on Happiness and Later mental health

Subject code: M7.1.4

Study

MOEN 1995


Population: Mothers USA, followed 30 years 1956-1986

Sample: Probability stratified sample

Non-Response: 20

N: 313

Correlate

Authors label: Current depression

Our classification: Later mental health, code M7.1.4

Measurement: Self report on 10 questions addressing frequency of depressive symptomatology in the previous week

Error Estimates: \( \alpha = 0.88 \)

Observed Relation with Happiness

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</thead>
</table>
Correlational finding on Happiness and Later mental health
Subject code: M7.1.4

Study

Reported in: Uppal S.
Impact of the timing, type and severity of disability on the subjective well-being of individuals with disabilities
Social Science & Medicine, 2006, 63: 525-539
Page in Report: 530

Population: Disabled, Canada, 1991
Sample: Probability area sample
Non-Response: 7.1%
N: 24036

Correlate

Authors label: Type of disability
Our classification: Later mental health, code M7.1.4
Measurement: Self report of disability
1: Seeing
2: Hearing
3: Speaking
4: Mobility
5: Agility
6: Mental
7: Unknown

Measured Values: 1: 14,09%; 2: 30,19%; 3: 6,71%; 4: 59,53%; 5: 54,53%; 6: 30,22%; 7: 6,70

Observed Relation with Happiness

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</table>

http://worlddatabaseofhappiness.eur.nl/hap_con/top_sub.php?code=M7
Findings on Happiness and MENTAL HEALTH

<table>
<thead>
<tr>
<th>Correlational finding on Happiness and Current general mental health</th>
<th>Subject code: M7.2</th>
</tr>
</thead>
</table>

**Study**  
CHIRI 1971

*Reported in:* Chiriboga, D. A.; Lowenthal, M.F.  
Psychological Correlates of Perceived Well-Being.  
Page in Report: 603

*Population:* People in transition, metropolis, USA, 1969

*Sample:*

*Non-Response: -*

*N: 216*

**Correlate**

*Authors label:* Psychological deficits (mental illness) (1)

*Our classification:* Current general mental health, code M7.2

*Measurement:* 10 indicators of psychological deficits including number of symptoms mentioned, plus a psychiatrist's ratings of the degree of psychopathology implicit in each symptom response, long- and short- term symptoms, and total symptom response set per respondent; Gottschalk anxiety scores, derived from TAT cards, global ratings by a interdisciplinary team of social scientists on perceived stress, stress impact, degree and direction of impairment.

**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/d   | r = - p < .05 | Six of the deficit indicators correlated significantly (05) with both affect balance and with negative affect.  
No relationships with positive affect were found. |
Correlational finding on Happiness and Current general mental health
Subject code: M7.2

Study

EVANS 2005

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

Correlate

Authors label: Mental health

Our classification: Current general mental health, code M7.2

Measurement:
1) Poor mental health: Patients of mental hospital
2) Moderate mental health: General public scoring >2 on GHQ
3) Good mental health: General public scoring <2 on GHQ

Measured Values: N = 1: 1119, 2: 794, 3: 149

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v/7/a | DM => | T1: 1999
p<001 | | Good mental health: M = 5,37, SD = 0.86
| | Moderate mental health: M = 4,15, SD = 1,26
| | Poor mental health: M = 3,87, SD = 1,44

O-DT/u/sqt/v/7/a | DM => | T2: 2001
| | Good mental health: M = 5,12, SD = 0.96
| | Moderate mental health: M = 4,25, SD = 1,31
| | Poor mental health: M = 4,44, SD = 1,38

Correlational finding on Happiness and Current general mental health
Subject code: M7.2

Study

LOWEN 1973
Reported in: Lowenthal, M.F.; Chiriboga, D.  
Social Stress and Adaptation. Toward a Life-Course Perspective.  
Page in Report: 291/292

Population: People in transition, metropolis, USA, 1969

Sample:

Non-Response:

N: 216

Correlate

Authors label: Mental health: complexity (3)

Our classification: Current general mental health, code M7.2

Measurement: Resource-deficit configuration: the high/high combination is the most "complex", the low/low combination the most "simple".

1. Resources (aspects of positive mental health): 13 characteristics, such as familial mutuality, insight, competence, self-satisfaction, etc. rated on the basis of an interview protocol.

2. Deficits (aspects of negative mental health): 5 ratings of mental impairment based on scores on a symptom inventory and analysis of the interview protocol.

Both resource level and deficit levels were divided in three categories: high, middle, low. This allowed nine combinations: high/high, high/middle, ....... low/low.

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
</table>
| A-BB/cw/mq/v/4/a   | SNR =+     | Resource/deficit combinations in order of happiness: most happy: medium/low  
second happy: high/low  
third happy: low/low  
least happy(ninth): medium/medium  

Resource/deficit combinations characteristic of the happiest among:

high school seniors: high/high  
newly weds: medium/low  
middle-aged parents: medium/low  
preretirees: low/low  

The correspondence of happiness and "complexity" in mental health declines with age.

Correlational finding on Happiness and Current general mental health
Subject code: M7.2

Study

PACKE 1997

Psychopathology and Quality of Life in Schizophrenia
Page in Report: 232-233

Population: 18-40 aged, schizophrenics, Canada, 199?

Sample: Non-probability purposive sample

Non-Response:

N: 40

Correlate

Authors label: Psychopathology

Our classification: Current general mental health, code M7.2

Measurement: Rating by a psychiatrist using BPRS 24 symptoms checklist
- Somatic concern
- Anxiety
- Depression
- Suicidality
- Guilt
- Hostility
- Elated Mood
- Grandiosity
- Suspiciousness
- Hallucinations
- Unusual thought content
- Bizarre behaviour
- Self-neglect
- Disorientation/disorganisation
- Blunted affect
- Emotional withdrawal
- Motor retardation
- Tension
- Uncooperativeness
- Excitement
- Distractibility
- Motor hyperactivity
- Mannerisms and posturing

Rated 1 'not present' to 7 'extremely severe'
Findings on Happiness and MENTAL HEALTH


Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-DT/sqt/v/7/a</td>
<td>r=-.63</td>
<td>BRPS Total</td>
</tr>
<tr>
<td></td>
<td>p&lt;.0001</td>
<td></td>
</tr>
<tr>
<td>O-DT/sqt/v/7/a</td>
<td>r=-.52</td>
<td>BRPS negative symptom cluster</td>
</tr>
<tr>
<td></td>
<td>p&lt;.0005</td>
<td></td>
</tr>
<tr>
<td>O-DT/sqt/v/7/a</td>
<td>r=-.44</td>
<td>BRPS Positive symptom cluster</td>
</tr>
<tr>
<td></td>
<td>p&lt;01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current general mental health
Subject code: M7.2

Study

PERNE 2004


Sample: Probability simple random sample
Non-Response: 36%
N: 1257

Correlate

Authors label: Mental health
Our classification: Current general mental health, code M7.2
**Measurement:** Mental health summary score (Ware & Kosinski, et al., 1996)  
Self-report on six questions

'During the past four weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?'

- Accomplished less than you would like?  
- Didn't do work or other activities as carefully as usual?  
(Responses are either 'yes' or 'no')

During the last four weeks, give the one answer that comes closest to the way you have been feeling.  
- Have you felt calm and peaceful?  
- Did you have a lot of energy?  
- Have you felt downhearted and blue?  
(Six point response scale)  
6 All of the time  
5 Most of the time  
4 A good bit of the time  
3 Some of the time  
2 A little of the time  
1 None of the time

'During the past four weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?'

(Five point response scale)  
5 All of the time  
4 Most of the time  
3  
2  
1 None of the time

**Measured Values:** Quartiles

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-TH/cm/sq/v/5/a</td>
<td>D%=+ p&lt;.001</td>
<td>% happy (all or most of the time)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lowest quartile : 15.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2nd quartile : 59.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3rd quartile : 81.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Highest quartile: 93.0</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

<table>
<thead>
<tr>
<th>Quartile of mental health</th>
<th>OR</th>
<th>CI 95</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowest quartile</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>2nd quartile</td>
<td>6.8</td>
<td>4.5 - 10.1</td>
</tr>
<tr>
<td>3rd quartile</td>
<td>19.2</td>
<td>12.2 - 30.2</td>
</tr>
<tr>
<td>Highest quartile</td>
<td>39.9</td>
<td>22.4 - 71.0</td>
</tr>
</tbody>
</table>

Odds ratio controlled for:
- physical health
- self-esteem
- intimate contact (love and affection)
- sex (women vs. men)
- nationality (Swiss vs. Other)
Correlational finding on Happiness and Current general mental health
Subject code: M7.2

Study

Page in Report: 753

Population: Former inpatients of mental hospital, Mississippi, 1988

Sample: Non-probability purposive-expert sample

Non-Response: 22%

N: 130

Correlate

Authors label: normal vs mentally ill

Our classification: Current general mental health, code M7.2

Measurement:

1 Non-mentally-ill
   a national population
   b low socio-economic subsample
   c black-subsample

2 Seriously mentally ill
   a Mississippi
   b Los Angeles
   c Maryland

Measured Values: N: 1a=1,297, 1b=122, 1c=106, 2a=101, 2b=278, 2c=66

Remarks: Samples b and c from Andrews and Withey(1976)

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>DM= p&lt;?</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Non-mentally-ill M = 5.3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a national population M = 5.4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b low socio-economic M = 5.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c black-subsample M = 4.8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 seriously mentally ill M = 4.7</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a Mississippi M = 5.3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b Los Angeles M = 4.4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c Maryland M = 5.2</td>
<td></td>
</tr>
</tbody>
</table>
**Correlational finding on Happiness and Current general mental health**

**Subject code: M7.2**

**Study**

**Reported in:** Sullivan, G.; Wells, K. B.; Leake, B.  
*Quality of Life of Seriously Mentally Ill Persons in Mississippi.*  
Hospital and Community Psychiatry, 1991, Vol. 42, 752 - 755. ISSN 0022 1597  
Page in Report: 753

**Population:** Former inpatients of mental hospital, Mississippi, 1988

**Sample:** Non-probability purposive-expert sample

**Non-Response:** 22%

**N:** 130

---

**Correlate**

**Authors label:** normal vs schizophrenia

**Our classification:** Current general mental health, code M7.2

**Measurement:** 1 Non-mentally-ill  
- a national population  
- b low socio-economic subsample  
- c black-subsample  

2 Schizophrenics: Mississippi sample

**Measured Values:** N: 1a=1,297, 1b=122, 1c=106, 2=101

**Remarks:** non-mentally-ill sample from Andrews and Withey (1976)

---

**Observed Relation with Happiness**

**Happiness Measure**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>DM=</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>T²=+ ns</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>T²= ns</td>
</tr>
</tbody>
</table>

1. Non-mentally-ill  
   a national population  
   M = 5.4  
   b low socio-economic  
   M = 5.1  
   c black-subsample  
   M = 4.8

2 Mississippi schizophrenics M = 5.3

1a<2

1b>2
Correlational finding on Happiness and Current general mental health

Subject code: M7.2

Study

VANS L 2004

Reported in: Van Sluijs, J.
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).
Master thesis, University of Tilburg, 2004, Netherlands
Page in Report: 42, 62


Sample: Probability stratified sample

Non-Response: 36.6% (baseline)

N: 836

Correlate

Authors label: Mental health

Our classification: Current general mental health, code M7.2

Measurement:
Self report on shortened 6-item General Health Questionnaire (GHQ):
- How did you feel in the past two weeks?
- Were you able to concentrate on the things you were engaged in?
- Did you feel that you could not master your difficulties/troubles?
- Did you enjoy your daily activities?
- Did you feel unhappy and depressed?
- Did you lose faith in yourself?
- All things taken together, did you feel happy?

Rated: 1 better than normal, 2 the same as normal, 3 worse than normal, 4 much worse than normal. The answers were summed up and changed to a 10 point scale.


Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks
Findings on Happiness and Mental Health

O-Sum/cy/mq/v/7/a  
B =  
B's indicate average difference between more and less healthy Ss over this 12 year period

B = +.23  
p<.001  
B controlled for personal characteristics:
- age
- age²
- gender
- education
- cohort 1965 vs cohort 1961
- cohort 1969 vs cohort 1961
- neuroticism
- extraversion

B = +.22  
p<.001  
additional control for life course transitions (happened or not):
- first job
- no job
- left parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

B = +.22  
p<.001  
additional control for years since transition:
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

Unaffected by squaring of the above variables

Effect stronger among women

---

Correlational finding on Happiness and Expert ratings of mental health

Subject code: M7.2.1

Study  
ALEXA 1968

Reported in:  
Alexander, W. E.  
Unpublished doctoral dissertation, 1968, Syracuse University, USA  
Page in Report: 29/67

Population:  
Schizophrenic males non-hospitalized, Monroe County, New York, USA, 1964-65

Sample:  

Non-Response:  28%, most of them patients' or family member refusal
Findings on Happiness and MENTAL HEALTH

N: 178

Correlate

Authors label: Severity of pathology (1)

Our classification: Expert ratings of mental health, code M7.2.1

Measurement: Rating by a psychiatrist on the basis of a detailed symptom check-list: 1-3 (minimal impairment) / 4-6 / 7-9 / 8-12 (marked impairment)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-HL/c/sq/v/3/aa  | G = -.27, p < .01 | Index of Negative Affects: r = +.16 (ns)  
U-shaped curve: Ss with pathology ratings of 7-9 having most negative feelings.  
Significant differences between those with ratings of 4-6 and those with ratings of 7-9 only.  
Unrelated to the Index of Positive Affects. |
| A-BB/cw/mq/v/4/f  | r = -       | Index of Negative Affects: r = +.16 (ns)  
U-shaped curve: Ss with pathology ratings of 7-9 having most negative feelings.  
Significant differences between those with ratings of 4-6 and those with ratings of 7-9 only.  
Unrelated to the Index of Positive Affects. |

Correlational finding on Happiness and Expert ratings of mental health

Subject code: M7.2.1

Study

BAKER 1982

Reported in: Baker, F.; Intagliata, J.  
Page in Report: 78

Population: Mental patients shortly after change in institutional setting, USA, 1981

Sample:

Non-Response: -

N: 118
Findings on Happiness and MENTAL HEALTH

Correlate

Authors label: Mental health status (1)

Our classification: Expert ratings of mental health, code M7.2.1

Measurement: Rating by case-managers using the Global Assessment Scale (Endicott, Spitzer, Fleiss & Cohen, 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/cm/mq/v/2/a</td>
<td>r=+.17</td>
<td>p&lt;.05</td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=+.17</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Expert ratings of mental health

Subject code: M7.2.1

Study BARRY 1996


Population: Mental patients, UK 1991, followed 1 years after discharge. From the 34 patients 27 were men, with primary clinical diagnosis of schizophrenia

Sample: Non-probability purposive sample

Non-Response: 2

N: 34

Correlate

Authors label: Dependency

Our classification: Expert ratings of mental health, code M7.2.1

Measurement: Care staff rating of dependency, using REHAB scale (Hall & Baker 1983)

Measured Values: N = 29
Findings on Happiness and MENTAL HEALTH

Remarks: Assessed at:
T1: baseline in hospital
T2: 12 months after discharge in community setting

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>$r=+.10$ ns</td>
<td>T1: baseline in hospital</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$r=-.10$ ns</td>
<td>T2: 12 month after discharge in community</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Expert ratings of mental health
Subject code: M7.2.1

Study: BARRY 1996

Reported in: Barry, M.M.; Crosby, C.
Quality of Life as an Evaluative Measure in Assessing the Impact of Community Care on People with Long-Term Psychiatric Disorders.
Page in Report: 13

Population: Mental patients, UK 1991, followed 1 years after discharge From the 34 patients 27 were men, with primary clinical diagnosis of schizophrenia

Sample: Non-probability purposive sample

Non-Response: 2
N: 34

Correlate

Authors label: Psychopathology
Our classification: Expert ratings of mental health, code M7.2.1
Measurement: Care staff rating using Brief Psychiatric Rating Scale:
BPRS total score
(Overall & Gorham 1962)

Remarks: Assessed at:
T1: baseline in mental hospital
T2: 12 months after discharge in community setting
### Findings on Happiness and Mental Health

**Happiness Measure**

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$r = -0.39$</td>
<td>$p &lt; 0.01$</td>
</tr>
<tr>
<td></td>
<td>T1: baseline in mental hospital</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$r = -0.16$</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>T2: 12 month after discharge in community</td>
<td></td>
</tr>
</tbody>
</table>

#### Correlational finding on Happiness and Expert ratings of mental health

**Subject code:** M7.2.1

**Study**

**BEISE 1974**

**Reported in:** Beiser, M. Components and Correlates of Mental Well-Being. Journal of Health and Social Behavior, 1974, Vol. 15, 320 - 327 ISSN:0022 1465

**Page in Report:** 235

**Population:** 18+ aged, general public, Stirling County, Canada, 1968

**Sample:**

**Non-Response:** 10%

**N:** 112

**Correlate**

**Authors label:** Psychiatric "Case-ness" (1)

**Our classification:** Expert ratings of mental health, code M7.2.1

**Measurement:** Rating by two psychiatrists on a 4-point scale, based on 6 years accumulated clinical information.

(Probability that someone is suffering from a psychiatric disorder.)

**Observed Relation with Happiness**
Findings on Happiness and MENTAL HEALTH

## Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cq/mq/v/3/a</td>
<td>rs = - p &lt; .05</td>
</tr>
<tr>
<td></td>
<td>Index of Positive Affects: $r = -0.19$ (05)</td>
</tr>
<tr>
<td></td>
<td>Index of Negative Affects: $r = +0.42$ (01)</td>
</tr>
</tbody>
</table>

---

## Correlational finding on Happiness and Expert ratings of mental health

**Subject code: M7.2.1**

**Study**

ROSEN 1992

**Reported in:** Rosenfield, S. Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill. Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465

**Page in Report:** 305, 312

**Population:** 20-70 aged, chronic mental patients, USA, 1989

**Sample:** Non-probability purposive sample

**Non-Response:** 7%

**N:** 157

**Correlate**

**Authors label:** Degree of positive symptoms

**Our classification:** Expert ratings of mental health, code M7.2.1

**Measurement:** Positive symptoms rated by staff interfering with member's functioning

Rated on a 3-point numerical scale

**Measured Values:** $M = 1.84$

---

## 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>Beta = +0.17</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>- demographic characteristics:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- sex</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- race</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- number of negative events in the last year</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- functioning in the area of:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- daily living skills</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- social skills</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- vocational skills</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- need for structure</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- need for supervision</td>
</tr>
</tbody>
</table>

---
Correlational finding on Happiness and Expert ratings of mental health
Subject code: M7.2.1

Study
ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 305, 312

Population: 20-70 aged, chronic mental patients, USA, 1989
Sample: Non-probability purposive sample
Non-Response: 7%
N: 157

Correlate

Authors label: Degree of negative symptoms
Our classification: Expert ratings of mental health, code M7.2.1
Measurement: Rated by staff interfering with member's functioning
Rated on a 3-point numerical scale

Measured Values: M=1.54

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>Beta=+.15</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>- demographic characteristics:</td>
</tr>
</tbody>
</table>
<pre><code>                               | - age                                      |
                               | - sex                                      |
                               | - education                                |
                               | - race                                    |
                               | - number of negative events in the last year |
                               | - functioning in the area of: |
                               | - daily living skills                      |
                               | - social skills                            |
                               | - vocational skills                        |
                               | - need for structure                        |
                               | - need for supervision                      |
                               | - social contacts                          |
                               | - positive symptoms                        |
</code></pre>
### Correlational finding on Happiness and Expert ratings of mental health

**Subject code: M7.2.1**

**Study**

**Reported in:** Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark). Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/t1/index.asp
Page in Report: 212,214

**Population:** 18-88 aged, general public, Denmark, 1993

**Sample:** Non-probability purposive sample

**Non-Response:** 39%

**N:** 1494

### Correlate

**Authors label:** disease diagnosis (1)

**Our classification:** Expert ratings of mental health, code M7.2.1

**Measurement:** Diagnosis of diseases, by main category

- a: infections and parasitological
- b: tumors
- c: endocrine, nutritional, metabolic disorders
- d: blood, blood forming organs
- e: mental disorders
- f: neurological
- g: circulatory
- h: respiratory
- i: digestive
- j: urological, sexual organs
- k: obstetric
- l: dermatological
- m: bones, motor connective tissues
- n: congenital malformations
- o: certain perinatal factors
- p: misc. symptoms
- q: injuries, poisoning, etc.

**Measured Values:**


**Remarks:** These diagnoses are not mutual exclusive
Sick Ss only

### 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 MENTAL HEALTH

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

<table>
<thead>
<tr>
<th>Letter</th>
<th>Mean (Mt)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>6.79</td>
</tr>
<tr>
<td>b</td>
<td>7.06</td>
</tr>
<tr>
<td>c</td>
<td>7.13</td>
</tr>
<tr>
<td>d</td>
<td></td>
</tr>
<tr>
<td>e</td>
<td>5.36</td>
</tr>
<tr>
<td>f</td>
<td>6.69</td>
</tr>
<tr>
<td>g</td>
<td>7.20</td>
</tr>
<tr>
<td>h</td>
<td>7.33</td>
</tr>
<tr>
<td>i</td>
<td>6.40</td>
</tr>
<tr>
<td>j</td>
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<td>k</td>
<td>9.38</td>
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<tr>
<td>l</td>
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<td>m</td>
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<td>n</td>
<td></td>
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<tr>
<td>o</td>
<td></td>
</tr>
<tr>
<td>p</td>
<td>6.36</td>
</tr>
<tr>
<td>q</td>
<td>7.14</td>
</tr>
</tbody>
</table>

All Mt = 7.09

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

<table>
<thead>
<tr>
<th>Letter</th>
<th>Mean (Mt)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>6.43</td>
</tr>
<tr>
<td>b</td>
<td>6.61</td>
</tr>
<tr>
<td>c</td>
<td>6.90</td>
</tr>
<tr>
<td>d</td>
<td></td>
</tr>
<tr>
<td>e</td>
<td>5.04</td>
</tr>
<tr>
<td>f</td>
<td>6.91</td>
</tr>
<tr>
<td>g</td>
<td>7.30</td>
</tr>
<tr>
<td>h</td>
<td>7.13</td>
</tr>
<tr>
<td>i</td>
<td>6.73</td>
</tr>
<tr>
<td>j</td>
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<tr>
<td>k</td>
<td>8.75</td>
</tr>
<tr>
<td>l</td>
<td>7.16</td>
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<tr>
<td>m</td>
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<td>o</td>
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</tr>
<tr>
<td>p</td>
<td>5.71</td>
</tr>
<tr>
<td>q</td>
<td>7.14</td>
</tr>
</tbody>
</table>

All Mt = 6.86

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

<table>
<thead>
<tr>
<th>Letter</th>
<th>Mean (Mt)</th>
</tr>
</thead>
<tbody>
<tr>
<td>a</td>
<td>6.56</td>
</tr>
<tr>
<td>b</td>
<td>7.35</td>
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<tr>
<td>c</td>
<td>6.55</td>
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<tr>
<td>d</td>
<td></td>
</tr>
<tr>
<td>e</td>
<td>5.26</td>
</tr>
<tr>
<td>f</td>
<td>6.45</td>
</tr>
<tr>
<td>g</td>
<td>7.00</td>
</tr>
<tr>
<td>h</td>
<td>6.73</td>
</tr>
<tr>
<td>i</td>
<td>6.40</td>
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<td>m</td>
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<tr>
<td>p</td>
<td>6.08</td>
</tr>
<tr>
<td>q</td>
<td>6.43</td>
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</tbody>
</table>

All Mt = 6.63
### Correlational finding on Happiness and Self ratings of mental health

**Subject code: M7.2.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>ABDEL 2006A/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>Abdel-Khalek, A.M.</td>
</tr>
<tr>
<td></td>
<td>Measuring Happiness by a Single Item Scale.</td>
</tr>
<tr>
<td></td>
<td>Social Behavior and Personality, 2006, Vol. 34, 139 - 150. ISSN 0301 2212</td>
</tr>
<tr>
<td>Page in Report</td>
<td>20</td>
</tr>
<tr>
<td>Population</td>
<td>University undergraduates, Kuwait 2002</td>
</tr>
<tr>
<td>Sample</td>
<td>Non-probability chunk sample</td>
</tr>
<tr>
<td>Non-Response</td>
<td>N: 503</td>
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</tbody>
</table>

#### Correlate

**Authors label:** Self rating of mental health  
**Our classification:** Self ratings of mental health, code M7.2.2  
**Measurement:** Single question: 'How is your mental health?' Rated on 0-1-numerical scale  
**Measured Values:** M = 6.10; SD = 2.25  
**Error Estimates:** 1 week retest: r = .77

#### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| M-FH/g/sq/ol/11/a  | r=.70, p<.001 | All  
|                   |             | males  : r = .73 (N = 95)  
|                   |             | females: r = .67 (N = 95) |

### Correlational finding on Happiness and Self ratings of mental health

**Subject code: M7.2.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>OSTIR 2006</th>
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<tbody>
<tr>
<td>Reported in</td>
<td>Ostir, G. V.; Berges;I.M.; Smith, P. M; Smith, D; Rice, L.; Ottenbacher, K.J.</td>
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<td></td>
<td>Does Change in Functional Performance Affect Quality of Life in Persons with Orthopaedic Impairment?</td>
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<tr>
<td></td>
<td>Social Indicators Research. 2006, Vol. 77, 79 - 93. ISSN p 0303 8300;iSSN e 1573 0921 DOI:10.1007/s11205-005-5554-z</td>
</tr>
<tr>
<td>Page in Report</td>
<td>83-86</td>
</tr>
<tr>
<td>Population</td>
<td>40+ orthopedic patients, 3 month after discharge, USA, 2002</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

Sample: Non-probability chunk sample
Non-Response: 228
N: 3751

Correlate

Authors label: Self-care
Our classification: Self ratings of mental health, code M7.2.2
Measurement: Self-care subscale of 18 item Functional Independence Measure (FIM)
self report measure of basic daily living skills
Scored from (1) complete dependence to (7) complete independence

Remarks: Assessed at admission(T1) and after discharge(T2) with average 3 month interval

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-SQL/u/sq/v/4/b  | OR=1.05    | T2 happiness by T1-T2 CHANGE in functional independence controled for:
|                   |            | -age
|                   |            | -gender
|                   |            | -mental status
|                   |            | -race
|                   |            | -length of stay
|                   |            | CI95 (1.03-1.06)

Correlational finding on Happiness and Self ratings of mental health
Subject code: M7.2.2

Study

Reported in: Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark).
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/t1/index.asp
Page in Report: 202, 204

Population: 18-88 aged, general public, Denmark, 1993
Sample: Non-probability purposive sample
Non-Response: 39%
Findings on Happiness and Mental Health

N: 1494

Correlate

Authors label: type of health problems (1)

Our classification: Self ratings of mental health, code M7.2.2

Measurement: Suffer a lot from these health problems:
  a: no severe inconvenience
  b: pain/discomfort shoulder/neck
  c: pain/discomfort back/loin
  d: discomfort arms, legs, hip or joints
  e: headache
  f: palpitations
  g: nervousness, anxiety
  h: difficult sleeping or insomnia
  i: melancholy, depressed or unhappy
  j: tiredness
  k: stomach pain
  l: indigestion or diarrhoea/constipation
  m: eczema, rash itching
  n: cold, head cold or cough
  o: breathing difficulties
  p: discomfort or problems in the internal female sexual organs


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></td>
</tr>
<tr>
<td></td>
<td>a: Mt=8.20</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt=6.59</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt=6.63</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d: Mt=6.46</td>
<td></td>
</tr>
<tr>
<td></td>
<td>e: Mt=6.51</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f: Mt=5.00</td>
<td></td>
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<td></td>
<td>g: Mt=4.30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>h: Mt=4.86</td>
<td></td>
</tr>
<tr>
<td></td>
<td>i: Mt=3.44</td>
<td></td>
</tr>
<tr>
<td></td>
<td>j: Mt=5.86</td>
<td></td>
</tr>
<tr>
<td></td>
<td>k: Mt=5.21</td>
<td></td>
</tr>
<tr>
<td></td>
<td>l: Mt=5.79</td>
<td></td>
</tr>
<tr>
<td></td>
<td>m: Mt=6.89</td>
<td></td>
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<tr>
<td></td>
<td>n: Mt=6.91</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o: Mt=5.26</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p: Mt=5.81</td>
<td></td>
</tr>
<tr>
<td></td>
<td>All Mt=7.55</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

\[ a: Mt = 7.76 \\
b: Mt = 6.68 \\
c: Mt = 6.59 \\
d: Mt = 6.63 \\
e: Mt = 6.60 \\
f: Mt = 6.00 \\
g: Mt = 4.30 \\
h: Mt = 4.93 \\
i: Mt = 3.06 \\
j: Mt = 5.90 \\
k: Mt = 5.55 \\
l: Mt = 5.46 \\
m: Mt = 7.11 \\
n: Mt = 7.13 \\
o: Mt = 6.46 \\
p: Mt = 5.78 \\
All Mt = 7.29 \]

\[ a: Mt = 7.18 \\
b: Mt = 6.56 \\
c: Mt = 6.30 \\
d: Mt = 6.59 \\
e: Mt = 6.39 \\
f: Mt = 5.75 \\
g: Mt = 4.55 \\
h: Mt = 4.86 \\
i: Mt = 3.44 \\
j: Mt = 6.05 \\
k: Mt = 5.86 \\
l: Mt = 5.74 \\
m: Mt = 6.38 \\
n: Mt = 6.64 \\
o: Mt = 6.35 \\
p: Mt = 6.15 \\
All Mt = 6.85 \]

**Correlational finding on Happiness and Self ratings of mental health**

**Subject code: M7.2.2**

**Study**  

Reported in: Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark). Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/t1/index.asp
Page in Report: 224

Population: 18-88 aged, general public, Denmark, 1993

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494
Correlate

Authors label: mental disorders (1)

Our classification: Self ratings of mental health, code M7.2.2

Measurement: Single question:
"Do you at present suffer from any of the following illnesses or disorders ?"
a: no illnesses/disorders
b: nervous/mental disorders
c: anorexia/bulimia
d: mental depression

Measured Values: N: a:367, b:70, c:8, d:12

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: no illnesses/disorders Mt=8.18  
b: nervous/mental disorders Mt=5.33  
c: anorexia/bulimia Mt=5.31  
d: mental depression Mt=4.79  
All Mt=7.60 |
| O-SLu/c/sq/v/5/e   | DMt=       | a: no illnesses/disorders Mt=7.78  
b: nervous/mental disorders Mt=5.08  
c: anorexia/bulimia Mt=5.00  
d: mental depression Mt=4.16  
All Mt=7.21 |
| O-HL/c/sq/v/5/h    | DMt=       | a: no illnesses/disorders Mt=7.19  
b: nervous/mental disorders Mt=5.18  
c: anorexia/bulimia Mt=6.56  
d: mental depression Mt=4.79  
All Mt=6.80 |

Correlational finding on Happiness and Self ratings of mental health
Subject code: M7.2.2

Study

VENTE 1996

Reported in: Ventegodt, S.,
Liskvalitet hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds).
Page in Report: 234

Population: 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen
Findings on Happiness and MENTAL HEALTH

**Sample:** Non-probability chunk sample

**Non-Response:** 39%

**N:** 4500

---

**Correlate**

**Authors label:** mental disorders

**Our classification:** Self ratings of mental health, code M7.2.2

**Measurement:** Single question:

"Do you at present suffer from any of the following illnesses or disorders?"

1. no illnesses/disorders
2. one or more of the following:
   2a: nervous/mental disorders
   2b: anorexia/bulimia
   2c: mental depression
   2d: schizophrenia
   2e: borderline cases

**Measured Values:** N: 1: 1303; 2:313; 2a:239; 2b:25; 2c:39; 2d:5; 2e:5

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A-AOL/m/sq/v/5/a</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1: Mt=8.19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2: Mt=4.88</td>
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<td></td>
</tr>
<tr>
<td>2a: Mt=5.03</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2b: Mt=4.90</td>
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<td>2c: Mt=3.98</td>
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<td></td>
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<tr>
<td>2d: Mt=4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2e: Mt=5.00</td>
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</tr>
<tr>
<td><strong>O-SLu/c/sq/v/5/e</strong></td>
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<tr>
<td>1: Mt=7.80</td>
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<tr>
<td>2: Mt=4.83</td>
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<td></td>
</tr>
<tr>
<td>2a: Mt=5.01</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2b: Mt=4.90</td>
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</tr>
<tr>
<td>2c: Mt=3.71</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2d: Mt=4.00</td>
<td></td>
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</tr>
<tr>
<td>2e: Mt=5.00</td>
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</tr>
<tr>
<td><strong>O-HL/c/sq/v/5/h</strong></td>
<td></td>
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</tr>
<tr>
<td>1: Mt=7.33</td>
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<tr>
<td>2: Mt=4.91</td>
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<tr>
<td>2a: Mt=5.00</td>
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<td></td>
</tr>
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<td>2b: Mt=5.40</td>
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<td>2c: Mt=4.23</td>
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<td>2d: Mt=4.50</td>
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<td></td>
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<tr>
<td>2e: Mt=4.00</td>
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</tbody>
</table>
Findings on Happiness and Mental Health

Correlational finding on Happiness and Self ratings of mental health
Subject code: M7.2.2

Study

WONG 1985

Reported in: Wong, N.W.
Effects of Individual Sources of Support on Well-Being in Employed Parents.
PhD Dissertation, University of Michigan, 1985, USA
Page in Report: 51,122,137,141,143

Population: Working parents with children <16, USA, 1984
Sample: Non-probability purposive sample
Non-Response: 59-79%
N: 651

Correlate

Authors label: Poor Mental Health
Our classification: Self ratings of mental health, code M7.2.2
Measurement:

1. Do you find it difficult to get up in the morning?
   Rated: 1 = never, 2 = not very much, 3 = pretty often, 4 = nearly all the time.

2. Has any ill health affected the amount of work you do?
3. Have you ever been bothered by shortness of breath when you were not exercising or working hard?
4. Have you ever been bothered by your hearth beating hard?
5. Do you ever drink more than you should?
6. Are you troubled by your hands sweating so that you feel damp and clammy
7. Have there been times when you couldn't take care of things because you just couldn't get going?
   Rated: 1 = Never, 2 = Hardly ever, 3 = Sometimes, 4 = Many times

8. Do you feel you are bothered by all sorts of pains and ailments in different parts of your body?
9. For the most part, do you feel healthy enough to carry out the things you would like to do?
10. Do you have any particular physical or health trouble
    Rated: 1 = No, 2 = Yes

Measured Values: Married Fathers: M=1,6, SD=.32, Married Mothers M = 1,8 SD = .41, Single Mothers M=1,6 SD = .44

Error Estimates: alpha = .83

Remarks: Items taken from the Gurin, Veroff & Feld scale

### Correlational finding on Happiness and Self ratings of mental health

**Subject code: M7.2.2**

**Study**

- **ZULLI 2005**

  **Reported in:** Zullig, K.J.; Valois, F.; Huebner, S.E.; Drane, J.W.
  Adolescent Health-Related Quality of Life and Perceived Satisfaction with Life.
  Quality of Life Research, 2005, Vol. 14, 1573 - 1584. ISSN p 0962 9343; ISSN e 1573 2649 DOi:10.1007/s11136-004-7707-y
  Page in Report: 1579

  **Population:** 13-18 aged, high school student, students in public high schools grades 9 through 12, South Carolina, USA, 200?

  **Sample:** Probability systematic sample

  **Non-Response:** 7.86%

  **N:** 4914

**Correlate**

- **Authors label:** Poor mental health days

- **Our classification:** Self ratings of mental health, code M7.2.2

- **Measurement:** Self report on single question:

  Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

---

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r= .42</td>
<td>Married Fathers</td>
</tr>
<tr>
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<td>p&lt;.01</td>
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<tr>
<td>O-SLW/u/sq/v/4/i</td>
<td>r=-.20</td>
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</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
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<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r= .37</td>
<td>Married Mothers</td>
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<tr>
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<td>p&lt;.01</td>
<td></td>
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<tr>
<td>O-SLW/u/sq/v/4/i</td>
<td>r= -0.33</td>
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</tr>
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<td></td>
<td>p&lt;.01</td>
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<td>O-HL/c/sq/v/3/aa</td>
<td>r= .44</td>
<td>Single Mothers</td>
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<td>r= -.39</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
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</table>
Observed Relation with Happiness

<table>
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<tr>
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<th>Elaboration/Remarks</th>
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<tbody>
<tr>
<td>O-DT/u/sq/v/7/e</td>
<td>$r = .27$</td>
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<tr>
<td>O-DT/u/sq/v/7/e</td>
<td>OR = 1.35</td>
<td>poor mental health 1-2 days</td>
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<tr>
<td></td>
<td>OR</td>
<td>CI95</td>
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<tr>
<td>- white females:</td>
<td>0.62</td>
<td>[0.35-1.12]</td>
</tr>
<tr>
<td>- black females:</td>
<td>1.25</td>
<td>[0.83-1.87]</td>
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<tr>
<td>- white males:</td>
<td>1.71</td>
<td>[1.15-2.54]</td>
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<tr>
<td>- black males:</td>
<td>1.82</td>
<td>[1.03-3.02]</td>
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<tr>
<td>O-DT/u/sq/v/7/e</td>
<td>OR = 1.35</td>
<td>poor mental health 3-5 days</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>CI95</td>
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<tr>
<td>- white females:</td>
<td>1.46</td>
<td>[0.96-2.51]</td>
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<tr>
<td>- black females:</td>
<td>1.91</td>
<td>[1.25-2.92]</td>
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<tr>
<td>- white males:</td>
<td>2.60</td>
<td>[1.66-4.05]</td>
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<td>- black males:</td>
<td>2.00</td>
<td>[1.14-3.52]</td>
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<tr>
<td>O-DT/u/sq/v/7/e</td>
<td>OR = 4.47</td>
<td>poor mental health 6+ days</td>
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<td></td>
<td>OR</td>
<td>CI95</td>
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<td>[2.86-5.85]</td>
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<td>[3.05-7.00]</td>
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<tr>
<td>- black males:</td>
<td>4.73</td>
<td>[2.97-7.52]</td>
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</tbody>
</table>

Correlational finding on Happiness and . overall selfestimate of mental health

Subject code: M7.2.2.1

Study

<table>
<thead>
<tr>
<th>Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Authors label: Mental health</td>
</tr>
<tr>
<td>Our classification: . overall selfestimate of mental health, code M7.2.2.1</td>
</tr>
</tbody>
</table>

Reported in: Abdel-Khalek, A.M.
Happiness, Health, and Religiosity: Significant Relations.
Mental Health, Religion &and Culture, 2006; Vol. 9, 85 97. ISSN p 1367 4676 ;ISSN e1469 9737 DOI:
10.1080/13694670500040625
Page in Report: 90

Population: Undergraduate students, Kuwait, 2003
Sample: Non-probability chunk sample
Non-Response:
N: 2210
Measurement: Self-report on single question:
How is your mental health?
0 = poor ... 10 = excellent

Error Estimates: Retest correlation after 1 week: r=+.77

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/ol/11/a</td>
<td>r=+.66</td>
<td>Males</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/ol/11/a</td>
<td>r=+.66</td>
<td>Females</td>
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<tr>
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<td>p&lt;.01</td>
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</table>

Correlational finding on Happiness and overall selfestimate of mental health
Subject code: M7.2.2.1

Study: VENTE 1995

Reported in: Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark).
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/t1/index.asp
Page in Report: 194

Population: 18-88 aged, general public, Denmark, 1993
Sample: Non-probability purposive sample
Non-Response: 39%
N: 1494

Correlate

Authors label: self-perceived mental health (1)
Our classification: overall selfestimate of mental health, code M7.2.2.1
Measurement: Single question:
"How do you rate your mental health at present ?"
1: very good
2: good
3: neither/nor
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>A-AOL/m/sq/v/5/a</td>
<td>r=+.66</td>
<td>1: Mt=9.08</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=7.85</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=6.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=3.91</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=3.12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.79</td>
</tr>
</tbody>
</table>

| O-SLu/c/sq/v/5/e   | r=+.62     | 1: Mt=8.64          |
|                   | p<.00      | 2: Mt=7.55          |
|                   |            | 3: Mt=5.98          |
|                   |            | 4: Mt=3.75          |
|                   |            | 5: Mt=2.50          |
|                   |            | All Mt=7.46         |

| O-HL/c/sq/v/5/h    | r=+.52     | 1: Mt=7.95          |
|                   | p<.00      | 2: Mt=6.98          |
|                   |            | 3: Mt=5.81          |
|                   |            | 4: Mt=4.26          |
|                   |            | 5: Mt=3.54          |
|                   |            | All Mt=6.98         |

### Correlational finding on Happiness and overall selfestimate of mental health

**Subject code: M7.2.2.1**

**Study**

*VENTE 1996*


*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:* self-perceived mental health

*Our classification:* overall selfestimate of mental health, code M7.2.2.1
Findings on Happiness and MENTAL HEALTH

Measurement: Single question:
"How do you rate your mental health at present ?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good

Measured Values: N: All:4468; %:1:1,3; 2:5,8; 3:16,8; 4:38,5; 5:37,6

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=+.70</td>
<td>1: Mt=1.84</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=4.24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=6.20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.80</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=9.14</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.65</td>
<td>1: Mt=2.13</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=3.95</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.89</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.76</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.58</td>
<td>1: Mt=2.75</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=4.44</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.76</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.03</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.16</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories

Subject code: M7.2.2.2

Study BERNO 1985

Reported in: Bernow, R
Livskvaliteten i Sverige. (Lifequality in Sweden)
Page in Report: 192

Population: 18-70 aged, general public, Sweden., 1982

Sample: ?
Non-Response: ?
N: 1558
Findings on Happiness and MENTAL HEALTH

Correlate

Authors label: Psychological problems (1)

Our classification: . scores on symptom inventories, code M7.2.2.2

Measurement: ?

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/sqt/v/7/a</td>
<td>r=-.63</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories

Subject code: M7.2.2.2

Study

CAMER 1975

Reported in: Cameron, P.
Mood as an Indicant of Happiness: Age, Sex, Social Class and Situational Differences.
Page in Report: 218/220

Population: College students, Detroit, USA, 197?

Sample: Non-probability chunk sample

Non-Response: ?

N: 187

Correlate

Authors label: Ego-Strength (1)

Our classification: . scores on symptom inventories, code M7.2.2.2

Measurement: Barron Ego-Strength Scale

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 MENTAL HEALTH

A-ARE/mi/sqr/v/3/a

Happy mood: r=−.08  ns
Neutral mood: r=+.02  ns
Unhappy mood: r=−.04  ns

Happiness assessed by time sampling. Correlations concern frequency of report of happy, neutral or sad mood.

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study CAMER 1975

Page in Report: 218/220

Population: College students, Detroit, USA, 197?

Sample: Non-probability chunk sample

Non-Response: ?

N: 187

Correlate

Authors label: Neuroticism (1)

Our classification: . scores on symptom inventories, code M7.2.2.2

Measurement: Eysenck Neuroticism Scale

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/mi/sqr/v/3/a</td>
<td>r=</td>
<td>Happiness assessed by time sampling. Correlations concern frequency of report of happy, neutral or sad mood.</td>
</tr>
</tbody>
</table>

Happy mood: r=−.09  ns
Neutral mood: r=+.05  ns
Unhappy mood: r=+.16  (05)

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2
### Study

**COSTA 1980/1**

**Reported in:** Costa, P.T.; Mc Crae, R.R.  
Influence of Extraversion and Neuroticism on Subjective Well-Being: Happy and Unhappy People.  
*Journal of Personality and Social Psychology, 1980, Vol. 38, 668 - 678. ISSN 0022 3514* 
Page in Report: 674

**Population:** 35-85 aged white males (largely veterans), USA, 1976

**Sample:**

- **Non-Response:** T1:21%; T2:18%; T3:27%; T4:46%
- **N:** 1100

### Correlate

**Authors label:** Neuroticism (2)

**Our classification:** scores on symptom inventories, code M7.2.2.2

**Measurement:** Cattel (1973) Sixteen Personality Factor Questionnaire

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v/2/b   | r=         | Both hedonic level and neuroticism assessed at four times (three month intervals)  
Correlations at: 
T1: r = -.27  (001)  
T2: r = -.31  (001)  
T3: r = -.34  (001)  
T4: r = -.27  (001)  
NAS: r(mean) = +.36  
PAS: r(mean) = -.11 |

### Correlational finding on Happiness and . scores on symptom inventories

**Subject code:** M7.2.2.2
Findings on Happiness and MENTAL HEALTH

N: 1100

Correlate

Authors label: Neuroticism (1)

Our classification: scores on symptom inventories, code M7.2.2.2

Measurement: Eysenk (1969) Personality Inventory

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/cm/mg/v2/b</td>
<td>r</td>
<td>Both hedonic level and neuroticism assessed at four times (three month intervals)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Correlations at:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1: r = -.31 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2: r = -.32 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3: r = -.34 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T4: r = -.39 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NAS: r(mean) = +.41</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PAS: r(mean) = -.13</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories

Subject code: M7.2.2.2

Study

COSTA 1981


Population: 17-97 aged males, visitors of the Gerontology Research Centre, followed ± 10 years Baltimore, USA.

1958-70

Sample:

Non-Response: Attrition 79% at T3, mostly among psychologically least adjusted

N: 117

Correlate

Authors label: Neuroticism (3)

Our classification: scores on symptom inventories, code M7.2.2.2
Findings on Happiness and MENTAL HEALTH


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-A/h/sq/v/3/a</td>
<td>r= p&lt;.5</td>
<td>T1 neuroticism by T1 happiness:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Young (18-49): r= -.17 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Old (50-97): r= -.15 (01)</td>
</tr>
<tr>
<td>C-A/h/sq/v/3/a</td>
<td>r=.19  p&lt;01</td>
<td>T1 neuroticism by T2 happiness (2-10 yrs later)</td>
</tr>
<tr>
<td>C-A/h/sq/v/3/a</td>
<td>r=.11 ns</td>
<td>T1 neuroticism by T3 happiness (10-17 yrs later)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study DEHA 1987

Page in Report: 7


Sample:
Non-Response: 17% (6 refusals and one death in the meantime)

N: 34

Correlate

Authors label: Psychological complaints (1)
Our classification: . scores on symptom inventories, code M7.2.2.2
Measurement: Rotterdam Symptom Checklist (see de Haes, Pruyn & van Knippenberg, 1983)
Remarks: Synchronic correlations at:
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/se/sq/v/7/a</td>
<td>Beta=+.41</td>
<td>11 months after surgery (T1)</td>
</tr>
<tr>
<td>O-SLW/se/sq/?/7/a</td>
<td>Beta=+.26</td>
<td>11 months after surgery (T1)</td>
</tr>
<tr>
<td>A-AOL/se/sq/v/7/a</td>
<td>Beta=+.33</td>
<td>18 months after surgery (T2)</td>
</tr>
<tr>
<td></td>
<td>Beta's controlled for:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fatigue</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pain</td>
<td></td>
</tr>
<tr>
<td></td>
<td>gastro-intestinal symptoms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>loss of libido</td>
<td></td>
</tr>
<tr>
<td></td>
<td>activity level</td>
<td></td>
</tr>
<tr>
<td></td>
<td>perceived impact of surgery on body image</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fear of recurrence of cancer and death</td>
<td></td>
</tr>
<tr>
<td>O-SLW/se/sq/?/7/a</td>
<td>Beta=.51</td>
<td>18 months after surgery (T2)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study

Reported in: Diener, E.; Seligman, M.E.
Very Happy People.
Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415
Page in Report: 84

Population: Undergraduate students, US, 200?
Sample: Non-probability purposive sample
Non-Response:
N: 222

Correlate

Authors label: Psychopathic
Our classification: . scores on symptom inventories, code M7.2.2.2
Findings on Happiness and MENTAL HEALTH

Measurement: Psychopathic deviate sub scale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);

Measures social deviation, lack of acceptance of authority, amorality. Adolescents tend to score higher.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>E²=.22</td>
<td>Mean psychopathy</td>
</tr>
<tr>
<td>p&lt;.05</td>
<td>a 10% least happy</td>
<td>28.8</td>
</tr>
<tr>
<td></td>
<td>b 27% close to average</td>
<td>24.3</td>
</tr>
<tr>
<td></td>
<td>c 10% most happy</td>
<td>21.0</td>
</tr>
</tbody>
</table>

M-AO/*/mqr/*/0/a | MCT= | a > b > c |
| p<.05 |

Correlational finding on Happiness and . scores on symptom inventories

Subject code: M7.2.2.2

Study: FANG 2002


Population: HIV-infected patients, Taipei, Taiwan, 2000

Sample: Non-probability chunk sample

Non-Response: 1%

N: 136

Correlate

Authors label: Psychological domain

Our classification: . scores on symptom inventories, code M7.2.2.2

Measurement: Selfreport of experience in the last four weeks of:
- positive feeling
- thinking, learning, concentration
- self esteem
- spirituality/religion/ personal beliefs
11 rated on 5-points scales, ranging from "not at all" to "an extreme amount" with a higher score indicating a higher quality of life.
Findings on Happiness and Mental Health

Error Estimates: Conbach alpha .76
Remarks: Psychological subscale of WHOQOL-BREF

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/i</td>
<td>r=+.73</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study

FORTI 1983

Reported in: Forti, T. J.; Hyg, M.S.
A Documented Evaluation of Primary Prevention through Consultation.
Community Mental Health Journal, 1983, Vol. 19, 290 - 304. ISSN p 0010 3853; ISSN e 1573 2789
DOI:10.1007/BF00755410
Page in Report:

Population: Catholic nuns, re-organized cloister, followed 4 years, Louisiana, USA, 1977-1981

Sample

Non-Response: T1: 18%, T2: 14%, T3: 23%
N: 137

Correlate

Authors label: Anxiety (2)
Our classification: . scores on symptom inventories, code M7.2.2.2
Measurement:
Index of closed questions, rated on a 2-point scale, ranging from (0) True to (1) False. (order reversed)
a. No more nervous than most other people
b. Keyed up most of the time
c. Can't keep mind on one thing very long
d. Bothered by things not a bother to others
e. Worrying about something most of the time
f. Calm - don't get upset easily
g. Anxious about someone/somthing almost all of the time
h. Happy most of the time
i. Nervous some days - can't sit still very long
j. Hard time keeping mind on work/task
k. Don't worry about what other people think about me any more than most people
l. Take things hard (get hurt easily)
m. Life a strain much of the time
n. At times think I'm just no good at all
Findings on Happiness and MENTAL HEALTH

- Lack faith in self
- Feel useless at times
- Things upset me easier than most people
- So many problems feel couldn't handle
- Feel about to go to pieces
- Deny trouble/difficult problem

Observed Relation with Happiness

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<tr>
<th>Happiness Measure</th>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>+.03 (ns)</td>
<td>+.03 (ns) +.32 (01)</td>
</tr>
<tr>
<td>b.</td>
<td>-.18 (01)</td>
<td>-.45 (01) -.40 (01)</td>
</tr>
<tr>
<td>c.</td>
<td>-.02 (ns)</td>
<td>-.02 (ns) -.06 (ns)</td>
</tr>
<tr>
<td>d.</td>
<td>-.05 (ns)</td>
<td>-.14 (05) -.14 (05)</td>
</tr>
<tr>
<td>e.</td>
<td>-.26 (01)</td>
<td>-.24 (01) -.34 (01)</td>
</tr>
<tr>
<td>f.</td>
<td>+.20 (01)</td>
<td>+.21 (01) +.35 (01)</td>
</tr>
<tr>
<td>g.</td>
<td>-.10 (ns)</td>
<td>-.23 (01) -.30 (01)</td>
</tr>
<tr>
<td>h.</td>
<td>+.43 (01)</td>
<td>+.35 (01) +.44 (01)</td>
</tr>
<tr>
<td>i.</td>
<td>-.03 (ns)</td>
<td>+.01 (ns) -.23 (01)</td>
</tr>
<tr>
<td>j.</td>
<td>-.10 (ns)</td>
<td>-.08 (ns) -.19 (01)</td>
</tr>
<tr>
<td>k.</td>
<td>+.25 (01)</td>
<td>+.16 (05) +.22 (01)</td>
</tr>
<tr>
<td>l.</td>
<td>-.23 (01)</td>
<td>-.18 (01) -.24 (01)</td>
</tr>
<tr>
<td>m.</td>
<td>-.36 (01)</td>
<td>-.37 (01) -.53 (01)</td>
</tr>
<tr>
<td>n.</td>
<td>-.34 (01)</td>
<td>-.16 (05) -.34 (01)</td>
</tr>
<tr>
<td>o.</td>
<td>-.31 (01)</td>
<td>-.35 (01) -.29 (01)</td>
</tr>
<tr>
<td>p.</td>
<td>-.34 (01)</td>
<td>-.17 (05) -.33 (01)</td>
</tr>
<tr>
<td>q.</td>
<td>-.20 (01)</td>
<td>-.20 (01) -.29 (01)</td>
</tr>
<tr>
<td>r.</td>
<td>-.17 (05)</td>
<td>-.23 (01) -.42 (01)</td>
</tr>
<tr>
<td>s.</td>
<td>-.25 (01)</td>
<td>-.12 (ns) -.24 (01)</td>
</tr>
<tr>
<td>t.</td>
<td>+.02 (ns)</td>
<td>-.09 (ns) -.05 (ns)</td>
</tr>
</tbody>
</table>

All variables assessed at T1, T2, and T3.
Correlation concerns same time measures.

Correlational finding on Happiness and . scores on symptom inventories

Subject code: M7.2.2.2

Study

GAITZ 1972

Findings on Happiness and MENTAL HEALTH

Reported in: Gaitz, C.M.; Scott, J.
Page in Report: 65

Population: Adults, general public, Houston, Texas, USA, 1969

Sample:
Non-Response: 2%, aged Mexican-Americans of high socio-economic status only

N: 1441

Correlate
Authors label: Mental illness (1)

Our classification: . scores on symptom inventories, code M7.2.2.2

Measurement: Twenty-two Item Screening Score (see above)

Observed Relation with Happiness

Happiness Measure  Statistics  Elaboration/Remarks

A-BB/cm/mq/v2/a  r=-.41 p<01  Unaffected by age

Index of Positive Affects: r = -.02 (ns)
Index of Negative Affects: r = +.57 (01)

O-HL/m/sq/v3/a  r=-.34 p<01  Unaffected by age

Index of Positive Affects: r = -.02 (ns)
Index of Negative Affects: r = +.57 (01)

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study GONZA 1967

Reported in: Gonzalez, J.R.
Page in Report: 126

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

Sample: Non-probability chunk sample

Non-Response:
N: 75
Findings on Happiness and MENTAL HEALTH

Correlate

Authors label: Mental health. (1)
Our classification: scores on symptom inventories, code M7.2.2.2

high stress vs low stress.

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/u/sq/v3/c</td>
<td>G=+1.0</td>
<td>G' based on proportion very happy (vs not very happy).</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and scores on symptom inventories
Subject code: M7.2.2.2

Study HAWKI 2005


Population: Couples, USA, followed 12 years, 1980-1992
Sample: Probability simple random sample
Non-Response: 35%
N: 1150

Correlate

Authors label: Psychological Distress
Our classification: scores on symptom inventories, code M7.2.2.2
Measurement: 8 items from Langner's(1962) scale of psychiatric symptoms indicating impairment.

Measured Values: At T4: M=12.68, SD=2.18, Range 8-24 At T2: M=12.60, SD=2.45, Range 8-24
### 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/3/ad</td>
<td>$r = -0.22$</td>
<td>T1 Happiness by T2 psychological distress (3 year interval)</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.001$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/ad</td>
<td>$r = -0.22$</td>
<td>T4 Happiness by T2 psychological distress (9 year interval)</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.001$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/ad</td>
<td>$r = -0.20$</td>
<td>T1 Happiness by T4 psychological distress (12 year interval)</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.001$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/ad</td>
<td>$r = -0.41$</td>
<td>T4 Happiness by T4 psychological distress</td>
</tr>
<tr>
<td></td>
<td>$p &lt; 0.001$</td>
<td>T1 is 1980</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and \( \cdot \) scores on symptom inventories

**Subject code: M7.2.2.2**

**Study**

- **HEADE 1992**
- **Page in Report:** 42
- **Population:** 18+ aged, Victoria, Australia, followed from 1981 to 1989
- **Sample:** Probability stratified sample
- **Non-Response:**
  - **N:** 502

**Correlate**

- **Authors label:** GHQ (General Health Questionnaire)
- **Our classification:** \( \cdot \) scores on symptom inventories, code M7.2.2.2
- **Measurement:** Selfreport on 12 questions:
  - Items concern both affect and symptoms: e.g. 'felt constantly under strain'; 'lost much sleep over worry') measure the risk of neurosis.
  - Goldberg; 1978, Manual of the General Health Questionnaire (NFER, Windsor)
Findings on Happiness and MENTAL HEALTH

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/n/11/a</td>
<td>r=-.46</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . scores on symptom inventories**

**Subject code: M7.2.2.2**

**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:** General Health Questionnaire (GHQ)

**Our classification:** . scores on symptom inventories, code M7.2.2.2

**Measurement:** Selfreport on 12 questions:
Items concern both affect and symptoms: e.g. 'felt constantly under strain'; 'lost much sleep over worry') measure the risk of neurosis.
Goldberg; 1978, Manual of the General Health Questionnaire (NFER, Windsor)

**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/9/a</td>
<td>r=-.50</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . scores on symptom inventories**

**Subject code: M7.2.2.2**

**Study**

HOLLO 1999
Findings on Happiness and Mental Health


Population: Mental patients, followed 3 years, UK 1990-1993
Sample: Non-probability purposive sample
Non-Response: 0
N: 70

Correlate

Authors label: SANS total score
Our classification: scores on symptom inventories, code M7.2.2.2
Measurement: Rating of psychotic symptoms and depression by psychiatrist
  a. Demanding attention
  b. Suicide ideas or behaviour
  c. Panic attacks and phobias
  d. Overactivity and restlessness
  e. Laughing or talking to self
  f. Acting out bizarre ideas
  g. Posturing and mannerisms
  h. Socially unacceptable habits or manners

Remarks: Schedule for the Assessment of Negative Symptoms (SANS) [Andreason 1982]

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v7/a | r=-.21 | T1 happiness by T1 negative symptoms
O-DT/u/sqt/v7/a | rpc=-.09, p<.28 | rpc controlled for depression as measured with subscale of comprehensive Psychiatric Rating Scale
O-DT/u/sqt/v7/a | r=-.23, p<.15 | T1-T3 change in happiness by T1-T3 change symptoms (T1-T3 18 months)

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study HOLLO 1999
Findings on Happiness and MENTAL HEALTH

Reported in: Holloway, F.; Carson, J.
Page in Report: 263

Population: Mental patients, followed 3 years, UK 1990-1993
Sample: Non-probability purposive sample
Non-Response: 0
N: 70

Correlate

Authors label: Global Subjectiv Quality of Life
Our classification: . scores on symptom inventories, code M7.2.2.2
Measurement:
- CPRS (Comprehensive Psychiatric Rating Scale) depression
- Age
- LEC (Life Experiences Checklist) opportunity
- LQOLP (Lancashire Quality of Life Profile) health
- LQOLP (Lancashire Quality of Life Profile) leisure

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>R²=36</td>
<td>a+b</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>R²=58</td>
<td>a+b+c</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>R²=76</td>
<td>a+b+c+d</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>R²=79</td>
<td>a+b+c+d+e</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study

KAMMA 1979/3

Reported in: Kammann, R.
Sourcebook for Affectometer 1.
Why Not? Foundation, 1979?, Dunedin, New Zealand
Page in Report:

Population: Adults, general public, Dunedin, New Zealand, 1976
Findings on Happiness and MENTAL HEALTH

Sample:
Non-Response:
N: 62

Correlate

Authors label: Mental illness (2)
Our classification: . scores on symptom inventories, code M7.2.2.2
Measurement: Mental Illness Scales of the Cornell Medical Index

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .43</td>
<td>Inadequacy</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .53</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .42</td>
<td>Anxiety</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .51</td>
<td>Sensitivity</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .36</td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .40</td>
<td>Tension</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r = .60</td>
<td>Mental illness total</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . scores on symptom inventories
Subject code: M7.2.2.2

Study

KAMMA 1983/2
Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 34
Population: 18+ aged, general public, Dunedin, New Zealand, 1983
Sample:
Findings on Happiness and MENTAL HEALTH

**Non-Response:** 52%

**N:** 112

### Correlate

**Authors label:** Well-being (2)

**Our classification:** Scores on symptom inventories, code M7.2.2.2

**Measurement:** 18 items General Well-being scale (GWS) Dupuy 1978

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cw/mq/v/5/a</td>
<td>r=+.74</td>
<td>(N=57)</td>
</tr>
<tr>
<td></td>
<td>p&lt;.34</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and scores on symptom inventories**

**Subject code:** M7.2.2.2

### Study

**LAM 1998**


**Population:** 14+aged patients and students, Hong Kong 1996

**Sample:** Probability stratified sample

**Non-Response:** 0%

**N:** 236

### Correlate

**Authors label:** Mental Health

**Our classification:** Scores on symptom inventories, code M7.2.2.2
Findings on Happiness and MENTAL HEALTH

**Measurement:** Selfreport on 5 questions on feelings during the last month.
- Felt calm and peaceful
- Been a happy person
- Been very nervous
- Felt down in the dumps
- Felt downhearted and blue

MH Subscale of SF-36 Heath Survey (Ware et al.1993)

**Measured Values:** M=68.65 SD=19.09 (transformed score on range 0-100)

**Remarks:** Item (b) about happiness, left out for this analysis

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-TH/cm/sq/v6/a</td>
<td>r=+.45</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . scores on symptom inventories**

**Subject code: M7.2.2.2**

**Study**

**Reported in:** Miller, H.; Wilson, W. Relation of Sexual Behaviors, Values, and Conflict to avowed Happiness and Personal Adjustment. Psychological Reports, 1968, Vol. 23, 1075 - 1086. ISSN 0033 2941

**Page in Report:** 1082

**Population:** Students, undergraduates, Kent State University at Ashtabula, Ohio, USA., 1966-67

**Sample:**

**Non-Response:**

N: 132

**Correlate**

**Authors label:** Maladjustment. (1)

**Our classification:** . scores on symptom inventories, code M7.2.2.2

**Measurement:** Scale containing MMPI items, designed to identify maladjustment in a college population. (Mt scale; see Kleinmuntz, 1961)
**Findings on Happiness and MENTAL HEALTH**

## Happiness Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-TH/g/v/9/a</td>
<td>$r = -0.20$ (ns)</td>
<td>males: $r = -0.20$ (ns) females: $r = -0.45$ (05)</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and symptom inventories

**Subject code: M7.2.2.2**

**Study**

*NETTL 2005 C*

**Reported in:** Nettle, D.
Socio-economic status and subjective well-being
Paper 2005, Newcastle University, UK, 200?

**Population:** General public, Great Britain, 2000

**Sample:** Non-probability purposive sample

**Non-Response:** not reported

$N$: 11419

### Correlate

**Authors label:** Malaise inventory

**Our classification:** scores on symptom inventories, code M7.2.2.2

**Measurement:** Self-report on a 24 questions (derived from the Cornell Medical Index):
- How are you feeling generally:
  - Do you often have backache?
  - Do you feel tired most of the time?
  - Do you feel miserable or depressed?
  - Do you often have bad headaches?
  - Do you often get worried about things?
  - Do you usually have great difficulty in falling or staying asleep?
  - Do you usually wake unnecessarily early in the morning?
  - Do you wear yourself out about your health?
  - Do you often get into a violent rage?
  - Do people often annoy and irritate you?
  - Have you at times had twitching of the face, head and shoulders?
  - Do you often suddenly become scared for no good reason?
  - Are you scared to be alone when there are no friends near you?
  - Are you easily upset of irritated?
  - Are you frightened of going out alone or of meeting people?
  - Are you constantly keyed up and jittery?
  - Do you suffer from indigestion?
  - Do you suffer from an upset stomach?
  - Is your appetite poor?
Findings on Happiness and MENTAL HEALTH

- Does every little thing get on your nerves and wear you out?
- Does your heart often race like mad?
- Do you often have bad pains in your eyes?
- Are you troubled with rheumatism or fibrositis?
- Have you ever had a nervous breakdown?

Rating: yes (2), no (1)

Remarks: N=11269

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-V/h/sq/n/11/a</td>
<td>r=-.38</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and scores on symptom inventories

Subject code: M7.2.2.2

Study

PAVOT 1997/2

- Reported in: Pavot, W.; Fujita, F.; Diener, E.
The relation between self-aspect congruence, personality and subjective well-being
Personality and Individual Differences, 1997, 22, 183-191
Page in Report: 189

- Population: College students, USA, 199?

- Sample: Non-probability chunk sample

- Non-Response: 43

- N: 179

Correlate

- Authors label: Neuroticism

- Our classification: scores on symptom inventories, code M7.2.2.2

- Measurement: Neuroticism scale from NEO-PI-R (Costa & McCrae, 1991)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
**Correlational finding on Happiness and . scores on symptom inventories**

**Subject code: M7.2.2.2**

**Study**

**PHILL 1967B**

*Reported in:* Phillips, D.L.
Mental Health Status, Social Participation and Happiness.
Page in Report: 288

*Population:* Adult, general public, New Hampshire, USA, 196?

*Sample:*

*Non-Response:* 1%

*N:* 593

**Correlate**

*Authors label:* Mental health (1)

*Our classification:* . scores on symptom inventories, code M7.2.2.2

*Measurement:* Twenty-two Item Screening Score of psychiatric symptoms indicating impairment. (Langner, 1962)

**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/u/sq/v/3/a</td>
<td>G=+.39</td>
<td>Unaffected by age, S.E.S. and sex</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . scores on symptom inventories**

**Subject code: M7.2.2.2**

**Study**

**PORTE 1967**

*Reported in:* Porter J.
Sex-Role Concepts, Their Relationship to Psychological Well-Being and to Future Plans of Female College Seniors.
Unpublished doctoral dissertation, 1967, University of Rochester, New York, USA
Page in Report: 93/95
Findings on Happiness and MENTAL HEALTH

Population: Female students college seniors, followed two months, Rochester, USA, 1965-66

Sample:

Non-Response: 8%; unaffected by place of residence

N: 162

Correlate

Authors label: Ego Strength (1)

Our classification: scores on symptom inventories, code M7.2.2.2

Measurement: 68-item index tapping a general factor of psychopathology, reflecting degree of maladjustment or ego-dysfunction, irrespective of differential diagnosis. (Ego Strength Scale: see BARRON, 1956)

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/cq/sq/v10/a</td>
<td>r=+.27 p&lt; .01</td>
<td>Both variables assessed at T2</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feels close to mental breakdown

Subject code: M7.2.2.3

Study

WARR 1978


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

Correlate

Authors label: Anxiety about mental breakdown (1)

Our classification: . feels close to mental breakdown, code M7.2.2.3
Findings on Happiness and MENTAL HEALTH

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

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/n/7/a</td>
<td>r=-.24</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . daily living skills
Subject code: M7.2.2.4

Study

ROSEN 1992


Population: 20-70 aged, chronic mental patients, USA, 1989

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Daily living skills

Our classification: . daily living skills, code M7.2.2.4

Measurement: Selfreport on questions related to:
- managing a household
- getting around in the community
- personal appearance
Rated on a 3-point numerical scale

Measured Values: M=2.13

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
Beta controlled for:
- demographic characteristics:
  - age
  - sex
  - education
  - race
  - number of negative events in the last year
  - functioning in the area of:
    - social skills
    - vocational skills
  - need for structure
  - need for supervision
  - social contacts
  - positive symptoms
  - negative symptoms

Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study

BERNH 2006

Page in Report: 234

Sample: Non-probability chunk sample
Non-Response: 
N: 2584

Correlate

Authors label: Disease

Our classification: Current specific mental disorders, code M7.3

Measurement: Diagnosis taken from medical record:
A: Psychiatric disorders
  a: eating disorder
  b: post-traumatic stress
  c: anxiety disorder
  d: affective disorder (mainly depression)
  e: somatization disorder
  f: dependency (mainly drug abuse)
B: Somatic disorders
  a: cardio-vascular disorder
  b: metabolic (endocrine) disorder
  c: diabetes melitus
  d: end-stage liver disease (mostly cirrhosis)
  e: liver disease (most cirrhosis) after transplantation
**Findings on Happiness and Mental Health**

Measured Values: N = Aa: 305; Ab: 283; Ac: 281; Ad: 308; Ae: 685; Af: 128 Eating disorder: anorexia nervosa N = Ba: 112; Bb: 96; Bc: 76; Bd: 310; Be: 171

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>C-BW/c/sq/ol/11/a</strong></td>
<td>DMt=</td>
<td></td>
</tr>
<tr>
<td><strong>A: Psychiatric</strong></td>
<td>3.56</td>
<td></td>
</tr>
<tr>
<td>a: eating</td>
<td>3.4</td>
<td>0.5 -6.1</td>
</tr>
<tr>
<td>b: post-traumatic</td>
<td>3.1</td>
<td>0.75-5.4</td>
</tr>
<tr>
<td>c: anxiety</td>
<td>2.2</td>
<td>0.6 -3.8</td>
</tr>
<tr>
<td>d: affective</td>
<td>3.1</td>
<td>0.75-3.9</td>
</tr>
<tr>
<td>e: somatization</td>
<td>4.0</td>
<td>1.4 -4.75</td>
</tr>
<tr>
<td>f: dependency</td>
<td>3.9</td>
<td>1.4 -6.5</td>
</tr>
<tr>
<td><strong>B: Somatic disorders</strong></td>
<td>3.95</td>
<td></td>
</tr>
<tr>
<td>a: cardio-vascular</td>
<td>4.3</td>
<td>1.7 -7.0</td>
</tr>
<tr>
<td>b: metabolic</td>
<td>4.1</td>
<td>1.8 -7.0</td>
</tr>
<tr>
<td>c: diabetis</td>
<td>4.9</td>
<td>2.2 -7.6</td>
</tr>
<tr>
<td>d: liver</td>
<td>3.0</td>
<td>0.4 -5.9</td>
</tr>
<tr>
<td>e: transp.liver</td>
<td>7.1</td>
<td>4.8 -9.1</td>
</tr>
<tr>
<td><strong>All patients</strong></td>
<td>4.0</td>
<td>1.3 -6.3</td>
</tr>
</tbody>
</table>

| **O-SLW/c/sq/v/5/q** | DMt= | |
| **A: Psychiatric** | 2.94 | |
| a: eating | 3.1 | 0.4 -6.1 |
| b: post-traumatic | 4.4 | 1.7 -7.5 |
| c: anxiety | 3.2 | 1.05-6.75 |
| d: affective | 3.2 | 2.25-3.85 |
| e: somatization | 4.9 | 2.25-5.2 |
| f: dependency | 4.3 | 2.2 -8.2 |
| **B: Somatic disorders** | 3.09 | |
| a: cardio-vascular | 5.1 | 2.2 -8.2 |
| b: metabolic | 4.4 | 1.6 -7.9 |
| c: diabetes | 5.95 | 2.4 -9.0 |
| d: liver | 6.2 | 2.8 -7.2 |
| e: transplantation | 8.1 | 6.0 -10.2 |
| **All patients** | 4.9 | 1.8 -7.9 |

All means transformed to range 0-10

### Correlational finding on Happiness and Current specific mental disorders

Subject code: M7.3

Study BLOCK 1981

Findings on Happiness and MENTAL HEALTH

Reported in: Block, M.; Zautra, A.
Satisfaction and Distress in a Community: A Test of the Effects of Life Events.
American Journal of Community Psychology, 1981, Vol. 9, 165 - 180 ISSN: 0091 0562
Page in Report: 174

Population: General public, 3 cities, Arizona, USA, 197?
Sample: Probability sample (unspecified)
Non-Response: 11%
N: 537

Correlate

Authors label: psychiatric symptoms (1)
Our classification: Current specific mental disorders, code M7.3
Measurement: Psychiatric symptoms were assessed by the 22-item Psychiatric Screening Inventory (Langner 1962)

Measured Values: M=3.04 SD= 2.87

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=-.21</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study

Reported in: Kainulainen, S.
Elämäntapahtumat ja Elämään Tyytyväisyys eri Sosiaaliluokissa. (Life Events and Satisfaction with Life in Different Social Classes; Summary).
Page in Report: 261

Sample: Probability sample (unspecified)
Non-Response: not rep
N: 2682
Findings on Happiness and MENTAL HEALTH

Authors label: Losing one's mind (1)

Our classification: Current specific mental disorders, code M7.3

Measurement: Have you experienced losing your mind (a) during the last year? (b) ever in your life?
Answer: No (=0) or Yes (=1).

Measured Values: Never: N = 2142 Ever in your life: N = 287

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/c/sq/v/5/g</td>
<td>r = -19</td>
<td>during the last year</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/g</td>
<td>r = -19</td>
<td>ever in your life</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/g</td>
<td>DM = -</td>
<td>never: M = 3.92</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ever in your life: M = 3.45</td>
</tr>
<tr>
<td></td>
<td></td>
<td>95% CI for difference: [0.35 ; 0.59]</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current specific mental disorders

Subject code: M7.3

Study

KAINU 1998

Page in Report: 261


Sample: Probability sample (unspecified)

Non-Response: not rep

N: 2682

Correlate

Authors label: Losing my memory (1)

Our classification: Current specific mental disorders, code M7.3
Findings on Happiness and MENTAL HEALTH

Measurement: Have you experienced losing your memory
   (a) during the last year?
   (b) ever in your life?
Answers: No(=0) or Yes(=1).

Measured Values: Never: N = 2021 Ever in your life: N = 408

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/c/sq/v/5/g</td>
<td>r = -0.11</td>
<td>during the last year</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/g</td>
<td>r = -0.13</td>
<td>ever in your life</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/g</td>
<td>DM =</td>
<td>never: M = 3.91</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ever in your life:   M = 3.63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>95% CI for difference: [0.19 ; 0.37]</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study
KAMMA 1979/3

Reported in: Kammann, R.
Sourcebook for Affectometer 1.
Why Not? Foundation, 1979?, Dunedin, New Zealand
Page in Report:

Population: Adults, general public, Dunedin, New Zealand, 1976

Sample:

Non-Response:

N: 62

Correlate

Authors label: Mental illness (1)
Our classification: Current specific mental disorders, code M7.3
Measurement: Mental Illness Scales of the Cornell Medical Index

Observed Relation with Happiness
### Happiness Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.43</td>
<td>Inadequacy</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.53</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.42</td>
<td>Anxiety</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.51</td>
<td>Sensitivity</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.36</td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.40</td>
<td>Tension</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td>r=-.60</td>
<td>Mental illness total</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current specific mental disorders

**Subject code: M7.3**

**Study**

*LEHMA 1988*

*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

*Population:* Chronic mental patients, USA, 1981

*Sample:* Non-probability purposive sample

**Non-Response:**

*N:* 469

**Correlate**

*Authors label:* Afective Disorder

*Our classification:* Current specific mental disorders, code M7.3

*Measurement:* Diagnosis

### Observed Relation with Happiness

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

Findings on Happiness and MENTAL HEALTH

Los Angeles: mentally ill residents of 30 large board-and-care homes

Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center

Rochester: chronically mentally ill residents of various supervised community residences

Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study

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

Population: Chronic mental patients, USA, 1981

Sample: Non-probability purposive sample

Non-Response:
N: 469

Correlate

Authors label: Organic Brain Disorder

Our classification: Current specific mental disorders, code M7.3

Measurement: Diagnosis

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v/7/a | r=.15 | Los Angeles: mentally ill residents of 30 large board-and-care homes

O-DT/u/sqt/v/7/a | r=.07 ns | Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center

O-DT/u/sqt/v/7/a | r=.08 ns | Rochester: chronically mentally ill residents of various supervised community residences
Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study LEHMA 1988

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

Population: Chronic mental patients, USA, 1981

Sample: Non-probability purposive sample

Non-Response:
N: 469

Correlate

Authors label: Alcoholism

Our classification: Current specific mental disorders, code M7.3

Measurement: Diagnosis

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=+.00 ns</td>
<td>Los Angeles: mentally ill residents of 30 large board-and-care homes</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.14 ns</td>
<td>Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.11 ns</td>
<td>Rochester: chronically mentally ill residents of various supervised community residences</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study LEHMA 1988
Findings on Happiness and MENTAL HEALTH

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

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

Non-Response:
N: 469

Correlate

Authors label: Mental retardation
Our classification: Current specific mental disorders, code M7.3
Measurement: Diagnosis

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/sqrt/v/7/a</td>
<td>r=+.06 ns</td>
<td>Los Angeles: mentally ill residents of 30 large board-and-care homes</td>
</tr>
<tr>
<td>O-DT/sqrt/v/7/a</td>
<td>r=+.20 ns</td>
<td>Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center</td>
</tr>
<tr>
<td>O-DT/sqrt/v/7/a</td>
<td>r=+.22 p&lt;.05</td>
<td>Rochester: chronically mentally ill residents of various supervised community residences</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current specific mental disorders
Subject code: M7.3

Study LEHMA 1988

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

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

Non-Response:
N: 469
Findings on Happiness and Mental Health

Correlate

Authors label: Personality Disorder

Our classification: Current specific mental disorders, code M7.3

Measurement: Diagnosis

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=-.06 ns</td>
<td>Los Angeles: mentally ill residents of 30 large board-and-care homes</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=-.07 ns</td>
<td>Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=-.13 ns</td>
<td>Rochester: chronically mentally ill residents of various supervised community residences</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current specific mental disorders

Subject code: M7.3

Study

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

Population: Chronic mental patients, USA, 1981

Sample: Non-probability purposive sample

Non-Response:

N: 469

Correlate

Authors label: Drug Abuse

Our classification: Current specific mental disorders, code M7.3

Measurement: Diagnosis
### 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/sqrt/v/7/a</td>
<td>r= -0.03  ns</td>
<td>Los Angeles: mentally ill residents of 30 large board-and-care homes</td>
</tr>
<tr>
<td>O-DT/sqrt/v/7/a</td>
<td>r= -0.13 ns</td>
<td>Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center</td>
</tr>
<tr>
<td>O-DT/sqrt/v/7/a</td>
<td>r= -0.08 ns</td>
<td>Rochester: chronically mentally ill residents of various supervised community residences</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current specific mental disorders

**Subject code: M7.3**

**Study**

- **Reported in:** Lewis, C.A.; Joseph, S; McCollam, P
- Page in Report: 498

- **Population:** University Students, UK, 1994
- **Sample:** Non-probability chunk sample
- **Non-Response:** 0
- **N:** 40

**Correlate**

- **Authors label:** Obsessionality
- **Our classification:** Current specific mental disorders, code M7.3
- **Measurement:** Obsessionality subscale of Croqn-Crisp (1979) Experiential Index
  - Items not reported

- **Measured Values:** Mean: 5.8; SD: 3.5
- **Error Estimates:** Cronbach Alpha .62
**Correlational finding on Happiness and Current specific mental disorders**  
**Subject code: M7.3**

<table>
<thead>
<tr>
<th>Study</th>
<th>RUDOL 2007</th>
</tr>
</thead>
</table>
| Reported in: | Rudolf, H.; Priebe, S.  
Subjective Quality of Life in Female In-Patients with Depression: A Longitudinal Study.  
DOI:10.1016/S00207640(01)00183-1  
Page in Report: 242 |
| Population: | Female mental patients, Berlin, followed 6 month, 1997 |
| Sample: | Non-probability chunk sample |
| Non-Response: | drop out at T2: 33% |
| N: | 185 |

**Correlate**

<table>
<thead>
<tr>
<th>Authors label:</th>
<th>diagnostic group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification:</td>
<td>Current specific mental disorders, code M7.3</td>
</tr>
</tbody>
</table>
| Measurement: | Clinical diagnosis of:  
a. Depression  
b. Alcoholism  
c. Schizophrenia |

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-DT/u/sq/v/7/c    | DM=        | depressives M= 2.8 +/- 1.5  
alcoholics M= 4.0 +/- 1.4  
schizophrenics M= 4.0 +/- 1.8 |
| O-DT/u/sq/v/7/c    | F=2.18 p<001 | a < b, c  
Unaffected by control for:  
- age  
- anxiety/depression |

Findings on Happiness and MENTAL HEALTH

**Study**

**VENTE 1995**

*Reported in:* Ventegodt, S. Livskvalitet i Danmark. (Quality of Life in Denmark). Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 [http://www.livskvalitet.org/t1/index.asp](http://www.livskvalitet.org/t1/index.asp)

*Page in Report:* 224

**Population:** 18-88 aged, general public, Denmark, 1993

**Sample:** Non-probability purposive sample

**Non-Response:** 39%

**N:** 1494

---

**Correlate**

**Authors label:** mental disorders (1)

**Our classification:** Current specific mental disorders, code M7.3

**Measurement:** Single question:

"Do you at present suffer from any of the following illnesses or disorders?"

- a: no illnesses/disorders
- b: nervous/mental disorders
- c: anorexia/bulimia
- d: mental depression

**Measured Values:** N: a:367, b:70, c:8, d:12

---

**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: no illnesses/disorders Mt=8.18  
 b: nervous/mental disorders Mt=5.33  
 c: anorexia/bulimia Mt=5.31  
 d: mental depression Mt=4.79  
 All Mt=7.60 |
| **O-SLu/c/sq/v/5/e** | DMt= | a: no illnesses/disorders Mt=7.78  
 b: nervous/mental disorders Mt=5.08  
 c: anorexia/bulimia Mt=5.00  
 d: mental depression Mt=4.16  
 All Mt=7.21 |
| **O-HL/c/sq/v/5/h** | DMt= | a: no illnesses/disorders Mt=7.19  
 b: nervous/mental disorders Mt=5.18  
 c: anorexia/bulimia Mt=6.56  
 d: mental depression Mt=4.79  
 All Mt=6.80 |
Correlational finding on Happiness and Alcoholic
Subject code: M7.3.1

Study RAKIB 2005

Reported in: Rakib, A; White P.D; Pinching, A.J.; Hedge, B.; et al
Subjective Quality of Life in Patients with Chronic Fatigue Syndrome.
Page in Report: 15


Sample: Non-probability chunk sample

Non-Response: 62.8%

N: 73

Correlate

Authors label: Chronic fatigue

Our classification: Alcoholic, code M7.3.1

Measurement:
A. CFS patients
B. Other patients
   a. alcoholic
   b. depressed
C. Normals (medical students)

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/v/7/e</td>
<td>DM = 4.1</td>
<td>A. CFS patients</td>
</tr>
<tr>
<td></td>
<td>p &lt; .08</td>
<td>M = 4.6 SD = 0.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>B. Other patients</td>
</tr>
<tr>
<td></td>
<td></td>
<td>a. alcoholic</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M = 4.4 SD = 0.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b. depressed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M = 3.5 SD = 0.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>C. Normals (medical students) M = 5.3 SD = 0.7</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Alcoholic
Subject code: M7.3.1

Study RUDOL 2007
Findings on Happiness and MENTAL HEALTH

Reported in: Rudolf, H.; Priebe, S.
Subjective Quality of Life in Female In-Patients with Depression: A Longitudinal Study.
DOI:10.1016/S0376-8716(01)00183-1
Page in Report: 242

Population: Female mental patients, Berlin, followed 6 month,1997
Sample: Non-probability chunk sample
Non-Response: drop out at T2: 33%
N: 185

Correlate

Authors label: diagnostic group
Our classification: Alcoholic, code M7.3.1
Measurement: Clinical diagnosis of:
a Depression
b Alcoholisme
c Schizophrenia

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/c</td>
<td>DM=</td>
<td>depressives M= 2.8 +/- 1.5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>alcoholics M= 4.0 +/- 1.4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>schizophrenics M= 4.0 +/- 1.8</td>
</tr>
</tbody>
</table>

F=2,18
p<.001
a < b, c
Unaffected by control for:
- age
- anxiety/depression

Correlational finding on Happiness and Paranoic
Subject code: M7.3.10

Study

Reported in: Diener, E.; Seligman, M.E.
Very Happy People.
Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415
Page in Report: 84

Population: Undergraduate students, US, 200?
Sample: Non-probability purposive sample
Findings on Happiness and Mental Health

Non-Response:

N: 222

Correlate

Authors label: Paranoia

Our classification: Paranoic, code M7.3.10

Measurement: Paranoia subscale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);

Paranoid symptoms are: feelings of persecution, grandiose self-concepts, suspiciousness, excessive sensitivity, and rigid opinions and attitudes.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>$E^2=0.14$</td>
<td>Mean paranoia</td>
</tr>
<tr>
<td></td>
<td>$p&lt;0.05$</td>
<td>a 10% least happy 12.3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b 27% close to average 10.1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c 10% most happy 8.8</td>
</tr>
<tr>
<td></td>
<td>MCT=</td>
<td>a &gt; b,c</td>
</tr>
<tr>
<td></td>
<td>$p&lt;0.05$</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Paranoic
Subject code: M7.3.10

Study

LEWIS 1996

Reported in: Lewis, C.A.; Joseph, S; McCollam, P
Page in Report: 498

Population: University Students, UK, 1994

Sample: Non-probability chunk sample

Non-Response: 0

N: 40

Correlate

Authors label: Phobic avoidance

Our classification: Paranoic, code M7.3.10
### Findings on Happiness and Mental Health

**Measurement:** Phobic avoidance subscale of Crown-Crisp (1979) Experiential Index

**Items not reported.**

**Measured Values:** Mean: 3.3; SD: 2.1

**Error Estimates:** Cronbach Alpha .27

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BMc/cw/mq/v/4/a</td>
<td>r = -0.27</td>
<td>p &lt; 0.05</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Psychasthenic

**Subject code:** M7.3.11

**Study**

**DIENE 2002A**

**Reported in:** Diener, E.; Seligman, M.E.

Very Happy People.

Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415

Page in Report: 84

**Population:** Undergraduate students, US, 200?

**Sample:** Non-probability purposive sample

**Non-Response:**

N: 222

### Correlate

**Authors label:** Psychasthenia

**Our classification:** Psychasthenic, code M7.3.11

**Measurement:** Psychasthenia of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);

Indicates excessive doubts, compulsions, obsessions, unreasonable fears, self-criticism, difficulties in concentration, and guilt feelings.

### 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 Mental Health

Mean psychasthenia

\[ E^2 = 0.31 \]
\[ p < 0.05 \]

- a 10% least happy 35.8
- b 27% close to average 29.7
- c 10% most happy 25.8

MCT =
\[ a > b > c \]
\[ p < 0.05 \]

---

Correlational finding on Happiness and Psychotic
Subject code: M7.3.12

Study

**Evans 2005**

Reported in: Evans, S.; Huxley, P.
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

Correlate

Authors label: Mental health

Our classification: Psychotic, code M7.3.12

Measurement:
1) Poor mental health: Patients of mental hospital
2) Moderate mental health: General public scoring >2 on GHQ
3) Good mental health: General public scoring <2 on GHQ

Measured Values: N = 1: 1119, 2: 794, 3: 149

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>DM =+</td>
<td>T1: 1999</td>
</tr>
</tbody>
</table>
|                   | p < 0.01   | - Good mental health: M = 5.37, SD = 0.86
|                   |            | - Moderate mental health: M = 4.15, SD = 1.26
|                   |            | - Poor mental health: M = 3.87, SD = 1.44

Correlational finding on Happiness and Schizophrenic
Subject code: M7.3.13

Study

ALEXA 1968

Reported in: Alexander, W.E.
Unpublished doctoral dissertation, 1968, Syracuse University, USA
Page in Report: 33

Population: Schizophrenic males non-hospitalized, Monroe County, New York, USA, 1964-65

Sample:
Non-Response: 28%, most of them patients' or family member refusal
N: 178

Correlate

Authors label: Being definitely schizophrenic (1)
Our classification: Schizophrenic, code M7.3.13
Measurement: Possibly schizophrenic vs definitely schizophrenic, as assessed by relative number of independent diagnoses, and having schizophrenic symptoms.

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/3/aa</td>
<td>Chi² = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Schizophrenic
Subject code: M7.3.13

Study

BARGE 1997
Correlate

Authors label: health

Our classification: Schizophrenic, code M7.3.13

Measurement:
1 patients
   a acute or chronic backpain
   b schizophrenia
   c anxiety disorders
   d major unipolar depression
2 healthy controls

Measured Values: N = 1a: 49, 1b: 55, 1c: 77, 1d: 63, 2: 84

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/mi/sgr/n/7/a</td>
<td>DM=+</td>
<td></td>
</tr>
<tr>
<td>1a</td>
<td>M = 4.54</td>
<td>Mt = 5.90</td>
</tr>
<tr>
<td>1b</td>
<td>M = 4.35</td>
<td>Mt = 5.58</td>
</tr>
<tr>
<td>1c</td>
<td>M = 3.46</td>
<td>Mt = 4.10</td>
</tr>
<tr>
<td>1d</td>
<td>M = 2.81</td>
<td>Mt = 3.02</td>
</tr>
<tr>
<td>Controls</td>
<td>M = 4.98</td>
<td>Mt = 6.63</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Schizophrenic
Subject code: M7.3.13

Study DIENE 2002A

Reported in: Diener, E.; Seligman, M.E.
Very Happy People.
Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415
Page in Report: 84

Correlate

Authors label: Schizophrenia

Our classification: Schizophrenic, code M7.3.13

Measurement: Schizophrenia subscale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);
Assesses a wide variety of content areas, including bizarre thought processes and peculiar perceptions, social alienation, poor familial relationships, difficulties in concentration and impulse control, lack of deep interests, disturbing questions of self-worth and self-identity, and sexual difficulties.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>E²= .28</td>
<td>Mean schizophrenia</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td>a 10% least happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b 27% close to average</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c 10% most happy</td>
</tr>
<tr>
<td></td>
<td>MCT=</td>
<td>a &gt; b &gt; c</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Schizophrenic
Subject code: M7.3.13

Study: LEHMA 1988

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

Population: Chronic mental patients, USA, 1981

Sample: Non-probability purposive sample

Non-Response:
N: 469
Correlate

Authors label: schizophrenia
Our classification: Schizophrenic, code M7.3.13
Measurement: Diagnosis

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/sqrt/v/a</td>
<td>r=+.01 ns</td>
<td>Los Angeles: mentally ill residents of 30 large board-and-care homes</td>
</tr>
<tr>
<td>O-DT/u/sqrt/v/a</td>
<td>r=+.17 ns</td>
<td>Rochester: chronically mentally ill inpatients at the Rochester (N.Y.) Psychiatric Center</td>
</tr>
<tr>
<td>O-DT/u/sqrt/v/a</td>
<td>r=+.17 ns</td>
<td>Rochester: chronically mentally ill residents of various supervised community residences</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Schizophrenic
Subject code: M7.3.13

Study


Population: Female mental patients, Berlin, followed 6 month, 1997
Sample: Non-probability chunk sample
Non-Response: drop out at T2: 33%
N: 185

Correlate

Authors label: diagnostic group
Our classification: Schizophrenic, code M7.3.13
Findings on Happiness and MENTAL HEALTH

**Measurement:** Clinical diagnosis of:
- Depression
- Alcoholism
- Schizophrenia

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-DT/u/sq/v/7/c | DM= | depressives M= 2.8 +/- 1.5  
    alcoholics M= 4.0 +/- 1.4  
    schizophrenics M= 4.0 +/- 1.8 |
| O-DT/u/sq/v/7/c | F=2.18 p<.001 | a < b, c  
    Unaffected by control for:  
    - age  
    - anxiety/depression |

---

**Correlational finding on Happiness and Schizophrenic Subject code: M7.3.13**

**Study**

*Reported in:* Sullivan, G.; Wells, K. B.; Leake, B.  
Quality of Life of Seriously Mentally Ill Persons in Mississippi.  
Hospital and Community Psychiatry, 1991, Vol. 42, 752 - 755. ISSN 0022 1597  
Page in Report: 753

*Population:* Former inpatients of mental hospital, Mississippi, 1988

*Sample:* Non-probability purposive-expert sample

*Non-Response:* 22%

*N:* 130

---

**Correlate**

*Authors label:* normal vs schizophrenia

*Our classification:* Schizophrenic, code M7.3.13

*Measurement:* 1 Non-mentally-ill  
    a national population  
    b low socio-economic subsample  
    c black-subsample  

    2 Schizophrenics: Mississippi sample
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>DM=</td>
<td>1. Non-mentally-ill</td>
</tr>
<tr>
<td></td>
<td></td>
<td>a national population M = 5.4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b low socio-economic M = 5.1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c black-subsample M = 4.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Misissipi schizophrenics M = 5.3</td>
</tr>
<tr>
<td></td>
<td>T²=+ ns</td>
<td>1a&lt;2</td>
</tr>
<tr>
<td></td>
<td>T²= ns</td>
<td>1b&gt;2</td>
</tr>
<tr>
<td></td>
<td>T²=+ p&lt;.05</td>
<td>1c&lt;2</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Anxious
Subject code: M7.3.3

Study

BARGE 1997


Population: Patients, Maastricht, The Netherlands, 199?

Sample: Probability sample (unspecified)

Non-Response: 0

N: 328

Correlate

Authors label: health

Our classification: Anxious, code M7.3.3
Findings on Happiness and Mental Health

**Measurement:**
- 1 patients
  - a acute or chronic backpain
  - b schizophrenia
  - c anxiety disorders
  - d major unipolar depression
- 2 healthy controls

**Measured Values:**
- N = 1a: 49, 1b: 55, 1c: 77, 1d: 63, 2: 84

**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/mi/sqr/n/7/a</td>
<td>DM =&gt;</td>
<td>Patients M = 3,71</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1a M = 4,54 Mt = 5,90</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1b M = 4,35 Mt = 5,58</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1c M = 3,46 Mt = 4,10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1d M = 2,81 Mt = 3,02</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Controls M = 4,98 Mt = 6,63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Anxious**

**Subject code: M7.3.3**

**Study**

**LEWIS 1996**

**Reported in:**
Lewis, C.A.; Joseph, S; McCollam, P
Convergent Validity of the Depression-Happiness Scale with the Crown-Crisp Experiential Index.
Psychological Reports, 1996, Vol. 78, 497 - 498
Page in Report: 498

**Population:**
University Students, UK, 1994

**Sample:**
Non-probability chunk sample

**Non-Response:**
0

**N:**
40

**Correlate**

**Authors label:**
Free floating anxiety

**Our classification:**
Anxious, code M7.3.3

**Measurement:**
Free floating anxiety subscale of Crown-Crisp (1979)
Experiential Index
Items not reported

**Measured Values:**
Mean: 6,1; SD: 3,4

**Error Estimates:**
Cronbach alpha .66
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BMc/cw/mq/v/4/a</td>
<td>r=-.63</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Anxious
Subject code: M7.3.3

Study


Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response:

N: 211

Correlate

Authors label: Rand Anxiety Scale score

Our classification: Anxious, code M7.3.3

Measurement: Self-report on characteristic distress symptoms:
- worry
- irritability
- tension
- listlessness
- poor sleeping
- problems
- demoralisation

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=-.60</td>
<td>p&lt;.0001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4
Findings on Happiness and Mental Health

**Study**  
**ABBEY 1985**

*Reported in:* Abbey, A.; Andrews, F.M.  
Modeling the Psychological Determinants of Life Quality.  
Social Indicators Research, 1985, Vol. 16, 1 - 34. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00317657  
Page in Report: 16

*Population:* Tranquilizer users, Detroit, USA, 1984  
*Sample:* Non-probability purposive-quota sample  
*Non-Response:* 40%  
*N:* 675

**Correlate**

*Authors label:* Depression (1)  
*Our classification:* Depressive, code M7.3.4  
*Measurement:* Sub-scale of Hopkins Symptom Checklist items were trapped: lonely, blue, hopeless. 1 = not at all, 4 = extremely.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-ACO/cw/mq/*/20/a</td>
<td>r=-.69</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive  
Subject code: M7.3.4

**Study**  
**BAKER 2005**

*Reported in:* Baker, L.A.; Lawrence, P.; Cahalin, K.G.; Burr, J.A.  
Productive Activities and Subjective Well-Being among Older Adults: the Influence of Number of Activities and Time Commitment.  
Social Indicators Research, 2005, Vol. 73, 431 - 458. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/s11205-005-0805-6  
Page in Report: 443

*Population:* 60+ aged, USA, followed 3 years 1986-1989  
*Sample:* Probability stratified sample  
*Non-Response:*  
*N:* 1279

**Correlate**
Findings on Happiness and Mental Health

Authors label: CESD2 (depressive symptoms index)
Our classification: Depressive, code M7.3.4
Measurement: 11-item CES-D score

Measured Values: Range 0-16, M = 3.4, SD = 2.7
Error Estimates: Cronbach Alpha: .78

Observed Relation with Happiness

<table>
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<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r = -.31</td>
<td>T2 depression by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/n/7/a</td>
<td>r = 3.6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

BARGE 1997

Reported in: Barge-Schaapveld, Q.C.; Nicolsen, N.A.; Delespaull, P.A.; DeVries, M.W.
Assessing Daily Quality of Life with the Experience Sampling Method.
Page in Report: 101

Population: Patients, Maastricht, The Netherlands, 199?
Sample: Probability sample (unspecified)
Non-Response: 0
N: 328

Correlate

Authors label: health
Our classification: Depressive, code M7.3.4
Measurement: 1 patients
   a acute or chronic backpain
   b schizophrenia
   c anxiety disorders
   d major unipolar depression
   2 healthy controls

Measured Values: N = 1a: 49, 1b: 55, 1c: 77, 1d: 63, 2: 84
Observed Relation with Happiness

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<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-ARE/mi/sqr/n7/a  | DM=+       | Patients M = 3.71  
1a M = 4.54 Mt = 5.90 
1b M = 4.35 Mt = 5.58 
1c M = 3.46 Mt = 4.10 
1d M = 2.81 Mt = 3.02 |
|                   |            | Controls 2 M = 4.98 Mt = 6.63 |

**Correlational finding on Happiness and Depressive**

**Subject code: M7.3.4**

**Study**


*Population:* 18+aged, Australia, 2004

*Sample:* Probability area sample

*Non-Response:* 72

*N:* 2000

**Correlate**

*Authors label:* Depression

*Our classification:* Depressive, code M7.3.4

*Measurement:* Single question:

How depressed do you generally feel on a scale from 0 to 10?

*Remarks:* Surveys 10&11

Observed Relation with Happiness
Findings on Happiness and Mental Health

M-FH/g/sq/n/11/b  r=-.38  All
M-FH/g/sq/n/11/b  r=-.50  age 18–25
M-FH/g/sq/n/11/b  r=-.44  age 26–35
M-FH/g/sq/n/11/b  r=-.38  age 36–45
M-FH/g/sq/n/11/b  r=-.47  age 46–55
M-FH/g/sq/n/11/b  r=-.42  age 56–65
M-FH/g/sq/n/11/b  r=-.37  age 66–75
M-FH/g/sq/n/11/b  r=-.42  age 70+

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

Reported in: Cummins, R.A.; Eckersley, R.; Lo, S.K.; Okerstrom, E.; et al
Page in Report: B68+B69

Population: 18+aged, Australia, 2004
Sample: Probability area sample
Non-Response: 88%
N: 1997

Correlate

Authors label: Depression
Our classification: Depressive, code M7.3.4
Measurement: Single question:
How depressed do you generally feel on a scale from 0 to 10?
**Observed Relation with Happiness**

<table>
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<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .47</td>
<td>All</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .50</td>
<td>age 18–25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .51</td>
<td>age 26–35</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .49</td>
<td>age 36–45</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .47</td>
<td>age 46–55</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .42</td>
<td>age 56–65</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .37</td>
<td>age 66–75</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/n/11/b</td>
<td>r = .42</td>
<td>age 76+</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Depressive**

**Subject code: M7.3.4**

**Study**

**Reported in:** Dershem, L.D.; Patsiorkovski, V.V.; O'Brien, D.J. The Use of the CES-D for Measuring Symptoms of Depression in Three Rural Russian Villages. Social Indicators Research, 1996, Vol. 39, 89 - 108 ISSN: 0303 8300

**Population:** Household heads, villages, Russia 1993

**Sample:** Probability stratified sample

**Non-Response:** not reported

**N:** 263

**Correlate**

**Authors label:** Center for Epidemiological Studies Depression Scale (CES-D Sc (1)}
Findings on Happiness and Mental Health

Our classification: Depressive, code M7.3.4

Measurement: Self report on 11 questions about symptoms during the past week:
- Blues
- Effort
- Depressed
- Fearful
- Poor appetite
- Happy
- Enjoyed life
- Hopeful
- People disliked me
- Lonely
- Could not get going

Rating:
0 = none of the time,
1 = some or little
2 = occasionally or moderate amount
3 = most or all of the time

Shortened Russian version of CES-D scale (original 20 items)

Measured Values: Range 3.33 to 48.12, mean 22.45 70% showed symptoms of depression (higher than 16)

Error Estimates: Cronbach alpha: 0.79

Remarks: 21% did not answer all items of the inventory and were excluded (mostly males)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SL?/g/sq/n/7/a</td>
<td>r= -0.42</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;0.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study DIENE 2002A

Reported in: Diener, E.; Seligman, M.E.
Very Happy People.
Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415
Page in Report: 84

Population: Undergraduate students, US, 200?

Sample: Non-probability purposive sample

Non-Response:
Findings on Happiness and MENTAL HEALTH

**N:** 222

### Correlate

**Authors label:** Depression  
**Our classification:** Depressive, code M7.3.4  
**Measurement:** Depression subscale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections); Facets are:  
- Poor morale  
- lack of hope in the future  
- a general dissatisfaction with one's own life situation.  
High scores are clinical depression whilst lower scores are more general unhappiness with life.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>mqr</em>/0/a</td>
<td>$F^2=39$</td>
<td>Mean depression</td>
</tr>
<tr>
<td></td>
<td>$p&lt;05$</td>
<td>a 10% least happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>26.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b 27% close to average</td>
</tr>
<tr>
<td></td>
<td></td>
<td>19.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c 10% most happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15.9</td>
</tr>
<tr>
<td>M-AO/<em>mqr</em>/0/a</td>
<td>MCT=</td>
<td>a &gt; b &gt; c</td>
</tr>
<tr>
<td></td>
<td>$p&lt;05$</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Depressive  
**Subject code:** M7.3.4

**Study**  
**EVANS 2005**  
**Reported in:** Evans, S.; Huxley, P.  
Adaptation, Response-shift and Quality of Life Ratings in Mentally Well and Unwell Groups.  
Page in Report: 1929-1730

**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 depression
**Findings on Happiness and Mental Health**

*Our classification:* Depressive, code M7.3.4

*Measurement:* T1-T2 change in report of depression

A: Stopped being depressed
   0 no
   1 yes

B: Became depressed
   0 no
   1 yes

*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 = -.46, p &lt; .001</td>
<td>T1-T2 STOPPED being depressed by T2 happiness</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>B = .47, p &lt; .001</td>
<td>T1-T2 BECAME depressed by T2 happiness</td>
</tr>
</tbody>
</table>

B's controlled for:
- T1 happiness
- T1 health
- T1-T2 change in situation

---

**Correlational finding on Happiness and Depressive**

*Subject code:* M7.3.4

**Study**


*Page in Report:* 42

*Population:* 18+ aged, Victoria, Australia, followed from 1981 to 1989

*Sample:* Probability stratified sample

*Non-Response:*

*N:* 502

**Correlate**

*Authors label:* BDI (Beck Depression Inventory)

*Our classification:* Depressive, code M7.3.4
Findings on Happiness and MENTAL HEALTH

**Measurement:** Self report on 21 item Beck Depression Inventory
The BDI comprises 21 items measuring both affects and symptoms. The items are in multiple choice format, with the respondent being asked the description that best fits 'how you have been feeling lately'.
Beck et al. 1961 Archives of General Psychiatry 4, 561-571.

---

### 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/n/11/a</td>
<td>r=-.49</td>
<td></td>
</tr>
</tbody>
</table>

---

### Correlational finding on Happiness and Depressive

**Subject code: M7.3.4**

**Study**

**HEADE 1993**

Dimensions of Mental Health: Life Satisfaction, Positive Affect, Anxiety and Depression. Social Indicators Research, 1993, Vol. 29, 63 - 82. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01136197
Page in Report: 68

*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:* Beck Depression Inventory

*Our classification:* Depressive, code M7.3.4

*Measurement:* Self report on 21 item Bech Depression Inventory
The BDI comprises 21 items measuring both affects and symptoms. The items are in multiple choice format, with the respondent being asked the description that best fits 'how you have been feeling lately'.
Beck et al. 1961 Archives of General Psychiatry 4, 561-571.
Findings on Happiness and MENTAL HEALTH

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

Reported in: Headey, B.
Old Age is not Downhill: The Satisfactions and Well-Being of Older Australians.
Page in Report: 33

Population: 24 - 76 aged, general public Victoria, Australia, 1987

Sample: Probability simple random sample

Non-Response: 0 %

N: 649

Correlate

Authors label: Depression

Our classification: Depressive, code M7.3.4


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/9/a</td>
<td>r=.59</td>
<td>Correlations were disattenuated for measurement error</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

Reported in: Heinomen, H.; Aro, A.R.; Uutela, A.
Is the Evaluation of the Global Quality of Live Determined by Emotinal Status?
Quality of Life Research, 2004, Vol. 13, 1347 - 1356. ISSN 0962 9343 DOI:10.1023/B:QURE.0000040788.12947.b9 DOI:10.1023/B:QURE.0000040788.12947.b9
Page in Report: 1352 -1354

Population: 25-65 aged, 5 regions, Finland, 1997
Sample: Probability stratified sample
Non-Response: 36%
N: 3838

Correlate

Authors label: Depression
Our classification: Depressive, code M7.3.4
Measurement: Beck Depression Inventory

Measured Values: Mean 8.0 SD 7.6
Remarks: BDI Beck Depression 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-QLS/cm/sq/ol/101/a</td>
<td>r=.59</td>
<td>males</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>O-QLS/cm/sq/ol/101/a</td>
<td>Beta=.27</td>
<td>females</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-QLS/cm/sq/ol/101/a</td>
<td>r=.57</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>O-QLS/cm/sq/ol/101/a</td>
<td>Beta=.25</td>
<td>Beta's controled for</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td>- socio-demographics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- employment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- marital status</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- physical health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- self rated health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- number of diseases</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- functional well-being</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- self rated physical condition</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- ability to perform daily activities (ADL)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- social well-being</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- social support</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- satisfaction with family</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- satisfaction with life-achievements</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4
### Study

**HOLLO 1999**

*Reported in:* Holloway, F.; Carson, J.  
Subjective Quality of Life, Psychopathlogy, Satisfaction with Care and Insight: an Exploratory Study.  
Page in Report: 262

**Population:** Mental patients, followed 3 years, UK 1990-1993  
**Sample:** Non-probability purposive sample  
**Non-Response:** 0  
**N:** 70

### Correlate

**Authors label:** Beck Depression Inventory (BDI)  
**Our classification:** Depressive, code M7.3.4  
**Measurement:**

- A: I am sad  
- B: I am afraid of the future  
- C: I failed as a person  
- D: I am not happy  
- E: I feel guilty  
- F: I have being punished  
- G: I feel disapointed  
- H: I am a bad person  
- I: I think often over a suicide  
- J: I am crying very often  
- K: I feel get annoyed  
- L: I have lack of interest in other persons  
- M: I have lack of dissiision  
- N: I am not good-looking  
- O: I dislike work  
- P: I sleep not well  
- Q: I am fatigue  
- R: I have a lack of appetite  
- S: I have lost weight  
- T: I am afraid of my health  
- U: I have lack of interst in sex

**Measured Values:** Each question has a set of at least four possible answer choices, ranging in intensity. For example: - I do feel sad - I feel sad - I am sad all the time and I can't snap out of it - I am so sad or unhappy that I can't stand it

**Remarks:** Beck et al. (1979) Depression Inventory

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/v7/a</td>
<td>r = .41</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

O-DT/u/sqt/v/7/a
rpc=.28
p<.004
rpc controled for depression as measured by subscale of Compresensive Psychatric Rating Scale (CPRS)

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

HOLLO 1999

Reported in: Holloway, F.; Carson, J.

Population: Mental patients, followed 3 years, UK 1990-1993

Sample: Non-probability purposive sample

Non-Response: 0

N: 70

Correlate

Authors label: CPRS depression

Our classification: Depressive, code M7.3.4

Measurement:

1. Sadness
2. Elation
3. Inner tension
4. Hostile feelings
5. Inability to feel
6. Pessimistic thoughts
7. Suicidal thoughts
8. Hypochondriasis
9. Worrying over trifles
10. Compulsive thoughts
11. Phobias
12. Rituals
13. Indecision
14. Lassitude
15. Fatiguability
16. Concentration difficulties
17. Failing memory
18. Reduced appetite
19. Reduced sleep
20. Increased sleep
21. Reduced sexual interest
22. Increased sexual interest
23. Autonomic disturbances
24. Aches and pains
25. Muscular tension
26. Loss of sensation or movement
27. Realisation
Findings on Happiness and MENTAL HEALTH

28. Depersonalization  
29. Feeling controlled  
30. Disrupted thoughts  
31. Ideas of persecution  
32. Ideas of grandeur  
33. Delusional mood  
34. Ecstatic experiences  
35. Morbid jealousy  
36. Other delusions  
37. Commenting voices  
38. Other auditory hallucinations  
39. Visual hallucinations  
40. Other hallucinations

Observed  
41. Apparent sadness  
42. Elated mood  
43. Hostility  
44. Labile emotional responses  
45. Lack of appropriate emotion  
46. Autonomic disturbances  
47. Sleepiness  
48. Distractability  
49. Withdrawal  
50. Perplexity  
51. Blank spells  
52. Disorientation  
53. Pressure of speech  
54. Reduced speech  
55. Specific speech defects  
56. Flight of ideas  
57. Incoherent speech  
58. Perseveration  
59. Overactivity  
60. Slowness of movement  
61. Agitation  
62. Involuntary movements  
63. Muscular tension  
64. Mannerisms and postures  
65. Hallucinatory behaviour  
66. Global rating of illness  
67. Assumed reliability of the rating

Remarks: Comprehensive Psychiatric Rating Scale (CPRS) [Asberg et al 1978]

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/v7/a</td>
<td>r=-.40</td>
<td>p&lt;0.000</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Depressive Subject code: M7.3.4

Study
KOIVU 2001


Population: depression patients, out-clinic, Finland, 1996

Sample: Non-probability purposive sample

Non-Response: 8%

N: 203

Correlate

Authors label: Depression(1)

Our classification: Depressive, code M7.3.4

Measurement: Self-report on 21 item Beck Depression Inventory (BDI)

Measured Values: Range:0-63 Nomal mood (BDI 0-9): N = 21 Depressed (BDI 10-63) N = 167

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/5/j</td>
<td>r=+.60</td>
<td>T1</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/j</td>
<td>r=+.74</td>
<td>T2</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/j</td>
<td>r=+.72</td>
<td>T3</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive Subject code: M7.3.4
Study KOIVU 2001

Page in Report: 41

Population: depression patients, out-clinic, Finland, 1996
Sample: Non-probability purposive sample
Non-Response: 8%
N: 203

Correlate

Authors label: Depression (2)
Our classification: Depressive, code M7.3.4
Measurement: Self report on Beck Depression Inventory, psychological/cognitive dimension, items 3,5-9,11,13,14 (BDIPSY)

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/5/j</td>
<td>r=+.51</td>
<td>T1</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/j</td>
<td>r=+.68</td>
<td>T2</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/j</td>
<td>r=+.67</td>
<td>T3</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study KOIVU 2001

Page in Report: 41

Population: depression patients, out-clinic, Finland, 1996
Sample: Non-probability purposive sample
Findings on Happiness and MENTAL HEALTH

Non-Response: 8%
N: 203

Correlate

Authors label: Depression(3)
Our classification: Depressive, code M7.3.4
Measurement: Selfreport on Beck Depression Inventory, somatic/vegetative dimension, items 15-21 (BDISOM)

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/5/j</td>
<td>r=+.42</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>r=+.63</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>r=+.55</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study KOIVU 2003

Reported in: Koivumaa-Honkanen H.; Honkanen R.; Koskenvuo M.; Kaprio J.
Self-Reported Happiness in Life and Suicide in Ensuing 20 Years.
Social Psychiatry Psychiatric Epidemiology, 2003, Vol. 38, 244 - 248. ISSN 0933 7954. DOI:10.1007/s00127-003-0625-4
Page in Report: 247

Population: Adults, Finland, 1976-1995
Sample: Non-probability purposive sample
Non-Response: 16%
N: 29067

Correlate

Authors label: Depression
Our classification: Depressive, code M7.3.4
Findings on Happiness and Mental Health

**Measurement:** Beck depression inventory (BDI)
- 0 BDI < 10 : normal
- 1 BDI 10–18 : mild depression
- 2 BDI > 18 : severe depression

**Measured Values:** N: 0 = 8,638, 1 = 1,361, 2 = 315

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-HL/c/sq/v/5j</td>
<td>F = +164</td>
<td>Statistics computed from cross table</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td></td>
</tr>
</tbody>
</table>

N (COLUMN %)

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>8,051(93%)</td>
<td>870(64%)</td>
<td>85(27%)</td>
</tr>
<tr>
<td>cannot say</td>
<td>388</td>
<td>171</td>
<td>40</td>
</tr>
<tr>
<td>Unhappy</td>
<td>199</td>
<td>320</td>
<td>190</td>
</tr>
</tbody>
</table>

Multiple comparison test: 0 > 1 > 2

**Correlational finding on Happiness and Depressive Subject code: M7.3.4**

**Study**

LEWIS 1996

*Reported in:* Lewis, C.A.; Joseph, S; McCollam, P
Convergent Validity of the Depression-Happiness Scale with the Crown-Crisp Experiential Index.
Psychological Reports, 1996, Vol. 78, 497 - 498
Page in Report: 498

*Population:* University Students, UK, 1994

*Sample:* Non-probability chunk sample

*Non-Response:* 0

*N:* 40

**Correlate**

*Authors label:* Depression

*Our classification:* Depressive, code M7.3.4

Items not reported.

*Measured Values:* Mean: 3.9; SD: 2.9

*Error Estimates:* Cronbach Alpha .67
Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BM/cw/mq/v/4/a</td>
<td>r=-.78</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study LICHT 1980/2

*Reported in:* Lichter, S.; Haye, F.; Kamman, R.
Increasing Happiness through Cognitive Retraining.
New Zealand Psychologist, 1980, Vol.9, 57 - 64
Page in Report: 63

*Population:* Psychology students, followed 2 weeks, University of Otago New Zealand, 1976

*Sample:

*Non-Response:*

*Correlate:

*Authors label:* Beck Depression Inventory (1)

*Our classification:* Depressive, code M7.3.4

*Measurement:* Assessed at T1

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/u/mq/v/5/b</td>
<td>r=-.72</td>
<td>Happiness assessed at T1</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study LINN 1986
Findings on Happiness and MENTAL HEALTH

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: 833

Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response: 
\[ N = 211 \]

Correlate

Authors label: Zung Depression Scale score

Our classification: Depressive, code M7.3.4

Measurement: Selfreport on 20 questions
- a. I feel down-hearted and blue
- b. Morning is when I feel the best
- c. I have crying spells or feel like it
- d. I have trouble sleeping at night
- e. I eat as much as I used to
- f. I still enjoy sex
- g. I notice that I am losing weight
- h. I have trouble with constipation
- i. My heart beats faster than usual
- j. I get tired for no reason
- k. My mind is as clear as it used to be
- l. I find it easy to do the things I used to
- m. I am restless and can't keep still
- n. I feel hopeful about the future
- o. I am more irritable than usual
- p. I find it easy to make decisions
- q. I feel that I am useful and needed
- r. My life is pretty full
- s. I feel that others would be better off if I were dead
- t. I still enjoy the things I used to do

Adapted from Zung

Error Estimates: Cronbach alpha. 8c

Remarks: Adapted from Zung Depression 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-DT/u/sq/v/7/a</td>
<td>r = -.61</td>
<td>p &lt; .0001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study: LOMRA 1981


Population: 18-40 aged college students Tel Aviv, Israel, 198?

Sample:

Non-Response:

N: 167

Correlate

Authors label: Depression (2)

Our classification: Depressive, code M7.3.4

Measurement: The DACL (Depression Adjective Check Lists, Lubin, 1967) is a 34 item self report inventory of state depression. Respondents completed three versions, which were presented in random order.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>r= .52</td>
<td>Version E</td>
</tr>
<tr>
<td></td>
<td>p&lt; .01</td>
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<tr>
<td>A-BB/cm/mq/v2/a</td>
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<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r= .49</td>
<td>Version G</td>
</tr>
<tr>
<td></td>
<td>p&lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4
**Study**

**LOMRA 1981**

**Reported in:** Lomranz, J.; Lubin, B.; Eyal, N.; Medini, G.
Page in Report: 383

**Population:** 18-40 aged college students Tel Aviv, Israel, 198?

**Sample:**

**Non-Response:**

\[ N: 167 \]

---

**Correlate**

**Authors label:** Depression (1)

**Our classification:** Depressive, code M7.3.4

**Measurement:** The DACL (Depression Adjective Check Lists, Lubin, 1967) is a 34 item self report inventory of state depression. Respondents completed three versions, which were presented in random order.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| C-BW/c/sq/l/11/a   | \( r = -0.52 \)  
                     | \( p < 0.01 \)  | Version E           |
| A-BB/cm/mq/v/2/a   | \( r = -0.51 \)  
                     | \( p < 0.01 \)  | Version E           |
| C-BW/c/sq/l/11/a   | \( r = -0.49 \)  
                     | \( p < 0.01 \)  | Version F           |
| A-BB/cm/mq/v/2/a   | \( r = -0.50 \)  
                     | \( p < 0.01 \)  | Version F           |
| A-BB/cm/mq/v/2/a   | \( r = -0.49 \)  
                     | \( p < 0.01 \)  | Version G           |
| C-BW/c/sq/l/11/a   | \( r = -0.47 \)  
                     | \( p < 0.01 \)  | Version G           |

---

**Correlational finding on Happiness and Depressive**

**Subject code:** M7.3.4

**Study**

**LOMRA 1981**

Findings on Happiness and MENTAL HEALTH

Reported in: Lomranz, J.; Lubin, B.; Eyal, N.; Medini, G.
A Hebrew Version of the Depression Adjective Check Lists.
Page in Report: 383

Population: 18-40 aged college students Tel Aviv, Israel, 198?

Sample: Non-Response:
N: 167

Correlate

Authors label: Depression (3)
Our classification: Depressive, code M7.3.4
Measurement: The DACL (Depression Adjective Check Lists, Lubin, 1967) is a 34 item self report inventory of state depression. Respondents completed three versions, which were presented in random order.

Observed Relation with Happiness

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<tbody>
<tr>
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<td>Version E</td>
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<td>p &lt; .01</td>
<td></td>
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<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r = .51</td>
<td>Version E</td>
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<td>p &lt; .01</td>
<td></td>
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<tr>
<td>C-BW/c/sq/l11/a</td>
<td>r = .49</td>
<td>Version F</td>
</tr>
<tr>
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<td>p &lt; .01</td>
<td></td>
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<tr>
<td>A-BB/cm/mq/v2/a</td>
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<td>Version F</td>
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<td></td>
<td>p &lt; .01</td>
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<tr>
<td>C-BW/c/sq/l11/a</td>
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<td>p &lt; .01</td>
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<td>A-BB/cm/mq/v2/a</td>
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<td>Version G</td>
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<td>p &lt; .01</td>
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</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study LUDWI 1971
Findings on Happiness and MENTAL HEALTH

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:

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

Correlate

Authors label: Depression. (1)
Our classification: Depressive, code M7.3.4
Measurement: 21-item index containing closed questions on pessimism, 
failure, dissatisfaction, sadness, guilt, punishment, 
disappointment, inferiority, suicide, crying, irritation, 
losing interest, indecisiveness, ugliness, inability to 
work, sleeplessness, tiredness, lack of appetite, loss of weight, concern about health, sexual listlessness. 
(Depression Inventory; see Beck et al., 1961)

Observed Relation with Happiness

Happiness Measure                      Statistics   Elaboration/Remarks
A-AOL/u/mg/v/10/a                    $r = .47$   
p<.01

Correlational finding on Happiness and Depressive 
Subject code: M7.3.4

Study

NEUBE 1978

Reported in: Neuberger, O.; Allerbeck, M. 
Verlag Hans Huber, 1978, Bern, Switzerland 
Page in Report: 147

Population: Employees, glass-repairing industry, West-Germany, 1976

Sample:

Non-Response:

N: 106

Correlate
Findings on Happiness and MENTAL HEALTH

Authors label: Depressiveness (2)
Our classification: Depressive, code M7.3.4
Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied,
inferior, day-dreamy behavior vs well-balanced, satisfied,
certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973,
short form A).

Observed Relation with Happiness

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<tbody>
<tr>
<td>O-SLS/c/sq/i7/a</td>
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<td>p&lt;.05</td>
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</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study
NEUBE 1978
Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147

Population: Employees, glass-repairing industry, West-Germany, 1976

Sample:
Non-Response:
N: 106

Correlate
Authors label: Depressiveness (1)
Our classification: Depressive, code M7.3.4
Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied,
inferior, day-dreamy behavior vs well-balanced, satisfied,
certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
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### Observed Relation with Happiness

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<tr>
<td>O-SLS/c/sqf7/a</td>
<td>r = -0.25</td>
<td>p &lt; 0.05</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Depressive

**Subject code: M7.3.4**

**Study**


Page in Report: 147

**Population:** Employees, commercial and textile-manufacturing occupations, West-Germany, 1977

**Sample:**

**Non-Response:**

N: 110

### Correlate

**Authors label:** Depressiveness (2)

**Our classification:** Depressive, code M7.3.4

**Measurement:** Index of direct questions about:

- Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.

- Part of 114 item Freiburger Persönlichkeits Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

### Observed Relation with Happiness

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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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<tbody>
<tr>
<td>O-SLS/c/sqf7/a</td>
<td>r = -0.24</td>
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</tbody>
</table>

### Correlational finding on Happiness and Depressive

**Subject code: M7.3.4**
Findings on Happiness and MENTAL HEALTH

Study NEUBE 1978/2

Page in Report: 147

Population: Employees, commercial and textile-manufacturing occupations, West-Germany, 1977

Sample:

Non-Response:

N: 110

Correlate

Authors label: Depressiveness (1)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

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</tr>
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<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r = -.24</td>
<td>p &lt; .01</td>
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</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study NEUBE 1978/3

Page in Report: 147

Population: Employees, metal-industry, West-Germany, 1977

Sample:

Non-Response:

N: 84
Correlate

Authors label: Depressiveness (1)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied,
inferior, day-dreamy behavior vs well-balanced, satisfied,
certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973,
short form A).

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
O-SLS/c/sqfi7/a r=-.21 ns

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147

Population: Employees, metal-industry, West-Germany, 1977

Sample:

Non-Response:

N: 84

Correlate

Authors label: Depressiveness (2)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied,
inferior, day-dreamy behavior vs well-balanced, satisfied,
certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973,
short form A).
### Observed Relation with Happiness

<table>
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<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sqfi7/a</td>
<td>$r = -0.21$ ns</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Depressive

**Subject code: M7.3.4**

**Study**

- **NEUBE 1978/4**

  **Reported in:** Neuberger, O.; Allerbeck, M. Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Satisfaction with Work). Verlag Hans Huber, 1978, Bern, Switzerland
  
  **Page in Report:** 147

  **Population:** Skilled labourers, West-Germany, 1976

  **Sample:**

  **Non-Response:**

  - **$N$: 55**

**Correlate**

- **Authors label:** Depressiveness (1)
- **Our classification:** Depressive, code M7.3.4
- **Measurement:** Index of direct questions about: Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
  
  Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

### Observed Relation with Happiness

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<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sqfi7/a</td>
<td>$r = -0.49$ $p &lt; 0.01$</td>
<td></td>
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</tbody>
</table>

### Correlational finding on Happiness and Depressive

**Subject code: M7.3.4**

**Study**

- **NEUBE 1978/4**
Findings on Happiness and MENTAL HEALTH

Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147

Population: Skilled labourers, West-Germany, 1976

Sample:

Non-Response:

N: 55

Correlate

Authors label: Depressiveness (2)

Our classification: Depressive, code M7.3.4

Measurement:

Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
O-SLS/c/sq/i7/a r=-.49 p<.01

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

NEUBE 1978/5

Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147

Population: Administrative employees, General Sickfund, West-Germany, 1976

Sample:

Non-Response:

N: 60

Correlate
Findings on Happiness and MENTAL HEALTH

Authors label: Depressiveness (2)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

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<tbody>
<tr>
<td>O-SLS/c/sq/fi7/a</td>
<td>r=ns</td>
<td></td>
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</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

NEUBE 1978/5

Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147

Population: Administrative employees, General Sickfund, West-Germany, 1976

Sample:

Non-Response:

N: 60

Correlate

Authors label: Depressiveness (1)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness
Findings on Happiness and Mental Health

<table>
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<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f7/a</td>
<td>r= ns</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Depressive**

**Subject code: M7.3.4**

**Study**


**Population:** Employees, assembly-industry, West-Germany, 1976

**Sample:**

**Non-Response:**

N: 111

**Correlate**

**Authors label:** Depressiveness (1)

**Our classification:** Depressive, code M7.3.4

**Measurement:** Index of direct questions about: Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action. Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

**Observed Relation with Happiness**

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<tbody>
<tr>
<td>O-SLS/c/sq/f7/a</td>
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<td></td>
<td>p&lt;.01</td>
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</table>

**Correlational finding on Happiness and Depressive**

**Subject code: M7.3.4**

**Study**

**NEUBE 1978/7**
Findings on Happiness and MENTAL HEALTH


Population: Employees, assembly-industry, West-Germany, 1976

Sample:

Non-Response:

N: 111

Correlate

Authors label: Depressiveness (2)
Our classification: Depressive, code M7.3.4
Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

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<tbody>
<tr>
<td>O-SLS/c/sq/f7/a</td>
<td>r = .39</td>
<td>p &lt; .01</td>
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</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

NEUBE 1978/9


Population: Young female employees, cure-clinic, West Germany, 1976

Sample:

Non-Response:

N: 150

Correlate
Authors label: Depressiveness (2)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

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<tbody>
<tr>
<td>O-SLS/c/sq/fi7/a</td>
<td>r=-.36</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

NEUBE 1978/9

Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147

Population: Young female employees, cure-clinic, West Germany, 1976

Sample:
Non-Response:
N: 150

Correlate

Authors label: Depressiveness (1)

Our classification: Depressive, code M7.3.4

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar
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Observed Relation with Happiness

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</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>( r = -0.36 ) ( p &lt; 0.01 )</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive Subject code: M7.3.4

Study

**Packe 1997**


*Population:* 18-40 aged, schizophrenics, Canada, 199?

*Sample:* Non-probability purposive sample

*Non-Response:* 

\( N = 40 \)

Correlate

*Authors label:* Depressive mood

*Our classification:* Depressive, code M7.3.4

*Measurement:* rating bij a psychiatrist of the item 'depression' of the BPRS, on a 7-point scale of severity.

Observed Relation with Happiness

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<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 = -0.42 ) ( p &lt; 0.01 )</td>
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</tbody>
</table>

Correlational finding on Happiness and Depressive Subject code: M7.3.4

Study

**RAKIB 2005**
Findings on Happiness and Mental Health


*Sample:* Non-probability chunk sample

*Non-Response:* 62.8%

*N:* 73

**Correlate**

*Authors label:* Chronic fatigue

*Our classification:* Depressive, code M7.3.4

*Measurement:* A. CFS patients

B. Other patients

   a. alcoholic

   b. depressed

C. Normals (medical students)

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/v/7/e</td>
<td>DM=4.1</td>
<td>A. CFS patients M=4.6 SD=0.8</td>
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<tr>
<td></td>
<td>p&lt;+.8</td>
<td>B. Other patients</td>
</tr>
<tr>
<td></td>
<td></td>
<td>a. alcoholic M=4.4 SD=0.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b. depressed  M=3.5 SD=0.9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>C. Normals (medical students) M=5.3 SD=0.7</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Depressive**

**Subject code:** M7.3.4

**Study**

*Reported in:* Rudolf, H.; Priebe, S. Subjective Quality of Life in Female In-Patients with Depression: A Longitudinal Study. International Journal of Social Psychiatry, 1999, Vol. 45, 238 - 247. ISSN p 0020 7640; ISSN e 1741 2854 DOI:10.1016/S0376-8716(01)00183-1

*Population:* Female mental patients, Berlin, followed 6 month, 1997

*Sample:* Non-probability chunk sample

*Non-Response:* drop out at T2: 33%
Findings on Happiness and MENTAL HEALTH

N: 185

Correlate

Authors label: diagnostic group

Our classification: Depressive, code M7.3.4

Measurement: Clinical diagnosis of:
   a: Depression
   b: Alcoholism
   c: Schizophrenia

Observed Relation with Happiness

Happiness Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u</td>
<td>DM=</td>
<td>depressives M= 2.8 +/- 1.5</td>
</tr>
<tr>
<td>sq/v/7/c</td>
<td>DM=</td>
<td>alcoholics M= 4.0 +/- 1.4</td>
</tr>
<tr>
<td></td>
<td>DM=</td>
<td>schizophrenics M= 4.0 +/- 1.8</td>
</tr>
<tr>
<td>F=2.18</td>
<td>p&lt;0.01</td>
<td>a &lt; b, c</td>
</tr>
</tbody>
</table>

Unaffected by control for:
- age
- anxiety/depression

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

SCHWA 1972/1

Reported in: Schwarz, D.; Strian, F.
Psychometrische Untersuchungen zur Befindlichkeit psychiatrischer und intern-medizinischer Patienten.
(Psychometric Investigations on Well-Being in Psychiatric and Medical Patients).
Archiv für Psychiatrie und Nervenkrankheiten, 1972, Vol. 216, 70 - 81
Page in Report: 74

Population: Psychiatric patients, West Germany, 197?

Sample:

Non-Response: -

N: 56

Correlate

Authors label: Depression (1)
Findings on Happiness and Mental Health

Our classification: Depressive, code M7.3.4

Measurement: Expert rating on a 9-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>A-ASA/mi/mq/v/3/a</td>
<td>r = - p &lt; .01</td>
<td>Stronger among internal depressed patients. Lower among depressed schizophrenic patients and among neurotic depressed patients.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive

Subject code: M7.3.4

Study


Population: Medical patients, West Germany, 197?

Sample:

Non-Response: -

N: 180

Correlate

Authors label: Depression (1)

Our classification: Depressive, code M7.3.4


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ASA/mi/mq/v/3/a</td>
<td>r = .86</td>
<td>Scattergram shows linear relation</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study SCHWA 1972/2

Reported in: Schwarz, D.; Strian, F.
Psychometrische Untersuchungen zur Befindlichkeit psychiatrischer und intern-medizinischer Patienten.
(Psychometric Investigations on Well-Being in Psychiatric and Medical Patients).
Archiv für Psychiatrie und Nervenkrankheiten, 1972, Vol. 216, 70 - 81
Page in Report: 75

Population: Medical patients, West Germany, 197?

Sample:
Non-Response: -
N: 180

Correlate

Authors label: Depression (2)
Our classification: Depressive, code M7.3.4
Measurement: Self-rating scale (Zimmerman & v. Zerssen 'Depressions-Skala').

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ASA/mi/mq/v/3/a</td>
<td>r=-.98</td>
<td>Scattergram shows linear relation</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study VERKL 1989

Reported in: Verkley, H.; Stolk, J.
Does Happiness Lead into Idleness?
Page in Report: 89/90

Population: 30-50 aged, in working force, followed 1 year, urban areas, Netherlands, 1983-84

Sample:
Non-Response: T1-T2 attrition: 27%
N: 1100
Findings on Happiness and MENTAL HEALTH

Correlate

Authors label: Depressive complaints (1)
Our classification: Depressive, code M7.3.4
Measurement: Number of depressive complaints
(POF questionnaire, Dijkstra et al 1983)

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/cm/mq/v/2/a</td>
<td>r=-.41</td>
<td>T1 happiness by T2 depression</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=-.40</td>
<td>T1 depression by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td>Computed for unemployed Ss only</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Depressive
Subject code: M7.3.4

Study

WEBB 1915/1


Population: Male college students, England, 1912

Sample:
Non-Response: -
N: 194

Correlate

Authors label: Extreme depression, occasional liabilityto (1)
Our classification: Depressive, code M7.3.4
Measurement: Trained peer rating on a 7-point scale on the basis of observation during 6 months.

Observed Relation with Happiness
Findings on Happiness and MENTAL HEALTH

Happiness
Measure Statistics Elaboration/Remarks
A-CP/g/rdp/ro/7/a r=.53

Correlational finding on Happiness and Eating disorder
Subject code: M7.3.5

Study GOLDW 2003
Reported in: Goldwurm, G.F.; Baruffi, M.; Colombo, F.
Improving Subjective Well-Being for the Promotion of Health: The Milan Project.
Page in Report: 160
Population: Participants in a happiness training, Italy, 2001
Sample: Non-probability chunk sample
Non-Response:
N: 112

Correlate
Authors label: ED Patients
Our classification: Eating disorder, code M7.3.5
Measurement: 1: Eating Disorder Patients
0: students of psycho-therapy

Measured Values: N =1: 20, 2: 92

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-TH/g/mq/th%/101/ab D%= p<.05 Students ED Patients
Mean SD Mean SD
% Happy 51.33 19.38 32.50 16.74
% Neutral 30.70 18.89 29.00 18.54
% Unhappy 17.98 12.79 38.50 18.72
Difference in % neutral ns

Correlational finding on Happiness and Hypochondric
Subject code: M7.3.6

Study DIENE 2002A
## Findings on Happiness and MENTAL HEALTH

*Reported in:* Diener, E.; Seligman, M.E. 
*Very Happy People.* 
Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415 
Page in Report: 84

*Population:* Undergraduate students, US, 200?

*Sample:* Non-probability purposive sample

**Non-Response:**

\[ N: 222 \]

---

### Correlate

*Authors label:* Hypochondriasis

*Our classification:* Hypochondric, code M7.3.6

*Measurement:* Hypochondriasis subscale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);

Hypochondriasis is neurotic concern over bodily functioning.

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>mqr</em>/0/a</td>
<td>E^2=.06, p&lt;.05</td>
<td>Mean hypochondriasis</td>
</tr>
<tr>
<td></td>
<td></td>
<td>a 10% least happy 13.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b 27% close to average 13.7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c 10% most happy 12.1</td>
</tr>
</tbody>
</table>

| M-AO/*mqr*/0/a | MCT=, p<.05 | a > b, c |

---

### Correlational finding on Happiness and Hypochondric

**Subject code:** M7.3.6

**Study**

*LEWIS 1996*

*Reported in:* Lewis, C.A.; Joseph, S; McCollam, P 
*Convergent Validity of the Depression-Happiness Scale with the Crown-Crisp Experiential Index.* 
Psychological Reports, 1996, Vol. 78, 497 - 498 
Page in Report: 498

*Population:* University Students, UK, 1994

*Sample:* Non-probability chunk sample

**Non-Response:** 0

---

Findings on Happiness and MENTAL HEALTH

N: 40

Correlate

Authors label: Somatic anxiety
Our classification: Hypochondric, code M7.3.6
Measurement: Somatic anxiety subscale of Crown-Crisp (1979) Experiential Index
Items not reported.

Measured Values: Mean: 4.0; SD: 2.4
Error Estimates: Cronbach alpha .38

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

A-BMc/cw/mq/v/4/a \( r = .56 \) p<.01

Correlational finding on Happiness and Hypomaniac
Subject code: M7.3.7

Study

DIENE 2002A


Population: Undergraduate students, US, 200?
Sample: Non-probability purposive sample
Non-Response:

N: 222

Correlate

Authors label: Hypomania
Our classification: Hypomanic, code M7.3.7
Findings on Happiness and MENTAL HEALTH

Measurement: Hypomania sub scale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);

Indicates elevated mood, accelerated speech and motor activity, irritability, flight of ideas, and brief periods of depression.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>E²= ns</td>
<td>Mean hypomania</td>
</tr>
<tr>
<td></td>
<td></td>
<td>a 10% least happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b 27% close to average</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c 10% most happy</td>
</tr>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>MCT= ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Hysteric
Subject code: M7.3.8

Study

Reported in: Diener, E.; Seligman, M.E.
Very Happy People.
Psychological Science, 2002, Vol.13, 81 - 84. ISSN 0956 7976 DOI::10.1111/1467-9280.00415
Page in Report: 84

Population: Undergraduate students, US, 200?

Sample: Non-probability purposive sample

Non-Response:

N: 222

Correlate

Authors label: Hystera

Our classification: Hysteric, code M7.3.8

Measurement: Hystera subscale of Minnesota Multiphasic Personality Inventory Pathology Scales (with K corrections);

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks |
Findings on Happiness and Mental Health

<table>
<thead>
<tr>
<th>E² = ns</th>
<th>Mean Hysteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>a 10% least happy</td>
<td>23.0</td>
</tr>
<tr>
<td>b 27% close to average</td>
<td>22.0</td>
</tr>
<tr>
<td>c 10% most happy</td>
<td>20.0</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Hysteric

Subject code: M7.3.8

Study

LEWIS 1996

Reported in: Lewis, C.A.; Joseph, S; McCollam, P
Convergent Validity of the Depression-Happiness Scale with the Crown-Crisp Experiential Index.
Psychological Reports, 1996, Vol. 78, 497 - 498
Page in Report: 498

Population: University Students, UK, 1994
Sample: Non-probability chunk sample
Non-Response: 0
N: 40

Correlate

Authors label: Hysteria
Our classification: Hysteric, code M7.3.8
Items not reported.
Measured Values: Mean:4,5; SD:2,7
Error Estimates: Cronbach Alpha .30

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BMc/cw/mq/v/4/a</td>
<td>r=-.36</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Neurotic

Subject code: M7.3.9

Study

COSTA 1981
Findings on Happiness and Mental Health


Population: 17-97 aged males, visitors of the Gerontology Research Centre, followed ± 10 years Baltimore, USA. 1958-70

Sample:
Non-Response: Attrition 79% at T3, mostly among psychologically least adjusted
N: 117

Correlate

Authors label: Neuroticism (4)

Our classification: Neurotic, code M7.3.9

Measurement:
Factor-score derived from Guilford/ Zimmerman Temperament Survey (GZTS), labeled 'Emotional Health' in Guilford et al 1976.
High loadings on: emotional stability, objectivity, friendliness and personal relationships.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-A/h/sq/v3/a</td>
<td>r=-p&lt;.s</td>
<td>T1 neuroticism by T1 happiness:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- young (18-49) r= -.17 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- old (50-97) r= -.15 (01)</td>
</tr>
<tr>
<td>C-A/h/sq/v3/a</td>
<td>r=.19 p&lt;.01</td>
<td>T1 neuroticism by T2 happiness (2-10 yrs later)</td>
</tr>
<tr>
<td>C-A/h/sq/v3/a</td>
<td>r=-.11 ns</td>
<td>T1 neuroticism by T3 happiness (10-17 yrs later)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Neurotic
Subject code: M7.3.9

Study


Population: Married females, USA, 196?
Findings on Happiness and MENTAL HEALTH

Sample:
Non-Response: -
N: 62

Correlate

Authors label: Neuroticism (1)
Our classification: Neurotic, code M7.3.9
Measurement: Adapted Super Neuroticism Scale, focusing on behavior and early childhood experiences, indicative of neuroticism (see Shaffer, 1968)

Observed Relation with Happiness

Happiness Measure  Statistics  Elaboration/Remarks
A-AOL/cy/sq/v10/a  r=-.34  p<.01

Correlational finding on Happiness and Neurotic Subject code: M7.3.9

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: Neuroticism
Our classification: Neurotic, code M7.3.9
Measurement: Selfreport on multiple questions Eysenck Personality Inventory
Findings on Happiness and MENTAL HEALTH

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 = .33</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Neurotic
Subject code: M7.3.9

Study

<table>
<thead>
<tr>
<th>Study</th>
<th>HEADE 1994/2</th>
</tr>
</thead>
</table>

Reported in: Headey, B.; Krause, P.
Inequalities of Income, Health and Happiness: The Stratification Paradigm and Alternatives.
Paper presented at the 13th World Congress of Sociology, 1994, Bielefeld, Germany
Page in Report: 15+51

Population: 18-65 aged, general public, Victoria, Australia, followed from 1981 to 1989

Sample: Probability simple random sample

Non-Response:

N: 502

Correlate

Authors label: Neuroticism

Our classification: Neurotic, code M7.3.9

Measurement: Self report on 24 questions measuring anxiety, hypochondriacal and psychosomatic symptoms
Eysenk Personality Inventory
(Items moet ik nog opzoeken)

Error Estimates: Cronbach alpha 0.82

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/9/a</td>
<td>r = .23</td>
<td>1881 Neuroticism by 1983 happiness: raw r</td>
</tr>
<tr>
<td></td>
<td></td>
<td>p &lt; .05</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r = .28</td>
<td>1881 Neuroticism by 1983 Happiness: disattenuated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>
Disattenuated correlation were obtained assuming validity coefficient of 0.82 for neuroticism and 0.8 for happiness.

**Correlational finding on Happiness and Neurotic Subject code: M7.3.9**

**Study**
KAMMA 1983/2

*Reported in:* Kammann, R.; Flett, R.
Page in Report: 34

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

**Sample:**
- Non-Response: 52%
- N: 112

**Correlate**

*Authors label:* Well-being (1)

*Our classification:* Neurotic, code M7.3.9

*Measurement:* 24 items EPI Neuroticism
Eysenck & Eysenck (1964)

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cw/mq/v/5/a</td>
<td>$r = -0.70$</td>
<td>$p &lt; 0.01$</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Neurotic Subject code: M7.3.9**

**Study**
NETTL 2005 B

*Reported in:* Nettle, D.
Happiness. The Science behind your Smile
Page in Report: 99

*Population:* General public, Great Britain, 2000
Findings on Happiness and MENTAL HEALTH

Sample: Non-probability purposive sample
Non-Response: not reported
N: 574

Correlate

Authors label: Neuroticism
Our classification: Neurotic, code M7.3.9
Measurement: Rated on 5-point numerical scale by neuroticism personality score. The four groups are formed by creating quartiles from the distribution of scores;
1: Low
2: Low-Mid
3: High-Mid
4: High

Measured Values: Measure not reported
Remarks: N=574

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-V/h/sq/n11/a    | DM=>       | 1: Low M=4,3
                |            | 2: Low-Mid M=3,9
                |            | 3: High-Mid M=3,6
                |            | 4: High M=3,0

O-V/h/sq/n11/a  R²=0.17

Correlational finding on Happiness and Neurotic
Subject code: M7.3.9

Study

PAVOT 1997/2

Reported in: Pavot, W.; Fujita, F.; Diener, E.
The relation between self-aspect congruence, personality and subjective well-being
Personality and Individual Differences, 1997, 22, 183-191
Page in Report: 189

Population: College students, USA, 199?
Sample: Non-probability chunk sample
Non-Response: 43
Correlate

Authors label: Neuroticism
Our classification: Neurotic, code M7.3.9
Measurement: Neuroticism scale from NEO-PI-R (Costa & McCrae, 1991)

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/v10/a</td>
<td>r=-.32</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/v10/a</td>
<td>rp=-.19</td>
<td>rpc controlled for real-ideal self congruence.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Neurotic
Subject code: M7.3.9

Study

SMITS 1995

Reported in: Smits, C.H.; Deeg, D.J.; Bosscher, R.J. 
Page in Report: 241, 245, 246

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

Correlate

Authors label: neuroticism
Our classification: Neurotic, code M7.3.9
Measurement: Self report on 15 items. 
Typical item: "Sometimes I am so excited, that I can no longer control my voice."
Scale was derived from the NPV and the Dutch Personality Questionnaire.

Measured Values: M=7,10 (sd=5,16)
Error Estimates: Cronbach alpha = .74

Remarks: Data available for 76 Ss, only 30 in regression analysis.

### 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/g</td>
<td>$r = .30$</td>
<td>positive affect = +.03 (ns)</td>
</tr>
<tr>
<td></td>
<td>$p &lt; .05$</td>
<td>negative affect = -.53 (001)</td>
</tr>
</tbody>
</table>

Beta = .06

Beta controlled factors:
- gender
- sense of coherence
- mastery
- social inadequacy

### Correlational finding on Happiness and Neurotic

**Subject code: M7.3.9**

**Study**

*Reported in:* VanSluijs, J.  
Effecten van Levenslooptransities op de Tevredenheid van Jong Volwassenen. (Effects of Lifecourse Transition on Satisfaction of Adolescents).  
Master thesis, University of Tilburg, 2004, Netherlands  
Page in Report: 42, 62

*Population:* Young adults, followed from age 18 to 30, The Netherlands, 1987-1999

*Sample:* Probability stratified sample

*Non-Response:* 36.6% (baseline)

*N:* 836

**Correlate**

*Authors label:* Neuroticism

*Our classification:* Neurotic, code M7.3.9
**Measurement:** Self-report on the following questions:
- I worry more than is good for me
- I am very sensitive: I'm also bothered by small things.
- I am nervous very often.
- I become upset when I have to do something I cannot handle.
- It takes me a long time to forget a disappointment.
- I am a bundle of nerves
- I feel I am very tense

Rated 1 not applicable at all, to 7 completely applicable). The answers were summed up and changed to a 10 point scale.

**Remarks:** Assessed at T1(1987), T3(1991)

### 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/cy/mq/v/7/a</td>
<td>B =</td>
<td>B's indicate average difference between more and less neurotic Ss over this 12 year period</td>
</tr>
<tr>
<td>O-Sum/cy/mq/v/7/a</td>
<td>B = -0.10</td>
<td>B controlled for personal characteristics:</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.001</td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- age²</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- gender</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- cohort 1965 vs cohort 1961</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- cohort 1969 vs cohort 1961</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- mental health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- extraversion</td>
</tr>
<tr>
<td>O-Sum/cy/mq/v/7/a</td>
<td>B = -0.10</td>
<td>additional controlled for lifecourse transitions (happened or not):</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.001</td>
<td>- first job</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- no job</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- left parental home</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- living together/marriage first partner</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- divorce from first partner</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- living together/marriage second partner</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- having first child</td>
</tr>
</tbody>
</table>
Findings on Happiness and Mental Health

Additional controlled for years since transition:
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

Unaffected by squaring of the above variables

Effect stronger (negative) for men

Correlational finding on Happiness and Current positive mental health
Subject code: M7.4

Study

CHIRI 1971

Reported in: Chiriboga, D. A.; Lowenthal, M. F.
Psychological Correlates of Perceived Well-Being.
Page in Report: 603

Population: People in transition, metropolis, USA, 1969
Sample:
Non-Response: -
N: 216

Correlate

Authors label: Psychological resources (positive mental health) (2)
Our classification: Current positive mental health, code M7.4
Measurement: 14 indicators of psychological resources including measures of mutuality (familial and extra-familial), resolution of losses, contextual and temporal perspective, growth, competence, insight, perceived and judged encroachment, hope, and satisfaction with intrapersonal and interpersonal competence in general.

Observed Relation with Happiness

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

In total, significant correlations were found between two indicators of resources and psychological well-being.

There were four significant or near significant correlations with positive affect, four with negative affect (including two inverse relationships), and eight with affect balance.

**Correlational finding on Happiness and Current positive mental health**

**Subject code: M7.4**

**Study**

*Reported in:* Harder, J. M.
Self-Actualization, Mood, and Personality Adjustment in Married Women.
Unpublished Doctoral Dissertation, Teachers' College, Columbia University, 1969, USA
Page in Report: 52/61

*Population:* Married females, USA, 196?

*Sample:* 

*Non-Response:* -

*N:* 62

**Correlate**

*Authors label:* Adjustment (1)

*Our classification:* Current positive mental health, code M7.4

*Measurement:* Bi-polar factor, having strong positive correlations with time competence (+.78), and inner directedness (+.74), and strong negative correlations with neuroticism (-.64) and anxiety (-.77).

**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/cy/sq/v10/a</td>
<td>r=+.11 ns</td>
<td></td>
</tr>
<tr>
<td>A-ARE/md/sqr/v10/b</td>
<td>r=+.46 p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
### Correlational finding on Happiness and Current treatment for mental problems

**Subject code: M7.5**

<table>
<thead>
<tr>
<th>Study</th>
<th>EVANS 2005</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Page in Report:</strong></td>
<td>1730</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>18-65 aged in good, moderate and poor mental health, followed 2 years, UK, 1999-2001</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td>Mixed samples</td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>Non-response at T1: 83% Drop-out at T2: 50%</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>1912</td>
</tr>
</tbody>
</table>

#### Correlate

**Authors label:** Change in mental health consultations  
**Our classification:** Current treatment for mental problems, code M7.5  
**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>0-DT/u/sqt/v/7/a</td>
<td>B = -.72</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.001</td>
<td>T1-T2 INCREASE in mental health consultations ny T2 happiness</td>
</tr>
<tr>
<td></td>
<td>B = +.32</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.05</td>
<td>T1-T2 DECREASE in mental health consultations 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 Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 307, 309

Population: 20-70 aged, chronic mental patients, USA, 1989

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Type of psychiatric treatment received

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on single question whether (or not) one received this type of treatment in the last month
a: Individual treatment
b: Group treatment
c: MICA (Mental Ill Chemical Abusers) group treatment
d: Double trouble treatment

Options:
0: no
1: yes

Error Estimates: Test-Retest reliability .95

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>Beta=+.10</td>
<td>Individual treatment</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.20</td>
<td>MICA group treatment</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.14</td>
<td>Double trouble treatment</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

Beta = +.08
ns

Any of the above (vs none) treatments

Beta's controlled for:
- Background characteristics
  - age
  - sex
  - education
  - race
- Clinical characteristics of positive and negative symptoms
- Functioning in terms of:
  - daily living skills
  - vocational skills
  - social skills
  - need for structure
  - need for supervision
  - social contacts

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study
ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 307, 309

Population: 20-70 aged, chronic mental patients, USA, 1989

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Vocational Rehabilitation/Specific services received

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on questions whether (or not) one received this type of services in the last month
a: Dealing with people
b: Work responsibilities
c: Expectations from work
d: Learning work skills
e: Personal problems interfering with work

Options:
0: no
1: yes

Findings on Happiness and Mental Health

Error Estimates: test-retest reliability .63

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>Beta=+.11</td>
<td>Service concerning how to deal with people ns</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.00</td>
<td>Service concerning work responsibilities ns</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.04</td>
<td>Service concerning personal problems interfering with work ns</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=-.02</td>
<td>Service concerning learning work skills ns</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.20</td>
<td>Service concerning expectations from work p&lt;.05</td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.21</td>
<td>Any of the above mentioned vocational rehabilitation services (vs none) p&lt;.05</td>
</tr>
</tbody>
</table>

Beta's controlled for:
- Background characteristics
  - age
  - sex
  - education
  - race
- Clinical characteristics of positive and negative symptoms
- Functioning in terms of:
  - daily living skills
  - vocational skills
  - social skills
- need for structure
- need for supervision
- social contacts

Correlational finding on Happiness and Current treatment for mental problems

Subject code: M7.5

Study: ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 307,309

Population: 20-70 aged, chronic mental patients, USA, 1989
**Sample:** Non-probability purposive sample

**Non-Response:** 7%

**N:** 157

---

**Correlate**

**Authors label:** Basic Needs- services recieved

**Our classification:** Current treatment for mental problems, code M7.5

**Measurement:** Selfreport on questions whether (or not) one received this type of services in the last month
- a: Help with housing
- b: Help with finances
- c: Club loan
- d: Help with medical care

**Options:**
- 0: no
- 1: yes

**Error Estimates:** Test-Retest reliability .62

---

**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>Beta=-.17</td>
<td>Housing services</td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beta=+.23</td>
<td>Financial services</td>
</tr>
<tr>
<td>p&lt;10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.13</td>
<td>Club loan</td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=.03</td>
<td>Help with medical care</td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.01</td>
<td>Any of the above mentioned services (vs none)</td>
</tr>
<tr>
<td>ns</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Beta's controlled for:
- Background characteristics
  - age
  - sex
  - education
  - race
- Clinical characteristics of positive and negative symptoms
- Functioning in terms of:
  - daily living skills
  - vocational skills
  - social skills
  - need for structure
  - need for supervision
Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing tot the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 307, 309

Population: 20-70 aged, chronic mental patients, USA, 1989

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Structure of activities - services recievied

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on questions whether (or not) one received this
type of services in the last month concerning the:
a: number of days per week at the Club
b: number of hours per week at the club
c: attendance in area meetings
d: number of hours per week in task
e: attendance in Club recreation
f: attendance in other recreation
g: time spent in leisure activities
h: time spent socializing

Options:
0: no
1: yes

Error Estimates: Test-Retest reliability .69

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>Beta=+.09</td>
<td>Number of days per week at the club</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>Beta=+.14</td>
<td>Number of hours per week at the club</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

- **Attendance in area meetings**
  - Beta = -.10
  - ns

- **Number of hours per week in task**
  - Beta = +.06
  - ns

- **Attendance in Club recreation**
  - Beta = -.10
  - ns

- **Time spent in leisure activities**
  - Beta = +.29
  - p < .01

- **Attendance in other recreation**
  - Beta = -.08
  - ns

- **Time spent in socializing**
  - Beta = -.01
  - ns

- **Any of the above services (vs none)**
  - Beta = +.05
  - ns

Beta's controlled for:
- Background characteristics
  - age
  - sex
  - education
  - race
- Clinical characteristics of positive and negative symptoms
- Functioning in terms of:
  - daily living skills
  - vocational skills
  - social skills
- need for structure
- need for supervision
- social contacts

---

**Correlational finding on Happiness and Current treatment for mental problems**

**Subject code: M7.5**

**Study**

ROSEN 1992

*Reported in:* Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 305

*Population:* 20-70 aged, chronic mental patients, USA, 1989

*Sample:* Non-probability purposive sample

*Non-Response:* 7%

*N:* 157
Findings on Happiness and MENTAL HEALTH

Correlate

Authors label: Services recieved for psychiatric symptoms
Our classification: Current treatment for mental problems, code M7.5
Measurement: Selfreport on questions concerning whether (or not) one received this type of service in the last month concerning
   a: help with medication
   b: recognizing symptoms
   c: managing symptoms
   d: recognizing stresses
Options:
   0: no
   1: yes

Error Estimates: Test-Retest reliability .79

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>Beta=-.01</td>
<td>Beta controlled for:</td>
</tr>
</tbody>
</table>
|                   | ns         | - Background characteristics
|                   |            | - age
|                   |            | - sex
|                   |            | - education
|                   |            | - race
|                   |            | - Clinical characteristics of positive and negative symptoms
|                   |            | - Functioning in terms of:
|                   |            | - daily living skills
|                   |            | - vocational skills
|                   |            | - social skills
|                   |            | - need for structure
|                   |            | - need for supervision
|                   |            | - social contacts

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing tot the Subjective Quality of Life of the Chronic Mentally Ill Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 305, 307

Population: 20-70 aged, chronic mental patients, USA, 1989

Sample: Non-probability purposive sample

Non-Response: 7%
Findings on Happiness and MENTAL HEALTH

N: 157

Correlate

Authors label: Daily living skills - services received
Our classification: Current treatment for mental problems, code M7.5
Measurement: Selfreport on questions whether (or not) one received this type of service in the last month concerning:
   a: managing a household
   b: getting around in a community
   c: personal appearance
   Options:
   0: no
   1: yes

Error Estimates: Test-Rest reliability .57

Observed Relation with Happiness

Happiness Measure

Statistics   Elaboration/Remarks

O-DT/u/sqt/v/7/a  Beta=+.16  p<10  Beta controlled for:
   - Background characteristics
     - age
     - sex
     - education
     - race
   - Clinical characteristics of positive and negative symptoms
   - Functioning in terms of:
     - daily living skills
     - vocational skills
     - social skills
   - need for structure
   - need for supervision
   - social contacts

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1992

Reported in: Rosenfield, S. Factors Contributing tot the Subjective Quality of Life of the Chronic Mentally Ill Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 307

Population: 20-70 aged, chronic mental patients, USA, 1989
Findings on Happiness and MENTAL HEALTH

Sample: Non-probability purposive sample
Non-Response: 7%
N: 157

Correlate

Authors label: Social contacts- services received
Our classification: Current treatment for mental problems, code M7.5
Measurement: Selfreport on questions concerning whether (or not) one received this type of service in the last month about:
   a: friends in area and on vans
   b: regular contact with members of the program
Options:
   0: no
   1: yes

Error Estimates: Test-Retest reliability .72

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
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<td>O-DT/u/sqt/v/7/a</td>
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<td>Beta controlled for:</td>
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<tr>
<td></td>
<td>ns</td>
<td>- Background characteristics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- sex</td>
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<td>- race</td>
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<td></td>
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<td>- Clinical characteristics of positive and negative symptoms</td>
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<td></td>
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<td>- Functioning in terms of:</td>
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<td></td>
<td></td>
<td>- vocational skills</td>
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<td>- social skills</td>
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<td></td>
<td>- need for structure</td>
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<td></td>
<td>- need for supervision</td>
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<tr>
<td></td>
<td></td>
<td>- social contacts</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

Reported in: Rosenfield, S.
Factors Contributing tot the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 305,307
Findings on Happiness and Mental Health

Population: 20-70 aged, chronic mental patients, USA, 1989

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Supervision and Guidance - services received

Our classification: Current treatment for mental problems, code M7.5

Measurement: Self-report on questions concerning frequency and recency of contact with staff members

Options:
0: no
1: yes

Error Estimates: Test-Retest reliability .85

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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</thead>
<tbody>
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<td>O-DT/u/sqt/v/7/a</td>
<td>Beta = -.13</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>- Background characteristics:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- sex</td>
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<td></td>
<td></td>
<td>- education</td>
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<td></td>
<td>- race</td>
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<tr>
<td></td>
<td></td>
<td>- Clinical characteristics of positive and negative symptoms</td>
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<td>- Functioning in terms of:</td>
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<td>- social skills</td>
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<td>- vocational skills</td>
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<td>- need for structure</td>
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<td>- need for supervision</td>
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<td></td>
<td></td>
<td>- social contacts</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current treatment for mental problems

Subject code: M7.5

Study ROSEN 1992

Reported in: Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 307
Findings on Happiness and MENTAL HEALTH

Population: 20-70 aged, chronic mental patients, USA, 1989
Sample: Non-probability purposive sample
Non-Response: 7%
N: 157

Correlate

Authors label: Empowerment- services recieved
Our classification: Current treatment for mental problems, code M7.5
Measurement: Selfreport on questions concerning whether (or not) one received this type of service in the last month to raise his decision power and supportive interaction (21 items)
Options:
0: no
1: yes

Error Estimates: Test-Retest reliability .86

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v/7/a | Beta = .19, p<.05 | Beta's controlled for:
- Background characteristics
  - age
  - sex
  - education
  - race
- Clinical characteristics of positive and negative symptoms
- Functioning in terms of:
  - daily living skills
  - vocational skills
  - social skills
  - need for structure
  - need for supervision
  - social contacts

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study ROSEN 1992
Findings on Happiness and MENTAL HEALTH

Reported in: Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 304, 307

Population: 20-70 aged, chronic mental patients, USA, 1989
Sample: Non-probability purposive sample
Non-Response: 7%
N: 157

Correlate

Authors label: Social skills - services received
Our classification: Current treatment for mental problems, code M7.5
Measurement: Self-report on questions whether (or not) one received this
type of service in the last month
a: help with relationships
b: help with communicating
c: help with developing trust
d: help with increasing friends
e: help with self-confidence in relating
Options:
0: no
1: yes

Error Estimates: Test-Retest reliability .49

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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</thead>
<tbody>
<tr>
<td>0-DT/u/sq/t/v/7/a</td>
<td>Beta=+.02</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>- Background characteristics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- sex</td>
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<td>- education</td>
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<tr>
<td></td>
<td></td>
<td>- race</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Clinical characteristics of positive and negative symptoms</td>
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<tr>
<td></td>
<td></td>
<td>- Functioning in terms of:</td>
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<tr>
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<td></td>
<td>- daily living skills</td>
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<td></td>
<td>- vocational skills</td>
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<td>- social skills</td>
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<td></td>
<td>- need for supervision</td>
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<tr>
<td></td>
<td></td>
<td>- social contacts</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study ROSEN 1997

Reported in: Rosenfield, S.
Labeling mental Illness: The Effects of received Services and perceived Stigma on Life Satisfaction
Page in Report: 664, 665

Population: 20-70 Chronic mental patients, USA, 1989,

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Received Vocational rehabilitation

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on whether (or not) one received this type of services in the last month
a: work responsibilities
b: expectations from work
c: learning work skills

Options:
0=no
1=yes

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v/7/a | Beta=+.21 p<05 | Beta controlled for:
- Demographic characteristics
- Clinical characteristics
- Perceived stigma
- Services for:
  - financial support
  - empowerment
  - mental illness/chemical abuse groups
  - time in leisure activities
  - structure for leisure time

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study ROSEN 1997
Correlate

**Authors label:** Received Financial support  
**Our classification:** Current treatment for mental problems, code M7.5  
**Measurement:** Selfreport on questions concerning whether (or not) one received this type of services in the last month

<table>
<thead>
<tr>
<th>Options</th>
<th>0 = no</th>
<th>1 = yes</th>
</tr>
</thead>
</table>

**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>Beta = +.23</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.06</td>
<td>- Demographic characteristics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Clinical characteristics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Perceived stigma</td>
</tr>
<tr>
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<td></td>
<td>- Services for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- vocational rehabilitation</td>
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<td>- empowerment</td>
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<td></td>
<td>- mental illness/chemical abuse groups</td>
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<tr>
<td></td>
<td></td>
<td>- time in leisure activities</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- structure for leisure time</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current treatment for mental problems**

**Subject code: M7.5**

**Study**

**Reported in:** Rosenfield, S.  
Labeling mental Illness: The Effects of received Services and perceived Stigma on Life Satisfaction  
Page in Report: 664, 665

**Population:** 20-70 Chronic mental patients, USA, 1989,
Findings on Happiness and MENTAL HEALTH

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Reviewed empowerment training

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on questions whether (or not) one received this type of services in the last month to raise his decision making power and supportive interaction

Options:
0=no
1=yes

Error Estimates: alpha=.82

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/sqtv/7/a</td>
<td>Beta=+.19</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td>- Demographic characteristics</td>
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<td>- Clinical characteristics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Perceived stigma</td>
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<td></td>
<td>- Services for:</td>
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<tr>
<td></td>
<td></td>
<td>- vocational rehabilitation</td>
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<td></td>
<td></td>
<td>- financial support</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- mental illness/chemical abuse groups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- time in leisure activities</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- structure for leisure time</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1997

Reported in: Rosenfield, S.
Page in Report: 665

Population: 20-70 Chronic mental patients, USA, 1989,

Sample: Non-probability purposive sample

Non-Response: 7%
Findings on Happiness and MENTAL HEALTH

N: 157

Correlate

Authors label: Participated in Mental illness /chemical abuse groups

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on questions whether (or not) one received this type of services in the last month

Options:
0=no
1=yes

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-DT/u/sqt/v/7/a | Beta=+.20, p<.05 | Beta controlled for:
- Demographic characteristics
- Clinical characteristics
- Perceived stigma
- Services for:
  - vocational rehabilitation
  - financial support
  - empowerment
  - time in leisure activities
  - structure for leisure time

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1997


Population: 20-70 Chronic mental patients, USA, 1989,

Sample: Non-probability purposive sample

Non-Response: 7%

N: 157

Correlate

Authors label: Recieved leisure activities support
Findings on Happiness and Mental Health

Our classification: Current treatment for mental problems, code M7.5

Measurement: Selfreport on questions whether (or not) one received this type of services in the last month

Options:
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>O-DT/u/sqt/v7/a</td>
<td>Beta = .29</td>
<td>Beta controlled for:</td>
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<tr>
<td></td>
<td>p &lt; .05</td>
<td>- Demographic characteristics</td>
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<td>- Clinical characteristics</td>
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<td>- Perceived stigma</td>
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<td>- Services for:</td>
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<td>- vocational rehabilitation</td>
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<td>- financial support</td>
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<td>- empowerment</td>
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<tr>
<td></td>
<td></td>
<td>- mental illness/chemical abuse groups</td>
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<tr>
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<td></td>
<td>- structure for leisure time</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current treatment for mental problems
Subject code: M7.5

Study

ROSEN 1997

Reported in: Rosenfield, S.
Labeling mental Illness: The Effects of received Services and perceived Stigma on Life Satisfaction
Page in Report: 664, 665

Population: 20-70 Chronic mental patients, USA, 1989,
Sample: Non-probability purposive sample
Non-Response: 7%
N: 157

Correlate

Authors label: Received time structuring support

Our classification: Current treatment for mental problems, code M7.5
**Measurement:** Self-report on question whether (or not) one received services in the last month for developing a structure of activities involving help from staff with planning time on week nights, weekends, and holidays.

Options:
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>O-DT/u/sqt/v7/a</td>
<td>Beta = +.22</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td>- Demographic characteristics</td>
</tr>
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<td></td>
<td></td>
<td>- Clinical characteristics</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Perceived stigma</td>
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<td>- Services for:</td>
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<td>- vocational rehabilitation</td>
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<td>- financial support</td>
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<td>- empowerment</td>
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<tr>
<td></td>
<td></td>
<td>- mental illness/chemical abuse groups</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- time in leisure activities</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Perceived need for treatment**

**Subject code: M7.5.1**

<table>
<thead>
<tr>
<th>Study</th>
<th>CHERL 1975</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Population:</strong></td>
<td>Adults, general public, Los Angeles County, USA, 1972-73</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td>Non-Response: 20% in 1972 and 23% in 1973.</td>
</tr>
<tr>
<td></td>
<td>N: 1000</td>
</tr>
</tbody>
</table>

**Correlate**

**Authors label:** Need for help with emotional problems or family troubles. (1)

**Our classification:** Perceived need for treatment, code M7.5.1
Findings on Happiness and MENTAL HEALTH

**Measurement:**
Closed question: 'During the past year did you ever feel that you could use some help in dealing with emotional problems or family troubles?'
never/ not very often/ sometimes/ often

---

**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/cm/mq/v/2/a</td>
<td>r=-.25</td>
<td>Computed for 1973 data only:</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td>Index of Positive Affects: r = +.01 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: r = +.40 (001)</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Perceived need for treatment**
**Subject code: M7.5.1**

**Study**
ROSEN 1992

*Reported in:* Rosenfield, S.
Factors Contributing to the Subjective Quality of Life of the Chronic Mentally Ill
Journal of Health and Social Behavior, 1992, 33, 299-315, ISSN 0022 1465
Page in Report: 305, 312

*Population:* 20-70 aged, chronic mental patients, USA, 1989

*Sample:* Non-probability purposive sample

*Non-Response:* 7%

*N:* 157

**Correlate**

*Authors label:* Need for supervision

*Our classification:* Perceived need for treatment, code M7.5.1

*Measurement:* Selfreport on questions (3 items) related e.g. to the frequency and recency of contact with staff members
Rated on a 3-point numerical scale

*Measured Values:* M=1,56

---

**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 MENTAL HEALTH

Beta = .20
ns

Beta controlled for:
- demographic characteristics:
  - age
  - sex
  - education
  - race
- number of negative events in the last year
- functioning in the area of:
  - daily living skills
  - social skills
  - vocational skills
- need for structure
- social contacts
- positive symptoms
- negative symptoms

Correlational finding on Happiness and In ambulatory treatment
Subject code: M7.5.2

Study

BAKER 1982


Population: Mental patients shortly after change in institutional setting, USA, 1981

Sample:
Non-Response: -
N: 118

Correlate

Authors label: Client status (1)

Our classification: In ambulatory treatment, code M7.5.2

Measurement:
0 National population USA 1978 (Data Campbell 1981)
1 Client of community support system

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
A-BB/cm/mg/v/2/a | DM | Clients experiences reported less positive and more negative experiences
# Correlational finding on Happiness and In ambulatory treatment

**Subject code: M7.5.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>BANZI 1983A</th>
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</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Banziger, G.; Foos, D.</td>
</tr>
<tr>
<td></td>
<td>The Relationship of Personal Financial Status to the Utilization of Community Mental Health Centers in Rural Appalachia.</td>
</tr>
<tr>
<td></td>
<td>American Journal of Community Psychology, 1983, Vol. 11, 543 - 552 ISSN:0091 0562</td>
</tr>
<tr>
<td>Page in Report:</td>
<td>548</td>
</tr>
<tr>
<td>Population:</td>
<td>Clients of community mental health centers, Ohio and West Virginia, 1982</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability sample (unspecified)</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>?</td>
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<tr>
<td>N:</td>
<td>151</td>
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</table>

## Correlate

<table>
<thead>
<tr>
<th>Authors label:</th>
<th>Utilization of community health centers (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification:</td>
<td>In ambulatory treatment, code M7.5.2</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Utilisation of community health center; number of visits</td>
</tr>
<tr>
<td>Measured Values:</td>
<td>not reported</td>
</tr>
</tbody>
</table>

## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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</thead>
<tbody>
<tr>
<td>O-SL?/?/sq/?/0/a</td>
<td>r=.02</td>
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</tr>
</tbody>
</table>

# Correlational finding on Happiness and In ambulatory treatment

**Subject code: M7.5.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>BARRY 1996</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Barry, M.M.; Crosby, C.</td>
</tr>
<tr>
<td></td>
<td>Quality of Life as an Evaluative Measure in Assessing the Impact of Community Care on People with Long-Term Psychiatric Disorders.</td>
</tr>
<tr>
<td>Page in Report:</td>
<td>212</td>
</tr>
<tr>
<td>Population:</td>
<td>Mental patients, UK 1991, followed 1 years after discharge From the 34 patients 27 were men, with primary clinical diagnosis of schizophrenia</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability purposive sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>2</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

N: 34

Correlate

Authors label: Client wellbeing
Our classification: In ambulatory treatment, code M7.5.2
Measurement: Life satisfaction assessed at:
T1: baseline in mental hospital
T2: 12 month after discharge in community setting

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/v7/a</td>
<td>DM=+</td>
<td>T1: M = 2.39, SD = 0.99</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2: M = 2.57, SD = 0.74</td>
</tr>
<tr>
<td>O-DT/u/sqt/v7/a</td>
<td>F=ns</td>
<td>F-ratio 0.75</td>
</tr>
</tbody>
</table>

T2 happiness is unrelated to expert rating of social and behavioral functioning

Correlational finding on Happiness and In ambulatory treatment
Subject code: M7.5.2

Study BRISC 1982

Reported in: Briscoe, M.
Sex Differences in Psychological Well-Being.
Psychological Medicine, 1982, Monograph Supplement 1 ISSN: 0033 2971
Page in Report: 22


Sample:
Non-Response: 11%
N: 100

Correlate

Authors label: Psychiatric morbidity (1)
Our classification: In ambulatory treatment, code M7.5.2
Findings on Happiness and MENTAL HEALTH

**Measurement:**
- 0 No complaints
- 1 Complaints (six or more visits to doctor)

### 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/3/ab</td>
<td>G = -17</td>
<td>p &lt; 0.01</td>
</tr>
<tr>
<td></td>
<td>very happy</td>
<td>With: 34%</td>
</tr>
<tr>
<td></td>
<td>fairly happy</td>
<td>56%</td>
</tr>
<tr>
<td></td>
<td>not too happy</td>
<td>10%</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In ambulatory treatment

**Subject code: M7.5.2**

**Study**
- **Reported in:** Briscoe, M.  
  Sex Differences in Psychological Well-Being.  
  Psychological Medicine, 1982, Monograph Supplement 1 ISSN: 0033 2971  
  Page in Report: 22

**Population:** Married couples with high incidence of minor psychiatric problems, London, U.K., 1977

**Sample:**
- Non-Response: 11%
- N: 100

**Correlate**
- **Authors label:** Psychiatric morbidity (2)
- **Our classification:** In ambulatory treatment, code M7.5.2
- **Measurement:**  
  1 Married couples with complaints (six or more visits to a doctor in last year)  
  0 Control group of national sample of married persons.  
  See also HALL 1976.
Findings on Happiness and Mental Health

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

\[ G = -0.21 \]
\[ p < 0.01 \]

<table>
<thead>
<tr>
<th></th>
<th>Married persons with complaints</th>
<th>National sample of marrieds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very happy</td>
<td>34%</td>
<td>44%</td>
</tr>
<tr>
<td>Fairly happy</td>
<td>56%</td>
<td>52%</td>
</tr>
<tr>
<td>Not too happy</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>(n=50)</td>
<td></td>
<td>(n=602)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In ambulatory treatment
Subject code: M7.5.2

Study
DEROG 1996

Reported in: Derogatis, L.R.; Rutigliano P.J.
Derogatis Affects Balance Scale: DABS.
Page in Report:

Population: Students and mental patients, USA 199?

Sample: Non-probability chunk sample

Non-Response: not reported

N: 338

Correlate

Authors label: Mental illness

Our classification: In ambulatory treatment, code M7.5.2

Measurement:
1. mental patients
   a. outpatients, mainly sexual dysfunction complaints
   b. inpatients
0. normals (students)

Measured Values: N=338, 1a: 88, 1b: 50, 0: 200

Remarks: Selection method of respondents (normals) not reported.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-Bde/c/mg/n/5/a</td>
<td>D%=-</td>
<td>Unhappy Moderate Happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1. a. mental outpatients 18,2% 38,6% 43,2%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b. mental inpatients 56,0% 26,0% 18,0%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0. normals 2.5% 19,0% 78,5%</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In ambulatory treatment
Subject code: M7.5.2

Study

Reported in: Forti, T. J.; Hyg, M.S.
A Documented Evaluation of Primary Prevention through Consultation.
Community Mental Health Journal, 1983, Vol. 19, 290 - 304. ISSN p 0010 3853; ISSN e 1573 2789
DOI:10.1007/BF00755410

Page in Report:

Population: Catholic nuns, re-organized cloister, followed 4 years, Louisiana, USA, 1977-1981

Sample:
Non-Response: T1: 18%, T2: 14%, T3: 23%
N: 137

Correlate

Authors label: Consultation: mental health (1)

Our classification: In ambulatory treatment, code M7.5.2

Measurement: Index of closed questions:
(order reversed)
1. 'Have you seen a doctor or counselor past 2 months for emotional-type health care?' (1) yes, (2) no;
2. 'If so, how many times?', rated on a 4-point scale:
   (1) 1-2 times, 
   (4) >6 times.
3. 'Have you seen a doctor or counselor past year for emotional-type health care?' (1) yes, (2) no;
4. 'If so, how many times?', rated on a 6-point scale:
   (1) 1-2 times,
   (6) >10 times.

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>1. -.13 (ns) -.20 (01) -.21 (01)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. .00 (ns) +.08 (ns) +.38 (ns)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. -.06 (ns) -.20 (01) -.14 (05)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4. -.05 (ns) +.26 (ns) .</td>
<td></td>
</tr>
</tbody>
</table>
**Correlational finding on Happiness and In ambulatory treatment**

**Subject code: M7.5.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>JOL 1985</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Jol, C.</td>
</tr>
</tbody>
</table>

| Population: | 18+ aged, general public, The Netherlands, 1974-83 |
| Sample:      | N: 4000 |


<table>
<thead>
<tr>
<th>Correlate</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Authors label:</td>
<td>Professional help received (1)</td>
</tr>
<tr>
<td>Our classification:</td>
<td>In ambulatory treatment, code M7.5.2</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Number of professional help agencies contacted in the last two years.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Observed Relation with Happiness</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness Measure</td>
<td>Statistics</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/d</td>
<td>Beta = -.22</td>
</tr>
<tr>
<td>p &lt; 05</td>
<td>Singles 1983 (N = 484)</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/d</td>
<td>Beta = .17</td>
</tr>
<tr>
<td>p &lt; 05</td>
<td>All 1983 (N = 3981)</td>
</tr>
</tbody>
</table>

| β controlled for sex and age. |
| Results 1974 not significantly different. |

**Correlational finding on Happiness and In ambulatory treatment**

**Subject code: M7.5.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>MORIW 1974</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Moriwaki, S.Y.</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

Population: 60+ aged, psychiatric cases and controls, Los Angeles, USA, 1971

Sample:

Non-Response:

N: 27

Correlate

Authors label: Mental health. (1)

Our classification: In ambulatory treatment, code M7.5.2

Measurement:
- Normals vs psychiatric out-patients.
- Psychiatric outpatients selected from 2 clinics.
- Normal controls selected from members of Lutheran Church all in good physical and mental health.

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/c/mg/v2/a</td>
<td>DM=+</td>
<td>Normal subjects also scored significantly higher than the psychiatric out-patients on the Index of Positive Affects (005) and lower on the Index of Negative Affects (001).</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In ambulatory treatment

Subject code: M7.5.2

Study

PERNE 2004

Reported in: Perneger, T.V.; Hudelson, P.M.; Bovier, P.A.
Health and Happiness in Young Swiss Adults.
Quality of Life Research, 2004, Vol. 13, 171 - 178. ISSN 0962 9343 DOI:10.1023/B:QURE.000015314.97546.60
Page in Report: 175


Sample: Probability simple random sample

Non-Response: 36%

N: 1257

Correlate

Authors label: Consulted psychiatrist or psychologist in past year

Our classification: In ambulatory treatment, code M7.5.2
### Findings on Happiness and Mental Health

**Measurement:**
- 1- No
- 2- Yes

**Measured Values:** 1: 89.6%, 2: 10.4

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-TH/cm/sq/v/5/a</td>
<td>D%=</td>
<td>% happy (all or most of the time)</td>
</tr>
<tr>
<td></td>
<td>p&lt;001</td>
<td>1: 65.6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: 40.5</td>
</tr>
</tbody>
</table>

---

### Correlational Finding on Happiness and in Mental Hospital

**Subject code:** M7.5.3

**Study**

**Reported in:** Barry, M.M.; Crosby, C.
Quality of Life as an Evaluative Measure in Assessing the Impact of Community Care on People with Long-Term Psychiatric Disorders.
Page in Report: 212

**Population:** Mental patients, UK 1991, followed 1 year after discharge From the 34 patients 27 were men, with primary clinical diagnosis of schizophrenia

**Sample:** Non-probability purposive sample

**Non-Response:** 2

**N:** 34

---

### Correlate

**Authors label:** Client wellbeing

**Our classification:** In mental hospital, code M7.5.3

**Measurement:** Life satisfaction assessed at:
- T1: baseline in mental hospital
- T2: 12 month after discharge in community setting

---

### 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 MENTAL HEALTH

O-DT/u/sqt/v/7/a  DM =>
T1: M = 2.39, SD = 0.99
T2: M = 2.57, SD = 0.74

O-DT/u/sqt/v/7/a  F = ns
F-ratio 0.75

T2 happiness is unrelated to expert rating of social and behavioral functioning

Correlational finding on Happiness and In mental hospital

Subject code: M7.5.3

Study
DEROG 1996

Reported in: Derogatis, L.R.; Rutigliano P.J.
Derogatis Affects Balance Scale: DABS.

Population: Students and mental patients, USA 199?

Sample: Non-probability chunk sample

Non-Response: not reported

N: 338

Correlate

Authors label: Mental illness

Our classification: In mental hospital, code M7.5.3

Measurement:
1. mental patients
   a. outpatients, mainly sexual dysfunction complaints
   b. inpatients
0. normals (students)

Measured Values: N=338, 1a: 88, 1b: 50, 0: 200

Remarks: Selection method of respondents (normals) not reported.

Observed Relation with Happiness

Happiness Measure  Statistics  Elaboration/Remarks

Findings on Happiness and MENTAL HEALTH

<table>
<thead>
<tr>
<th>A-Bde/c/mg/n/5/a</th>
<th>D%=.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. a. mental outpatients</td>
<td>18,2% 38,6% 43,2%</td>
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<tr>
<td>b. mental inpatients</td>
<td>56,0% 26,0% 18,0%</td>
</tr>
<tr>
<td>0. normals</td>
<td>2.5% 19,0% 78,5%</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In mental hospital
Subject code: M7.5.3

Study

HACKE 1969

Reported in: Hacker, S.L.; Gaits, C.M.
The Moral Career of the Elderly Mental Patient.
The Gerontologist, 1969, Vol.9, 120 - 127. ISSN 0016 9013
Page in Report: 125

Population: Aged mental patients, 1 year after admission, USA, 1966

Sample:

Non-Response: 66% drop-outs: 33% dead, 17% could not be located, 16% inco-herent or refusal.

N: 36

Correlate

Authors label: In treatment (4)

Our classification: In mental hospital, code M7.5.3

Measurement:

0 Expatients: released (N=18)

1 Inpatients: still in hospital (N=18)

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/cm/mq/v/2/a</td>
<td></td>
<td>Significant differences for the Index of Negative Affects only.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In mental hospital
Subject code: M7.5.3

Study

HACKE 1969

Reported in: Hacker, S.L.; Gaits, C.M.
The Moral Career of the Elderly Mental Patient.
The Gerontologist, 1969, Vol.9, 120 - 127. ISSN 0016 9013
Page in Report: 125
Findings on Happiness and MENTAL HEALTH

Population: Aged mental patients, 1 year after admission, USA, 1966

Sample:

Non-Response: 66% drop-outs: 33% dead, 17% could not be located, 16% inco-herent or refusal.

N: 36

Correlate

Authors label: In treatment (1)

Our classification: In mental hospital, code M7.5.3

Measurement: 0 Expatients: released (N=18)
1 Inpatients: still in hospital (N=18)

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

Correlational finding on Happiness and In mental hospital

Subject code: M7.5.3

Study MATLI 1966/1

Reported in: Matlin, N.
The Demography of Happiness.
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico
Page in Report: 44

Population: 20+ aged, general public, Puerto Rico, 1963-64

Sample:

Non-Response:

N: 1417

Correlate

Authors label: Mental disturbances (1)

Our classification: In mental hospital, code M7.5.3

Measurement: 0 Normals
1 Out-patients of psychiatric hospital, diagnosed as suffering from anxiety and depression. (Sample MATLI 1966/1 vs sample MATLI 1966/2)
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/c/sq/v/3/a</td>
<td>G = .35 p&lt; 01</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/c</td>
<td>G = .57 p&lt; 01</td>
<td>Index of Positive Affects: G' = +.03 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: G' = +.65 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In mental hospital
Subject code: M7.5.3

Study

- **Reported in:** Pandey, C.
- **Popularity, Rebelliousness and Happiness among Institutionalized Retarded Males.**
  American Journal of Mental Deficiency, 1971, Vol. 76, 523 - 331
  Page in Report: 328

- **Population:** Mentally retarded males, hospital, USA, 196?

- **Sample:**
  N: 149

- **Correlate**
  - **Authors label:** Restrictiveness of setting. (1)
  - **Our classification:** In mental hospital, code M7.5.3
  - **Measurement:**
    - 0 Open ward
    - 1 Closed ward

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/rdn/?/7/a</td>
<td>DM =+</td>
<td>Open ward: M = 4.7  Mt' = 6.7</td>
</tr>
<tr>
<td></td>
<td>p&lt;001</td>
<td>Closed ward: M = 5.4 Mt' = 7.8</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In mental hospital
Subject code: M7.5.3
Findings on Happiness and MENTAL HEALTH

Study
PIERC 1973

Reported in: Pierce, R.C.; Clark, M.M.
Measurement of Morale in the Elderly.
Page in Report: 88

Population: 60+ aged, psychiatric cases and controls, San Francisco, USA, 1962

Sample:
Non-Response: 62% dropouts after 2 interviews (2 years)
N: 435

Correlate

Authors label: Mental illness (1)

Our classification: In mental hospital, code M7.5.3

Measurement:
0 normals: probability community sample, stratified by age, sex and living arrangement (N = 264).
1 psychiatric patients: np chunk sample of patient admitted to local hospitals in 1959 (N = 171, 90 discharged in same 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-HL/c/sq/v3/m</td>
<td>G = -0.50 p &lt; 01</td>
<td>G' based on proportion very happy</td>
</tr>
<tr>
<td>A-AOL/g/sq/v3/b</td>
<td>G = -0.57 p &lt; 01</td>
<td>G' based on proportion very happy</td>
</tr>
<tr>
<td>O-SLL/c/sq/v3/d</td>
<td>G = -0.47 p &lt; 01</td>
<td>G' based on proportion very happy</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and In mental hospital
Subject code: M7.5.3

Study
SIMPS 1989

Reported in: Simpson, C.J.; Hyde, C.E.; Faragher, E.B.
The Chronically Mentally Ill in Community Facilities. A Study of Quality of Life.
Page in Report: 77
Findings on Happiness and MENTAL HEALTH

Population: Chronic mental patients, Manchester, Great Britain, 1987
Sample: Non-probability chunk sample
Non-Response: 21%
N: 33

Correlate

Authors label: Community care facilities for mental ill (1)
Our classification: In mental hospital, code M7.5.3
Measurement:
- Patients from the acute ward of the District General Hospital (DGH)
- Residents of a Hostel ward
- Patients from a Group Home of the Withington Trust

Measured Values: N: a=11 b=10 c=13

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>DM=</td>
<td>a. M=3.09 SD=1.36</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b. M=3.60 SD=1.97</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c. M=4.73 SD=1.87</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Significance differences were examined using the Tukey multiple-comparison test</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Patients in Group Home(c) significantly happier than in Hospital ward(a) and Hostel(b)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Use of psycho-pharmacals

Subject code: M7.5.4

Study

ABBHEY 1985

Reported in: Abbey, A.; Andrews, F.M.
Modeling the Psychological Determinants of Life Quality.
Social Indicators Research, 1985, Vol. 16, 1 - 34. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/ BF00317657
Page in Report: 12

Population: Tranquilizer users, Detroit, USA, 1984
Sample: Non-probability purposive-quota sample
Non-Response: 40%
N: 675
Findings on Happiness and Mental Health

Correlate

Authors label: Valium users (1)

Our classification: Use of psycho-pharmacals, code M7.5.4

Measurement: Non-valium-users vs valium-users.
Respondents were interviewed every six weeks (Q.O.L. and anxiety every week via retrospection) during a 24-week period. Bivariate correlations of quality of life-as-a-whole evaluations and psychosocial factors were compared during this period at indicated time-lags.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-ACO/cw/mq/*/20/a</td>
<td>SNR=</td>
<td>Valium-users in this study tended to rate their life quality slightly lower than did respondents in national studies, usually by about 0.4 on a 7-point scale. Non-valium-users rated their life quality at a level comparable to national studies.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Use of psycho-pharmacals

Subject code: M7.5.4

Study

GELFI 1998

Reported in: Gelfin, Y.; Gorfine, M.; Lerer, B.
Page in Report: 291

Population: Participants in single blind drug experiment. Israel, 1995
Sample: Non-probability purposive sample

Correlate

Authors label: Effect of Fluoxetine

Our classification: Use of psycho-pharmacals, code M7.5.4
Measurement: Subjects were given one capsule per day for 10 weeks:
- a placebo capsule for the first 2 weeks
- 10 mg of fluoxetine the 3rd week
- 20 mg of fluoxetine for 5 weeks
- a placebo capsule for the last 2 weeks

Happiness assessed at:
T0: pretest
T1: after 2 weeks (end of first placebo phase)
T2: 5 weeks (after 1 week of receiving 10mg/day fluoxetine)
T3: 8 weeks (after 5 weeks of receiving 20mg/day fluoxetine)
T4: after the final two weeks of placebo administration

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/cw/sq/v/5/b</td>
<td>DM=&gt;+</td>
<td>Overall Life satisfaction:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T0: M=3,8; SD=0,4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1: M=3,7; SD=0,5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2: M=3,7; SD=0,5</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3: M=3,9; SD=0,4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T4: M=3,9; SD=0,4</td>
</tr>
<tr>
<td>M-FH/cw/sq/v/5/b</td>
<td>BMCT= ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Use of psycho-pharmacals
Subject code: M7.5.4

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: 37

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

Correlate

Authors label: Nervousness. (3)
Our classification: Use of psycho-pharmacals, code M7.5.4
Findings on Happiness and MENTAL HEALTH

Measurement:
Direct question: 'Have you taken something against the nerves, during the last 14 days?'
0 nothing
1 taken something

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/c</td>
<td>G = -0.41 p &lt; 0.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Attitudes to own mental health
Subject code: M7.6

Study

Reported in: Reitz, A.; Tobe, V.; Knapp, P.A; Schurch, B.
Impact of Spinal Cord Injury on Sexual Health and Quality of Life.
Page in Report: 168


Sample: Non-probability chunk sample

Non-Response: 0

N: 63

Correlate

Authors label: Mental well being

Our classification: Attitudes to own mental health, code M7.6

Measurement: Single question: 'How satisfied are you currently with your mental well being?'

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SQL/c/sq/v/5/b</td>
<td>AoV = p &lt; NS</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Readiness to seek professional care

**Subject code: M7.6.1**

**Study**

GONZA 1967

*Reported in:* Gonzalez, J.R.  
Study of Student Teachers' Life Adjustment.  
Page in Report: 130

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

*Sample:* Non-probability chunk sample

*Non-Response:*  
\( N = 75 \)

**Correlate**

*Authors label:* Readiness for self-referral. (1)  
*Our classification:* Readiness to seek professional care, code M7.6.1
Findings on Happiness and MENTAL HEALTH

Measurement: 3 item index containing: attitude towards professional help, use of professional help and perceived competence to handle problems one self.

Observed Relation with Happiness

<table>
<thead>
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<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/c</td>
<td>G = - .34</td>
<td>G' based on proportion very happy (vs not very happy).</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Readiness to seek professional care
Subject code: M7.6.1

Study

Page in Report: 262

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

Sample:
Non-Response: 13%; 5% not at home, 8% refusals
N: 2460

Correlate

Authors label: Readiness for self-referral (1)
Our classification: Readiness to seek professional care, code M7.6.1

Measurement: 3-item index, containing attitude to professional help, use of professional help, and perceived competence to handle one’s problems oneself strong self help / self help / might need help / could have used help / has used help.

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/3/aa</td>
<td>G = -</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grade school: G' = -.09 (05)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>High school: G' = -.15 (01)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>College: G' = -.24 (01)</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Satisfaction with treatment
Subject code: M7.6.2

Study

HOLLO 1999

Reported in: Holloway, F.; Carson, J.

Population: Mental patients, followed 3 years, UK 1990-1993

Sample: Non-probability purposive sample

Non-Response: 0

N: 70

Correlate

Authors label: Change in satisfaction with care

Our classification: Satisfaction with treatment, code M7.6.2

Measurement: Self-report on the following questions:
- your general state of health?
- how often you see a doctor?
- your nervous well-being?
- pleased about having accomplished something?
- that things were going your way?
- proud because some one complimented you on something you had done?

Assessed at T1 and T3 (18 month 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>r = 0.15</td>
<td>T1-T3 change in happiness by T1-T3 change symptoms (T1-T3 18 months)</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.05</td>
<td></td>
</tr>
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</table>

Appendix 1: Happiness Items used

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

Findings on Happiness and MENTAL HEALTH

Selfreport on single question:
"Mood is usually applied to states lasting for minutes or hours, but most people can estimate their average or typical mood over a long period of time. Using the following scale, please indicate which statement best describes your typical mood for the current spring semester. Draw a circle around the number of the statement which best describes your average level of happiness or unhappiness during this semester.

10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good, "OK"
5 Feeling a little bit low, Just so-so
4 Spirits low and somewhat "blue"
3 Depressed and feeling very low. Definitely "blue"
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.

Selfreport on single question:
"In thinking over the past year, indicate how elated or depressed, happy or unhappy you have felt...?"
10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good, "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat "blue"
3 Depressed and feeling very low. Definitely "blue"
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.

Selfreport on single question:
"....feeling in good spirits usually..."
2 yes
1 no

Selfreport on single question:
"In general, how would you say you feel most of the time, in good spirits or in low spirits....?"
1 low
2 both
3 good

Single direct question:
How are you feeling now....?
5 very good
4 good
3 neither good nor poor
2 poor
1 very poor
Findings on Happiness and MENTAL HEALTH

Selfreport on single question

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

Selfreport on 4 questions:

"The following are statements of feelings or mood. Please read them over and then indicate which of these overall feelings best describes your feelings."
A) Right now you feel ........
B) The best you felt today ....
C) The worst you felt today ...
D) The way you usually feel ...

Response options:
10. Complete elations, rapturous joy, and soaring ecstasy.
9. Very elated and in very high spirits; tremendous delight and buoyancy.
8. Elated and in high spirits.
7. Feeling very good and cheerful.
6. Feeling pretty good, "OK".
4. Spirits low and somewhat blue.
3. Depressed and feeling very low. Definitely blue.
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)

Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"On the average, how happy or unhappy did you feel today...?"
2 Very unhappy. Depressed. Spirits very low.
3 Pretty unhappy. Somewhat 'blue'. Spirits down.
4 Mildly unhappy. Just a little low.
5 Barely unhappy. J ust this side of neutral.
6 Barely happy. Just this side of neutral.
7 Mildly happy. Feeling fairly good and somewhat cheerful.

Name: Wessman & Ricks' 'Elation - Depression Scale' (adapted version)
Findings on Happiness and MENTAL HEALTH

A-ARE/md/sqr/v/10/b Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today....?"
10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good, "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat 'blue'
3 Depressed and feeling very low. Definitely 'blue'
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.

Name: Wessman & Ricks' `Elation - depression scale'

A-ARE/mi/sqr/n/7/a Selfreport on single question repeated several times a day.

" .. mood .."
Full lead question not reported
7 happy
6
5
4
3
2
1 sad

A-ARE/mi/sqr/v/3/a Selfreport on single question, asked 21 times in a period of 10 weeks (experience sampling)

"How would you characterize your mood or impulse of the last instant....?"
3 happy
2 neutral
1 sad

Summation: average of 21 scores.

A-ASA/mi/mq/v/3/a Selfreport on 22 questions:

Below is a list of opposed attributes. Please indicate which applies best to your situation at this moment. Don't think too long. Place a cross next to the word this fits best. If you cannot decide, use the neither/nor option. Do not skip any lines.

At the moment I am feeling.....

A refreshed ......................... listless
B indifferent toward ................ interested in others
C pleased .......................... depressed
D successful ........................ unsuccessful
E irritable .......................... peaceful
F indecisive ........................ ready to make decisions
G cheerful .......................... Tearful
H in a good mood .................... in a bad mood
I lacking in appetite ................ with a good appetite
J sociable .......................... withdrawn
K unworthy .......................... worthy
L relaxed .......................... tense
Findings on Happiness and MENTAL HEALTH

M happy.....................................unhappy
N shy..........................................communicative
O sinful and wicked....................pure
P secure.....................................threatened
Q abandoned.............................cared for
R even-tempered........................driven
S confident..................................insecure
T miserable..................................comfortable
U flexible.....................................inflexible
V tired.........................................rested
W hesitating...............................firm
X calm..........................................restless
Y lacking in energy.....................energetic
Z useless...................................indispensable
AA sluggish................................lively
AB superior...............................inferior

Response options:
3 positive option
2 neither nor
1 negative option

Summation: Mean

Name: Zerssen's 'Befindlichkeits Skala' version 1 (B-S)

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

"Looking at your present life situation, have you felt....?"
(yes/no)
A Particularly exited, or interested in something?
B So restless that you could not sit long in a chair?
C Proud because someone complimented you on something you had done?
D Very lonely or remote from people?
E Pleased about having accomplished something?
F Bored?
G On top of the world?
H Depressed?
I That things were going your way?
J Upset because someone criticized you?

Response options scoring
- yes = 1
- no = 0

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

Possible range: -5 to +5

Name: Bradburn's 'Affect Balance Scale' (modified version)
Findings on Happiness and MENTAL HEALTH

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

During the past few weeks, did you ever feel ....? (yes/no)
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:
yes = 1
no = 0

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

Possible range: -5 to +5

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

A-BB/cm/mq/v/2/b Selfreport on 10 questions, repeated four times at 3 months intervals:

"During the past few weeks, did you ever feel ....?" (yes/no)
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:
yes = 1
no = 0

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

Possible range: -5 to +5

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

Selfreport on 10 questions:

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

Answer options and scoring:
yes = 1
no = 0

Summation:
-Positive Affect Score (PAS): A + C + E + G + I
-Negative Affect Score (NAS): B + D + F + H + J
-Affect Balance Score (ABS): PAS minus NAS
Possible range: -5 to +4

Name: Bradburn's 'Affect Balance Scale' (adjusted version 'exited/interested' item dropped)

Selfreport on 13 questions:

"During the past four weeks have you ever felt....?" (yes/no)
A Pleased about having accomplished something.
B Things going my way.
C Proud because someone complimented me on something I had done.
D Particularly excited or interested in something I had done.
E On top of the world.
F A deep sense of joy.
G Pleased because my life feels orderly and secure.
H Bored.
I Very lonely and remote from other people.
J Jealous of somebody.
K Angry with someone.
L Disappointed in myself.
M Unhappy about the small number of times I have pleasant feelings and experiences.

Answer options:
0 no
yes
If yes: How often did you feel so?
5 every day
4 several times a week
3 once a week
2 2 or 3 times a month
1 once a month

Summation:
- Positive Affect Score (PAS): Average A to G
- Negative Affect Score (NAS): Average H to M
- Affect Balance Score (AB): PAS minus NAS
Possible range: +42 tot -30

Name: Bradburn's "Affected Balance Scale' (modified version)
Findings on Happiness and MENTAL HEALTH

Selfreport on 10 questions:

"During the past few months, have you ever felt..... (often, sometimes, never?)"

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 Depressed or very unhappy?
H That things were going your way?
I Upset because someone criticized you?

Answer options and scoring:
0 = no
if yes
3 often
2 sometimes
1 never

Summation:
-Positive Affect Score (PAS): A+C+E+I
-Negative Affect Score (NAS): B+D+F+H+J
-Affect Balance Score (ABS): PAS minus NAS
Possible range: -15 to +12
Name: Bradburn's 'Affect Balance Scale' (standard version)

Selfreport on 11 questions:

"During the past few weeks, did you ever feel.....?"

A angry
B bored
C could not get going
D depressed
E lonely
F too busy
G uneasy
H exited
I on top of the world
J pleased
K proud

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

Positive Affect Score (PAS): summed scores on H, I, J, K
Negative Affect Score (NAS): summed scores A, B, C, D, E, F, G
Affect Balance Score (ABS): PAS minus NAS
Possible range: -7 to +5
Name: Bradburn's `Affect Balance Scale' (modified version)
Findings on Happiness and MENTAL HEALTH

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 one 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/d Selfreport on 8 questions.

"During the past week, did you ever feel.....?"
A very lonely
B restless
C bored
D depressed
E on top of the world
F exited or interested
G pleased about accomplishment
H proud

Answer options:
1 never
2 once
3 several times
4 often

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

Name: Bradburn's Affect Balance Scale (modified version)
Findings on Happiness and MENTAL HEALTH

Selfreport on 10 questions:

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

A Pleased about having accomplished something.
B That things were going my way.
C Proud because someone complimented me on something I had done.
D Particularly excited or interested in something I had done.
E On top of the world.
F Upset because someone criticized you.
G So restless that you could not sit long in a chair.
H Bored.
I Very lonely or remote from other people.
J Depressed or very unhappy.

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

Summation:
- Positive Affect Score (PAS): Average A to E
- Negative Affect Score (NAS): Average F to J
- Affect Balance Score (AB): PAS minus NAS
Possible range: -25 to +25

Name: Bradburn's "Affected Balance Scale' (modified version)

Selfreport on 10 questions:

"During the past few weeks, did you ever feel ....?"

A Particularly excited or interested in something?
B So restless that you couldn't sit long in a chair?
C Proud because someone complimented you on something you had done?
D Very lonely or remote from other people?
E Pleased about having accomplished something?
F Bored?
G On top of the world?
H Depressed or very unhappy?
I That things were going your way?
J Upset because someone criticized you?

Answer options and scoring:
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)
Findings on Happiness and MENTAL HEALTH

Selfreport on 10 questions asked 4 times a year at 3 month intervals.

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

Scoring: yes = 1, no is = 0
Summation:
- Positive Affect Score (PAS): A+C+E+G+I
- Negative Affect Score (NAS): B+D+F+H+J
- Affect Balance Score (ABS): PAS minus NAS
Possible: range: -5 to +5

Name: Bradburn's 'Affect Balance Scale'

Selfreport on 40 items

Lead sentence and items not reported

Positive affect dimensions
A Joy
B Contentment
C Vigor
D affection

Negative affect dimensions
E Anxiety
F Depression
G Guilt
H Hostility

Rated
0 not at all
1
2
3
4 extremely

Computation:
Positive Affects Total (PTOT): A+B+C+D
Negative Affects Total (NTOT): E+F+G+H
Affects Balance Index (ABI) : PTOT-NTOT/20

Name: Derogatis Affects Balance Scale, short (DBAS)
Selfreport on 96 questions:

SENTENCES
Each of the sentences below describe a FEELING. Mark HOW OFTEN you had that feeling during the past week;
A Nothing goes right with me  
B I feel close to people around me 
C I feel as though the best years of my life are over 
D I feel my life is on the right track 
E I feel loved and trusted 
F My work gives me a lot of pleasure 
G I don't like myself 
H I feel very tense 
I I feel life isn't worth living 
J I am content with myself 
K My past life is filled with failure 
L Everything I do seems worthwhile 
M I can't be bothered doing anything 
N I feel I can do whatever I want to 
O I have lost interest in other people and don't care about them 
P Everything is going right for me 
Q I can express my feelings and emotions towards other people 
R I'm easy going 
S I seem to bee left alone when I don't want to be 
T I wish I could change some parts of my life 
U I seem to have no real drive to do anything 
V The future looks good 
W I become very lonely 
X I can concentrate well on what I'm doing 
Y I feel out of place 
Z I think clearly and creatively 
AA I feel alone 
AB I feel free and easy 
AC I smile and laugh a lot 
AD I feel things are going my way 
AE The world seems a cold and impersonal place 
AF I feel I've made a mess of things again 
AG I feel like hiding away 
AH I feel confident about decisions I make 
AI I feel depressed for no apparent reason 
AJ I feel other people like me 
AK I feel like a failure 
AL I feel I'm a complete person 
AM I'm not sure I'm done the wright thing 
AN My future looks good 
AO I'm making the most out of my life 
AP Everything is going right for me 
AQ I feel unimportant 
AR I feel as though there must be something wrong with me 
AS I don't feel like making the effort to do anything 
AT I feel confident in my dealings with the opposite sex 
AU I want to hurt those who have hurt me 
AV The results I have obtained make my efforts worthwhile

ADJECTIVES
Each of the objectives below describe a FEELING. Mark HOW OFTEN you had that feeling during the past week;
A Confident 
B Hopeless
Findings on Happiness and MENTAL HEALTH

C Pleasant
D Insignificant
E Discontented
F Healthy
G Dejected
H Annoyed
I Down
J Glad
K Glowing
L Relaxed
M Comfortable
N Moody
O Understood
P Blue
Q Miserable
R Joyful
S Tense
T Insecure
U Shaky
V Satisfied
W Safe
X Successful
Y Free
Z Sad
AA Good-natured
AB Impatient
AC Rejected
AD Lively
AE Frustrated
AF Fearful
AG Lonely
AH Warm
AI Contented
AJ Good
AK Secure
AL Disappointed
AM Understanding
AN Depressed
AO Low
AP Calm
AQ Unhappy
AR Upset
AS Empty
AT Enthusiastic
AU Happy
AV Vibrant

Answer options:
0 not at all
1 occasionally
2 some of the time
3 often
4 all of 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

Name: Kamman's Affectometer 1: version last week
Selfreport on 96 questions:

SENTENCES
Each of the sentences below describe a FEELING. Mark HOW OFTEN you had that feeling;
(Timeframe chosen by the subject: mostly past weeks.)
A Nothing goes right with me
B I feel close to people around me
C I feel as though the best years of my life are over
D I feel my life is on the right track
E I feel loved and trusted
F My work gives me a lot of pleasure
G I don't like myself
H I feel very tense
I I feel life isn't with living
J I am content with myself
K My past life is filled with failure
L Everything I do seems worthwhile
M I can't be bothered doing anything
N I feel I can do whatever I want to
O I have lost interest in other people and don't care about them
P Everything is going right for me
Q I can express my feelings and emotions towards other people
R I'm easy going
S I seem to be left alone when I don't want to be
T I wish I could change some parts of my life
U I seem to have no real drive to do anything
V The future looks good
W I become very lonely
X I can concentrate well on what I'm doing
Y I feel out of place
Z I think clearly and creatively
AA I feel alone
AB I feel free and easy
AC I smile and laugh a lot
AD I feel things are going my way
AE The world seems a cold and impersonal place
AF I feel I've made a mess of things again
AG I feel like hiding away
AH I feel confident about decisions I make
AI I feel depressed for no apparent reason
AJ I feel other people like me
AK I feel like a failure
AL I feel I'm a complete person
AM I'm not sure I'm done the Wright thing
AN My future looks good
AO I'm making the most out of my life
AP Everything is going Wright for me
AQ I feel unimportant
AR I feel as though there must be something wrong with me
AS I don't feel like making the effort to do anything
AT I feel confident in my dealings with the opposite sex
AU I want to hurt those who have hurt me
AV The results I have obtained make my efforts worthwhile

ADJECTIVES
Each of the objectives below describe a FEELING. Mark HOW OFTEN you had that feeling;
A Confident
B Hopeless
C Pleasant
Findings on Happiness and MENTAL HEALTH

D Insignificant
E Discontented
F Healthy
G Dejected
H Annoyed
I Down
J Glad
K Glowing
L Relaxed
M Comfortable
N Moody
O Understood
P Blue
Q Miserable
R Joyful
S Tense
T Insecure
U Shaky
V Satisfied
W Safe
X Successful
Y Free
Z Sad
AA Good-natured
AB Impatient
AC Rejected
AD Lively
AE Frustrated
AF Fearful
AG Lonely
AH Warm
AI Contented
AJ Good
AK Secure
AL Disappointed
AM Understanding
AN Depressed
AO Low
AP Calm
AQ Unhappy
AR Upset
AS Empty
AT Enthusiastic
AU Happy
AV Vibrant

Answer options:
0 not at all
1 occasionally
2 some of the time
3 often
4 all of 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
Selfreport on 48 questions:

Over this period I have had the feeling: (Timeframe chosen by subjects: mostly past few weeks)
A Nothing goes right with me
B I feel close to people around me
C I feel as though the best years of my life are over
D I feel my life is on the right track
E I feel loved and trusted
F My work gives me a lot of pleasure
G I don't like myself
H I feel very tense
I I feel life isn't worth living
J I am content with myself
K My past life is filled with failure
L Everything I do seems worthwhile
M I can't be bothered doing anything
N I feel I can do whatever I want to
O I have lost interest in other people and don't care about them
P Everything is going right for me
Q I can express my feelings and emotions towards other people
R I'm easy going
S I seem to bee left alone when I don't want to be
T I wish I could change some parts of my life
U I seem to have no real drive to do anything
V The future looks good
W I become very lonely
X I can concentrate well on what I'm doing
Y I feel out of place
Z I think clearly and creatively
AA I feel alone
AB I feel free and easy
AC I smile and laugh a lot
AD I feel things are going my way
AE The world seems a cold and impersonal place
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AT I feel confident in my dealings with the opposite sex
AU I want to hurt those who have hurt me
AV The results I have obtained make my efforts worthwhile

Answer options:
0 not at all
1 occasionally
2 some of the time
3 often
4 all of the time
Findings on Happiness and MENTAL HEALTH

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

Name: Kamman's Affectometer 1: version period unspecified

A-BMc/cw/mq/v/4/a Selfreport on 25 questions:

A number of statements that people have used to describe how they feel are given below. Read each one and circle the number that best describes how frequently that statement was true for you in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times in the past week.

A I felt sad
B I felt I had failed as a person
C I felt dissatisfied with my life
D I felt mentally alert
E I felt disappointed with myself
F I felt cheerful
G I felt life wasn't worth living
H I felt satisfied with my life
I I felt healthy
J I felt life crying
K I felt I had been successful
L I felt happy
M I felt I couldn't make decisions
N I felt unattractive
O I felt optimistic about the future
P I felt life was rewording
Q I felt cheerless
R I felt life has a purpose
S I felt too tired to do anything
T I felt pleased with the way I am
U I felt lethargic
V I found it easy to make decisions
W I felt life was enjoyable
X I felt life was meaningless
Y I felt run down

Answer options:
0 never
1 rarely
2 sometimes
3 often

Negative affect score (NAS): A, B, C, E, G, J, M, N, Q, S, U, X, Y.
Affect Balance Score (ABS): PAS - NAS + 39

Name: McGreal & Joseph 'Depression-Happiness Scale' (DHS)

A-CP/g/rdn/?/7/a Rating by two independent staff members who were familiar with the patient.

7 happy
6
5
4
3
2
1 depressed
Findings on Happiness and MENTAL HEALTH

A-CP/g/rdp/ro/7/a  Peer rating on single question (based on contact during 6 months):

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

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

‘General tendency to be 'cheerful" (as opposed to being depressed and low spirited)
+3 very high compared to average
+2 distinctly above average
+1 slightly above average
0 average
-1 slightly below average
-2 distinctly below average
-3 lowest as compared to average

A-TH/g/mq/th%/101/ab  Selfreport on three questions:

‘On the average, what percentage of the time do you feel…..? (percentages must add up to 100%)
1 happy
2 unhappy
3 neutral

Name: Fordyce % happy scale
Variant: % unhappy

C-A/h/sq/v/3/a  Selfreport on single question:

"How do you feel about what you have accomplished in life...?"
3 well satisfied
2 reasonable satisfied
1 dissatisfied:

C-ASG/h/mq/v/5/a  Selfreport on 2 questions:

A. "How important was each of the following goals in life in the plans you made for yourself in early adulthood?"
- occupational success
- family life
- friendships
- richness of cultural life
- total service to society.
1 less important to me than to most people
2
3
4
5 of prime importance to me

B. "How successful have you been in the pursuit of these goals?"
1 little satisfaction in this area
2
3
4
5 had excellent fortune in this respect

Computation: General Satisfaction 5 is the quotient obtained by multiplying the planned goal (early adulthood) by the reported success in attaining that goal, adding the five of these multiplied areas and dividing them by the sum of the planned goals for each of the areas.

\[
\frac{Pa \cdot Sa + Pb \cdot Sb + Pc \cdot Sc + Pd \cdot Sd + Pe \cdot Se}{Pa + Pb + Pc + Pd + Pe}
\]

\[
Pa = \text{planned goal a (1-5)}
\]
Findings on Happiness and MENTAL HEALTH

Sa = success goal a (1-5)

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/c/sq/ol/11/a Selfreport on single question:

Please rate your life satisfaction these days, compared to the BEST and the WORST periods in your life that you have just identified.

Answers rated on an open line scale:

-5 | worst period
-4 |
-3 |
-2 |
-1 |
0
+1 |
+2 |
+3 |
+4 |
+5 | best period

Preceded by recall of best and worst periods in life-experience

Name: ACSA (Anamnestic Comparative Self Assessment)

M-ACO/cw/mq/*/20/a Selfreport on 5 questions, repeated every week during 24 weeks:

A. "How do you feel about your life as a whole?"
1 terrible
2
3
4
5
6
7 delighted

B. "Taking all things together, how would you say things are these days? Would you say you are.......?";
3 very happy
2 pretty happy
1 not too happy
C. To what extent have the five areas of your life been what you wanted it to be? (refers to self, personal life, work life and health)

| 1 not at all | 2 | 3 | 4 | 5 a great deal |

D. "How much have you really enjoyed your life as a whole?"

| 1 not at all | 2 | 3 | 4 | 5 a great deal |

E. "How much has your life as a whole made you feel emotionally upset?"

| 1 not at all | 2 | 3 | 4 | 5 a great deal |

Summation: sum

Various self reports and informant rating

A Selfreport on five questions repeated three times during semester:

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 ...1 strongly disagree
(Diener's Satisfaction With Life Scale, SWLS)

B Selfreport on 24 questions:

How much of each mood did you experience in the last month?

BA LOVE
a Affection
b love
c caring
d fondness
BB JOY
a joy
b happiness
c contentment
d pride
BC FEAR
a fear
b worry
c anxiety
d nervous
BD ANGER
a anger
b irritation
c disgust
d rage
BE SHAME
a shame
b guilt
c regret
Findings on Happiness and MENTAL HEALTH

d embarrassment
BF SADNES
a sadness
b loneliness
c unhappiness
d depression
Rated: 0 = not at all ...6 extremely much
Summation: balance score (BA+BB)/2 - (BC+BD+BE+BF)/4

C Rating of B by five informants
D Selfreport of daily affect on B
Summation: z-scores

M-CO/*/mq/v/3/a Selfreport on 3 questions:

A
How often do you find yourself feeling disappointed about the ways things have turned out for you?
1 often
2 sometimes
3 hardly ever

B
All in all, how much happiness would you say you find in your life today?
1 almost none
2 some
3 a good deal

C
On the whole, how satisfied would you say you are with your life today?
1 not very satisfied
2 fairly satisfied
3 very satisfied

Summation: A+B+C/3

M-FH/cw/sq/v/5/b Selfreport on single question:

'How would you rate your overall life-satisfaction and contentment during the past week?'
1 very poor
2 poor
3 fair
4 good
5 very good

Last item (nr 277) in 'Quality of life enjoyment and satisfaction questionnaire (Q-LES-Q) by Jean Endicott. The focus of this questionnaire is on health problems and physical performance.

M-FH/g/sq/n/11/a Selfreport on single question:

"Generally speaking, how (much) do you feel happy? What score do you give if we put ten for 'extremely happy, zero for extremely unhappy' and five for neither happy nor unhappy?"
10 extremely happy
9
8
7
6
5 neither happy nor unhappy
4
3
2
1
Findings on Happiness and MENTAL HEALTH

M-FH/g/sq/n/11/b  Selfreport on single question:

Now I am going to ask you how you FEEL, not just at the moment, but GENERALLY in your life. How happy do you generally feel? On a scale from 0 to 10...
0 completely unhappy
1
2
3
4
5 neutral
6
7
8
9
10 completely happy

M-FH/g/sq/ol/11/a  Selfreport on single question:

Do you feel happy in general?
0 minimum score
1
2
3
4
5
6
7
8
9
10 maximal score
Numbers presented on a horizontal line scale.

M-FH/g/sq/v/10/a  Selfreport on single question:

Use the list below to answer the following question: IN GENERAL, HOW HAPPY OR UNHAPPY DO YOU USUALLY FEEL? Check the one statement that best describes your average happiness.
10 extremely happy (feeling ecstatic, joyous, fantastic!)
9 very happy (feeling really good and elated!)
8 pretty happy (spirits high, feeling good)
7 mildly happy (feeling fairly good and somewhat cheerful)
6 slightly happy (just a bit above neutral)
5 slightly unhappy (just a bit below neutral)
4 mildly unhappy (just a bit low)
3 pretty unhappy (somewhat "blue", spirits down)
2 very unhappy (depressed, spirits very low)
1 extremely unhappy (utterly depressed, completely down)

Name: Fordyce's overall happiness item.

M-PL/h/sq/v/5/b  Selfreport on single question: following enumeration of lifegoals in six areas, the last of which was 'joy in living'

"How successful have you been in pursuit of that goal.....?"
(joy in living)
5 had excellent fortune in this respect
4
3
2
1 found little satisfaction in this area
Findings on Happiness and MENTAL HEALTH

M-TH/cm/sq/v/5/a  Selfreport on single question:

During the past 4 weeks.... Have you been a happy person?
5 all of the time
4 most of the time
3 some of the time
2 a little of the time
1 none of the time

Item MH5 in SF-36 (Medical Outcome Study 36 item Short Form) version 2 (5-step rating scale)

M-TH/cm/sq/v/6/a  Selfreport on single question:

During the past 4 weeks.... Have you been a happy person?
6 all of the time
5 most of the time
4 a good bit of the time
3 some of the time
2 a little of the time
1 none of the time

Item MH5 in SF-36 (Medical Outcome Study 36 item Short Form)

M-TH/g/sq/v/9/a  Self report on single question:

"Please estimate your happiness on the scale below by marking a number from 1 to 9"  
1 not very happy most of the time
2
3
4
5 happy most of the time
6
7
8
9 very happy most of the time

O-DT/u/sq/f/7/a  Selfreport on single question:

Which face comes closest to expressing feeling about life as a whole?
7 delighted
6 nvery satisfying
5 satisfying
4 mixed
3 dissatisfying
2 very dissatisfying
1 terrible
- No opinion

Name: Andrews & Withey's "Delighted-Terrible Scale" (modified version)
Findings on Happiness and MENTAL HEALTH

Selfreport on single question:

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

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

Selfreport on single question:

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

Selfreport on single question:

I would describe my satisfaction with my overall life as..
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed (equally satisfied and dissatisfied)
5 mostly satisfied
6 pleased
7 delighted

Item in Huebner's 'Multidimensional Student Life satisfaction Scale'

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'
<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>'How do you feel about your life as a whole?'</td>
<td>1 terrible, 2 very unhappy, 3 unhappy, 4 mostly dissatisfied, 5 mixed feelings, 6 mostly satisfied, 7 pleased, 8 very pleased, 9 delighted</td>
</tr>
<tr>
<td>Selfreport on single question:</td>
<td></td>
</tr>
<tr>
<td>Taking all together, how would you say things are these days? Would you say you are .....?</td>
<td>3 very happy, 2 pretty happy, 1 not too happy</td>
</tr>
<tr>
<td>Taken all together, how would you say things are these days? Would you say that you are....?</td>
<td>3 very happy, 2 pretty happy, 1 not too happy</td>
</tr>
<tr>
<td>Taking all things together, how would you say things are these days? Would you say you are...?</td>
<td>3 very happy, 2 fairly happy, 1 not too happy</td>
</tr>
<tr>
<td>In general, how happy are you these days .....?</td>
<td>3 very happy, 2 pretty happy, 1 not too happy</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

O-HL/c/sq/v/3/m  Selfreport on single question:

All in all, how much happiness would you say you find in life today?
3 lots
2 some
1 almost none

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

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 ulyykkelig
1 meget ulyykkelig

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

In general, how do you feel in terms of happiness in your current life?
1 very unhappy
2 unhappy
3 moderate
4 happy
5 very happy

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

Do you feel your life at present is...?
5 very happy
4 fairly happy
3 cannot say
2 fairly sad
1 very sad

O-HL/m/sq/v/3/a  Selfreport on single question:

All things considered, how happy would you say you are right now.....?
3 very happy
2 pretty happy
1 not too happy
Findings on Happiness and MENTAL HEALTH

O-HL/u/sq/v/3 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 Selfreport on single question:
"Would you say:......?"
 1 You are unhappy?
 2 You are reasonably happy?
 3 You are happy ?

O-HP/c/sq/v/3 Selfreport on single question:
All things considered, how would you describe yourself these days? Would you say you are...?
 3 very happy
 2 fairly happy
 1 not too happy

O-HP/g/mq/v/5 Selfreport on 6 questions:
" Describe the kind of person you are. Please read each sentence, then mark how often it is true for you"
 1 I feel like smiling
 2 I generally feel in good spirits
 3 I feel happy
 4 I am very satisfied with life
 5 I find a good deal of happiness in life
 6 I feel sad

Response options:
5 almost always true
4 often true
3 sometimes true
2 seldom true
1 never true

Summation: average
Possible range: 1 to 5

O-QLS/cm/sq/ol/101 Selfreport on single question:
How would you estimate your quality of life as a whole during the last 4 weeks?
0 | 100
| Rated on 15 cm vertical open line

O-SL/??/sq/??/0 Selfreport on single question:
".....satisfaction with life ....."
Full question not reported

Response options: not reported
Findings on Happiness and MENTAL HEALTH

Selfreport on single question:

"......satisfaction of life in general"
(Full item not reported)
1 completely dissatisfied
2
3
4
5
6
7 completely satisfied

Selfreport on single question:

"On the whole, how satisfied would you say you are with your way of life today......?"
3 very satisfied
2 fairly satisfied
1 not very satisfied

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

Selfreport on single question:

When you're not only thinking of your job, but of your total present situation (house, prices, health, love, politics, neighbors, etc.), how satisfied are you with your life as-a-whole? Please mark the appropriate face below.

Rated on pictorial scale, consisting of seven smilies, expressing variations from very dissatisfied (a) to very satisfied (g) (Kunin's 'Faces scale') Pictures not reproduced here).
1 unhappy face
.
.
4 neutral face
.
.
7 happy face

Item in the "Arbeitsbeschreibungsbogen" (job-description questionnaire).

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 tilsides er du med dit liv for tiden?'
5 meget tilsides
4 tilsides
3 hverken tilsides eller utilfreds
2 utilfreds
1 meget utilfreds
Findings on Happiness and MENTAL HEALTH

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

O-SLW/c/sq/n/7/a Self report 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/c/sq/v/5/q Self report on single question:
Currently I am .. with life as a whole
1 very dissatisfied
2 dissatisfied
3 neither satisfied, nor dissatisfied
4 satisfied
5 very satisfied

O-SLW/c/sq/v/7/e Self report on single question:
How satisfied are you with your life as a whole today?
1 couldn't be worse
2 displeased
3 mostly dissatisfied
4 mixed
5 mostly satisfied
6 pleased
7 couldn't be better

Item in Manchester Short Assessment of QOL (MANS)

O-SLW/c/sqt/v/7/a Self report on single question, asked twice during the interview:
Are you at this moment satisfied or dissatisfied with life in general......?
7 very satisfied
6 for the greater part satisfied
5 rather more satisfied than dissatisfied
4 neither satisfied nor dissatisfied
3 somewhat more dissatisfied than satisfied
2 for the greater part dissatisfied
1 very dissatisfied
- Do not know, difficult to say
Findings on Happiness and MENTAL HEALTH

O-SLW/se/sq/?/7/a Selfreport on single question:

"How satisfied are you about your life as a whole since that time?" (onset of disease)
7 very satisfied
6
5
4
3
2
1 very dissatisfied

O-SLW/u/sq/v/4/i Selfreport on single question:

All in all, how satisfied would you say you are with your life as a whole?
1 not at all satisfied
2 not too satisfied
3 very satisfied
4 extremely satisfied

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

How satisfied are you the quality of your life these days?
1 very dissatisfied
2 dissatisfied
3 neither nor
4 satisfied
5 very satisfied

Numbering reversed in original rating scale

O-SQL/u/sq/v/4/b Selfreport on single question:

Please rate your satisfaction with your quality of life
1 very dissatisfied
2 somewhat dissatisfied
3 somewhat satisfied
4 very satisfied

O-Sum/*/mq/*/0/a 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
Selfreport on four questions:

Using the 1-7 scale below, indicate how much each of the following statements applies for you in the last 18 months.
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

Answers rated:
7 applies completely
6 applies
5 applies slightly
4 neither applies nor does not apply
3 slightly not applicable
2 not applicable
1 applies not at all

Computation: A + B + C + D divided by 4

Name: Shortened Diener's Satisfaction with Life Scale (SWLS), last years version
(In the original scale item 5 reads: 'If I could live my life over, I would change nothing'. This item is left out in this selection because a positive answer to this question does not necessarily mean that the respondent doesn't like the life he/she actually lives.)

Selfreport on single question:

Overall, how do you feel your life has turned out so far?
10
9
8
7
6
5
4
3
2
1
0
Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>AoV</td>
<td><strong>ANALYSIS of VARIANCE (ANOVA)</strong>&lt;br&gt;Type: statistical procedure&lt;br&gt;Measurement level: Correlate(s): nominal, Happiness: metric.&lt;br&gt;In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to Ne -1 for the total variability. If a sum of squares (SS) is divided by its own number of df, a mean square (MS) is obtained. The ratio of two correctly selected mean squares has an F-distribution under the hypothesis that the corresponding association has a zero-value.&lt;br&gt;Note: A significantly high F-value only indicates that, in case of a single correlate, the largest of the c mean values is systematically larger than the smallest one. Conclusions about the other pairs of means require the application of a Multiple Comparisons Procedure (see e.g. <strong>BONFERRONI's MULTIPLE COMPARISON TEST</strong>,** DUNCAN's MULTIPLE RANGE TEST** or <strong>STUDENT-NEWMAN-KEULS</strong>).</td>
</tr>
<tr>
<td><strong>B</strong></td>
<td><strong>REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)</strong>&lt;br&gt;Type: test statistic&lt;br&gt;Measurement level: Correlate: metric, Happiness: metric&lt;br&gt;Theoretical range: unlimited&lt;br&gt;Meaning:&lt;br&gt;B &gt; 0 A higher correlate level corresponds with, on an average, higher happiness rating.&lt;br&gt;B &lt; 0 A higher correlate level corresponds with, on an average, lower happiness rating.&lt;br&gt;B = 0 Not any correlation with the relevant correlate.&lt;br&gt;</td>
</tr>
<tr>
<td><strong>Beta</strong></td>
<td><strong>(ß) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)</strong>&lt;br&gt;Type: test statistic.&lt;br&gt;Measurement level: Correlates: all metric, Happiness: metric&lt;br&gt;Range: [-1 ; +1]&lt;br&gt;Meaning:&lt;br&gt;ß &gt; 0 « a higher correlate level corresponds with, on an average, higher happiness rating.&lt;br&gt;ß &lt; 0 « a higher correlate level corresponds with, on an average, lower happiness rating.&lt;br&gt;ß = 0 « no correlation.&lt;br&gt;ß = + 1 or -1 « perfect correlation.&lt;br&gt;Remark:&lt;br&gt;Mean of observations is subtracted from all observations if standardized.</td>
</tr>
<tr>
<td><strong>BMCT</strong></td>
<td><strong>BONFERRONI's MULTIPLE COMPARISON TEST</strong>&lt;br&gt;Type: statistical procedure&lt;br&gt;Measurement level: Correlate: nominal, Happiness: metric&lt;br&gt;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 ½c(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.&lt;br&gt;When added by us, this test is performed at the 95% confidence level for all the differences together.</td>
</tr>
</tbody>
</table>
Findings on Happiness and MENTAL HEALTH

Chi²  
**CHI-SQUARE**  
Type: test statistic  
Range: \([0; Ne^*(\min(c,r)-1)]\), where \(c\) and \(r\) are the number of columns and rows respectively in a cross tabulation of \(Ne\) sample elements.

Meaning:  
\(\text{Chi}^2 \leq (c-1) * (r-1)\) means: no association  
\(\text{Chi}^2 >> (c-1) * (r-1)\) means: strong association

D%  
**DIFFERENCE in PERCENTAGES**  
Type: descriptive statistic only.  
Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well.  
Happiness level: dichotomous  
Range: \([-100; +100]\)

Meaning: the difference of the percentages happy people at two correlate levels.

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.

DMa  
**DIFFERENCE IN ADJUSTED MEANS**, See also Ma  
Computed in Analysis of Covariance (ANCOVA) or in multiple classification analysis (MCA)  
Seldom used in happiness research. See excerpted report for further reference.

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.

E²  
**CORRELATION RATIO (Elsewhere sometimes called h² or ETA)**  
Type: test statistic  
Measurement level: Correlate: nominal or ordinal, Happiness: metric  
Range: \([0; 1]\)

Meaning: correlate is accountable for \(E^2 \times 100\%\) of the variation in happiness.  
\(E^2 = 0\) « knowledge of the correlate value does not improve the prediction quality of the happiness rating.  
\(E^2 = 1\) « knowledge of the correlate value enables an exact prediction of the happiness rating

F  
**F-STATISTIC**  
Type: asymmetric standard test statistic.  
Range: nonnegative unlimited

Meaning: the test statistic is also called the "Variance Ratio" and is the ratio of two independent estimators of the same variance with \(n1\) and \(n2\) degrees of freedom respectively. The critical values of its probability distribution are tabulated extensively in almost any textbook on Statistics.
Findings on Happiness and MENTAL HEALTH

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.

MCT
Multiple Comparison Test, variant not specified.
Possible variants: Scheffe, Tukey, Student/Newman/Keuls, Bonferoni (BMCT)

OR
ODDS RATIO
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness level: dichotomous
Range: nonnegative unlimited

Meaning:
OR = 1 « no association at all;
OR = 0 or infinite « at least one level of the correlate allows an error-free prediction of the happiness.

r
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.

rp
POLYCHORIC CORRELATION
Variant of r
Seldom used in happiness research. See excerpted report for further reference.

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

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

rs
SPEARMAN'S RANK CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal.
Range: [-1; +1]

Meaning:
rs = 0 « no rank correlation
rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings
rs =-1 « perfect rank correlation, where high correlate values are associated with low happiness ratings
Findings on Happiness and MENTAL HEALTH

\( R^2 \)  
**Coefficient of Determination**  
Type: test statistic  
Measurement level: Correlates: all metric, Happiness: metric  
Range: [0; 1]  
Meaning:  
\( R^2 = 0 \) « no influence of any correlate in this study has been established.  
\( R^2 = 1 \) « the correlates determine the happiness completely.

SNR  
**Statistic Not Reported**

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.

\( \tau_b \)  
**KENDALL'S RANK CORRELATION COEFFICIENT TAU-B**  
Type: test statistic  
Measurement level: Correlate: ordinal, Happiness: ordinal  
Range: [-1; +1]  
Meaning:  
\( \tau_b = 0 \) « no rank correlation  
\( \tau_b = 1 \) « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.  
\( \tau_b = -1 \) « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

\( T^2 \)  
**HOTELLING's T² statistic** is the MANOVA equivalent of an F-statistic in an ANOVA situation.  
Type: test statistic  
(one or more correlates; two or more happiness measures at the interval level of measurement)

---

**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

\[ \text{Bibliography and Directory} \]

Selection of empirical studies  
Selection on valid measurement: \text{Item Bank}
Appendix 4 Further Findings in the World Database of Happiness

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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
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### Findings on Happiness and MENTAL HEALTH

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### A report of the World Database of Happiness, Correlational Findings

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