# 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>M13</td>
<td>MOOD</td>
<td>2</td>
</tr>
<tr>
<td>M13.1</td>
<td>Mood career</td>
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<tr>
<td>M13.1.1</td>
<td>Earlier mood-pattern</td>
<td>3</td>
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<tr>
<td>M13.1.2</td>
<td>Recent change in mood-pattern</td>
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<tr>
<td>M13.1.2.1</td>
<td>change in anxiety</td>
<td>1</td>
</tr>
<tr>
<td>M13.1.4</td>
<td>Later mood-pattern</td>
<td>3</td>
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<tr>
<td>M13.2</td>
<td>Current mood of the moment</td>
<td>8</td>
</tr>
<tr>
<td>M13.2.1</td>
<td>Mood during the interview</td>
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<tr>
<td>M13.2.2</td>
<td>Mood during the day of interview</td>
<td>5</td>
</tr>
<tr>
<td>M13.2.3</td>
<td>Yesterday's mood</td>
<td>1</td>
</tr>
<tr>
<td>M13.3</td>
<td>Current typical moods</td>
<td>7</td>
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<tr>
<td>M13.3.1</td>
<td>Feeling clear (vs dull, confused)</td>
<td>9</td>
</tr>
<tr>
<td>M13.3.2</td>
<td>Feeling cheerful (vs gloomy)</td>
<td>4</td>
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<tr>
<td>M13.3.2.1</td>
<td>feeling elated (vs not)</td>
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<tr>
<td>M13.3.2.2</td>
<td>feeling down (vs not)</td>
<td>18</td>
</tr>
<tr>
<td>M13.3.2.3</td>
<td>feeling hopeless (vs not)</td>
<td>8</td>
</tr>
<tr>
<td>M13.3.2.4</td>
<td>feeling satisfied (vs dissatisfied)</td>
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<tr>
<td>M13.3.2.5</td>
<td>feeling disgusted</td>
<td>1</td>
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<tr>
<td>M13.3.3</td>
<td>Feeling close (vs remote)</td>
<td>7</td>
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<tr>
<td>M13.3.3.1</td>
<td>feeling lonely (vs not)</td>
<td>15</td>
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<tr>
<td>M13.3.3.2</td>
<td>feeling love (vs not)</td>
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<td>M13.3.3.3</td>
<td>feeling sociable (vs withdrawn)</td>
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<tr>
<td>M13.3.3.4</td>
<td>feeling understood (vs not)</td>
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<tr>
<td>M13.3.4</td>
<td>Feeling energetic (vs lethargic, tired)</td>
<td>13</td>
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<tr>
<td>M13.3.4.1</td>
<td>feeling excited</td>
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<tr>
<td>M13.3.5</td>
<td>Feeling free (vs restrained)</td>
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</tr>
<tr>
<td>M13.3.5.1</td>
<td>feeling free from inner restraints</td>
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<tr>
<td>M13.3.5.2</td>
<td>feeling free from external restraints</td>
<td>3</td>
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<tr>
<td>M13.3.6</td>
<td>Feeling friendly (vs hostile)</td>
<td>10</td>
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<tr>
<td>M13.3.7</td>
<td>Feeling full (vs empty)</td>
<td>6</td>
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<tr>
<td>M13.3.8</td>
<td>Feeling open (vs closed)</td>
<td>0</td>
</tr>
<tr>
<td>Code</td>
<td>Description</td>
<td>Count</td>
</tr>
<tr>
<td>----------</td>
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<td>-------</td>
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<tr>
<td>M13.3.8.1</td>
<td>feeling involved (vs detached)</td>
<td>5</td>
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<tr>
<td>M13.3.8.2</td>
<td>feeling receptive</td>
<td>4</td>
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<tr>
<td>M13.3.8.3</td>
<td>feeling interested</td>
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<tr>
<td>M13.3.8.4</td>
<td>feeling enthusiastic</td>
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<td>M13.3.9</td>
<td>Feeling secure (vs threatened)</td>
<td>11</td>
</tr>
<tr>
<td>M13.3.10</td>
<td>Feeling self-confident (vs inadequate)</td>
<td>17</td>
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<tr>
<td>M13.3.10.1</td>
<td>Feeling proud</td>
<td>3</td>
</tr>
<tr>
<td>M13.3.11</td>
<td>Feeling morally good (vs guilty)</td>
<td>8</td>
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<tr>
<td>M13.3.12</td>
<td>Feeling respectable (vs rejected)</td>
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<tr>
<td>M13.3.13</td>
<td>Feeling tranquil (vs restless)</td>
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<tr>
<td>M13.3.14</td>
<td>Feeling zestful (vs un-inspirited)</td>
<td>0</td>
</tr>
<tr>
<td>M13.4</td>
<td>Mood in situations</td>
<td>1</td>
</tr>
<tr>
<td>M13.4.1</td>
<td>Mood at home</td>
<td>2</td>
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<tr>
<td>M13.4.2</td>
<td>Mood during leisure</td>
<td>2</td>
</tr>
<tr>
<td>M13.4.3</td>
<td>Mood during work</td>
<td>2</td>
</tr>
</tbody>
</table>

Appendix 1: Happiness Items used
Appendix 2: Statistics used
Appendix 3: About the World Database of Happiness
Appendix 4: Further Findings in the World Database of Happiness
Appendix 5: Related Subjects

Cite as: Veenhoven, R.: Findings on MOOD
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Correlational finding on Happiness and MOOD

Subject code: M13

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: 406

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

*Sample:* Non-probability purposive sample

*Non-Response:* 39%

*N:* 1494

Correlate

*Authors label:* family, work and leisure time (1)

*Our classification:* MOOD, code M13

*Measurement:* Family, work and leisure time
(made up by the following questions:
1: very badly
2: badly
3: neither well nor badly
4: well
5: very well


*Remarks:* a) "How do you feel when you are at home?"
b) "How do you feel when you are at work?"
c) "How do you feel in your leisure time?"

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   | r=+.60     | 1: Mt=-
|                   | p<.00      | 2: Mt=2.50
|                   |            | 3: Mt=5.26
|                   |            | 4: Mt=7.45
|                   |            | 5: Mt=8.90
|                   |            | All Mt=7.83 |
### Correlational finding on Happiness and MOOD

**Subject code: M13**

**Study**  
VENTE 1996

*Reported in:* Ventegodt, S.  
Page in Report: 430

*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:* feelings at home, at work, at leisure time

*Our classification:* MOOD, code M13

*Measurement:* Family, work and leisure time  
1: very badly  
2: badly  
3: neither well nor badly  
4: well  
5: very well

*Measured Values:* N: All: 4541; %: 1: 0.1; 2: 1.0; 3: 8.7; 4: 53.0; 5: 37.1

*Remarks:* Made up of the questions:  
"How do you feel when you are at home?"  
"How do you feel when you are at work?"  
"How do you feel in your leisure time?"

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<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Correlation</th>
<th>Mean (Mt)</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>All Mt</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/c/sq/v5/e</td>
<td>r=.60, p&lt;.00</td>
<td>1: Mt=-</td>
<td>2: Mt=2.11</td>
<td>3: Mt=4.76</td>
<td>4: Mt=7.06</td>
<td>5: Mt=8.64</td>
<td>All Mt=7.49</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v5/h</td>
<td>r=.56, p&lt;.00</td>
<td>1: Mt=-</td>
<td>2: Mt=2.89</td>
<td>3: Mt=4.79</td>
<td>4: Mt=6.54</td>
<td>5: Mt=8.08</td>
<td>All Mt=7.00</td>
<td></td>
</tr>
</tbody>
</table>
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.59</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>1: Ms=1.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Ms=2.66</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Ms=5.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Ms=7.45</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Ms=9.01</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.61</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>1: Ms=1.25</td>
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<tr>
<td></td>
<td></td>
<td>2: Ms=1.91</td>
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<tr>
<td></td>
<td></td>
<td>3: Ms=4.43</td>
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<td></td>
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<td>4: Ms=7.10</td>
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<td>5: Ms=8.79</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.60</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>1: Ms=2.09</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Ms=3.04</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Ms=4.70</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Ms=6.63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Ms=8.25</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Earlier mood-pattern
Subject code: M13.1.1

Study  
BACHM 1977

Reported in: 
Bachman, J. G.; O'Malley, P. M.; Johnston, J.  

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 (1)

Our classification: Earlier mood-pattern, code M13.1.1

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>O-HP/g/mq/v/5/a</td>
<td>tau = -0.54, p &lt; 0.001</td>
<td>Negative affective states</td>
</tr>
<tr>
<td></td>
<td>T1</td>
<td>T2</td>
</tr>
<tr>
<td>Happiness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T1</td>
<td>tau = -0.54</td>
<td>-0.35</td>
</tr>
<tr>
<td>T2</td>
<td>tau = -0.37</td>
<td>-0.56</td>
</tr>
<tr>
<td>T3</td>
<td>tau = -0.31</td>
<td>-0.45</td>
</tr>
<tr>
<td>T4</td>
<td>tau = -0.35</td>
<td>-0.42</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Earlier mood-pattern

**Subject code: M13.1.1**

**Study**

- **OR MEL 1980**
  - Reported in: Ormel, J. Moetie 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:** Negative affects (2)
- **Our classification:** Earlier mood-pattern, code M13.1.1
- **Measurement:** 4-item additive index of negative affects in the past few weeks (NA index from Bradburns Affect Balance Scale: part of happiness indicator AFF 2.3). 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 = -0.78, p &lt; 0.01</td>
<td>T2 happiness by T2 negative affects</td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

T3 happiness by T2 negative affects

\[ r = -0.45 \]
\[ p < 0.01 \]

T2 happiness by T3 negative affects

\[ r = 0.45 \]
\[ p < 0.01 \]

T3 happiness by T3 negative affects

\[ r = -0.75 \]
\[ p < 0.01 \]

Correlational finding on Happiness and Earlier mood-pattern

Subject code: M13.1.1

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

Correlate

Authors label: Belonging/loneliness (2)

Our classification: Earlier mood-pattern, code M13.1.1

Measurement:

a Feeling of social belonging

b Feeling of loneliness

(11 item index DeJong, Gierveld & Kamphuis 1985)

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 = +0.26</td>
<td>T1 happiness by T2 feeling</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.001</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r = +0.30</td>
<td>T1 feeling by T2 happiness</td>
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<tr>
<td></td>
<td>p &lt; 0.001</td>
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<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r = -0.40</td>
<td>T1 happiness by T2 feeling</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.001</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

A-BB/cm/mq/v/2/a  r=-.45  p<.001

T1 feeling by T2 happiness
Computed for continuously unemployed Ss only

Correlational finding on Happiness and change in anxiety
Subject code: M13.1.2.1

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

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

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

Correlate
Authors label: Change in anxiety (Increase) (1)
Our classification: change in anxiety, code M13.1.2.1
Measurement: Difference in response to a 3-item index of health complaints in the last few weeks.
- nervousness or tenseness
- trouble getting to sleep
- have(not) enough energy to do things you liked to do.
Assessed at
T1: January 1963
T3: Oktober 1963

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 Later mood-pattern**

**Subject code: M13.1.4**

**Study**

<table>
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<tr>
<th>BACHM 1978/2</th>
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*Reported in:* Bachman, J.G.; O'Malley, P.M.; Johnston, J.  
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:* 2213

**Correlate**

*Authors label:* Negative affective states (1)  
*Our classification:* Later mood-pattern, code M13.1.4  
*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>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
</table>

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A-BB/cm/mq/v2/a  
DMr=  
p<.05  
CHANGE in anxiety by CHANGE in happiness.  
Computed for negative affect (NA) only (not full ABS).  
NA assessed at T1 and T3

Ss who increased in anxiety tend to increase NA as well (and reversedly).

Change in affect expressed in change (•) in average ridits (RT). Ridit analysis compares distribution in category with distribution in total sample. •RT above .50 means relative increase. •RT below relative decrease in happiness.

**Findings on Happiness and MOOD**

<table>
<thead>
<tr>
<th>tau=</th>
<th>Happiness</th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
<th>T4</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/mq/v/5/a p&lt;.001</td>
<td>tau = -.54</td>
<td>-.35</td>
<td>-.33</td>
<td>-.31</td>
<td></td>
</tr>
<tr>
<td>T1</td>
<td>tau = -.37</td>
<td>-.56</td>
<td>-.43</td>
<td>-.39</td>
<td></td>
</tr>
<tr>
<td>T2</td>
<td>tau = -.31</td>
<td>-.45</td>
<td>-.61</td>
<td>-.45</td>
<td></td>
</tr>
<tr>
<td>T3</td>
<td>tau = -.35</td>
<td>-.42</td>
<td>-.46</td>
<td>-.52</td>
<td></td>
</tr>
</tbody>
</table>

All tau's significant (001)


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**Correlational finding on Happiness and Later mood-pattern**

**Subject code: M13.1.4**

**Study**

**OR MEL 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:* Negative affects (1)

*Our classification:* Later mood-pattern, code M13.1.4

*Measurement:* 4-item additive index of negative affects in the past few weeks (NA index from Bradburns Affect Balance Scale: part of happiness indicator AFF 2.3). Assessed at T2(1976) and T3(1977).

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r=.78</td>
<td>T2 happiness by T2 negative affects</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r=.45</td>
<td>T3 happiness by T3 negative affects</td>
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<tr>
<td></td>
<td>p&lt;.01</td>
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<td>A-BB/cw/mq/v/4/c</td>
<td>r=.45</td>
<td>T2 happiness by T3 negative affects</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

A-BB/cw/mq/v/4/c  r=-.75  p<01  T3 happiness by T3 negative affects

Correlational finding on Happiness and Later mood-pattern
Subject code: M13.1.4

Study  VERKL 1989


Population: 30-50 aged, in working force, followed 1 year, urban areas, Netherlands, 1983-84

Sample:
Non-Response: T1-T2 attrition: 27%
N: 1100

Correlate

Authors label: Belonging/loneliness (1)

Our classification: Later mood-pattern, code M13.1.4

Measurement:
a Feeling of social belonging
b Feeling of loneliness
(11 item index DeJong, Gierveld & Kamphuis 1985)

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=+.26</td>
<td>T1 happiness by T2 feeling</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=+.30</td>
<td>T1 feeling by T2 happiness</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 happiness by T2 feeling</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=-.45</td>
<td>T1 feeling by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>p&lt;001</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2
Findings on Happiness and MOOD

Study CHARN 2000

Reported in: Charnes, G.; Grosskopf, B.
Relative Pay offs and Happiness: An Experimental Study.
Page in Report: 308

Population: University students, Barcelona, Spain, 1998
Sample: Non-probability accidental sample
Non-Response: 0%

N: 121

Correlate

Authors label: Momentary happiness (MH)
Our classification: Current mood of the moment, code M13.2

Measurement:
Selfreport on single question:
"How do you feel right now? Check the one statement that best describes your average happiness.'
10 extremely happy (feeling ecstatic, joyous, fantastic)
9 very happy (feeling really good, 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 neutral (not particularly happy or unhappy)
4 slightly unhappy (just a bit below neutral)
3 mildly unhappy (just a little low)
2 pretty unhappy (somewhat "blue", spirits down)
1 very unhappy (depressed, spirits very low)
0 extremely unhappy (utterly depressed, completely down)

Measured Values: MH = 6.26

Remarks: Assessed after assigning roles in a partition experiment.
Mood is slightly higher among Ss in passive role (6.45) than in active role (6.07)

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
A-AOL/g/sq/v11/a | rs=+.67, p<.000 | Both questions rated on the same scale. The question on general happiness (GH) preceded the question about momentary happiness (MH). Ss rate their general happiness higher than their current mood.
GH = 6.945
MH = 6.26
Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2

Study HEADE 1992

Reported in: Headey, B.; Wearing, A.
Longman Cheshire, 1992, Melbourne, Australia. ISBN 0 582 87508 0
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: Negative affect
Our classification: Current mood of the moment, code M13.2
Measurement: Self-report on 5 questions:
"During the past few weeks, did you ever feel ....?"
(yes/no)
A So restless that you couldn't sit long in a chair?
B Very lonely or remote from other people?
C Bored?
D Depressed or very unhappy?
E Upset because someone criticized you?

Answer options: yes = 1   no = 0
Possible range: 0 to +5
Name: Bradburn's Negative Affect Scale
(sub-scale of affect balance Scale, item code A-AB)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/q/sq/n/11/a</td>
<td>r = -0.38</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2

Study HEADE 1993
Findings on Happiness and Mood

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: 69

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: Positive Affect Scale (PAS)
Our classification: Current mood of the moment, code M13.2
Measurement: Selfreport on 5 questions:
"During the past few weeks, did you ever feel ....?"
A Particularly exited or interested in something?
B Proud because someone complimented you on something you had done?
C Pleased about having accomplished something?
D On top of the world?
E That things were going your way?

Answer options: yes = 1  no = 0
Possible range:0 to +5
Name: Bradburn's' Positive Affect Scale
(subscale of Affect Balance Scale item code A-AB)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v9/a</td>
<td>r=0.35</td>
<td>p&lt;0.05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2

Study

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: 69

Population: 18-65 aged, Victoria, Australia, followed every 2 years from 1981 to 1987
Findings on Happiness and MOOD

Sample: Probability stratified sample
Non-Response:
N: 419

Correlate

Authors label: Negative Affect Scale (NAS)
Our classification: Current mood of the moment, code M13.2
Measurement:
Selfreport on 5 questions:
"During the past few weeks, did you ever feel ....?"
(yes/no)
A So restless that you couldn't sit long in a chair?
B Very lonely or remote from other people?
C Bored?
D Depressed or very unhappy?
E Upset because someone criticized you?

Answer options: yes = 1   no = 0
Possible range: 0 to +5
Name: Bradburn's Negative Affect Scale
(sub-scale of affect balance Scale, item code A-AB)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r=-.40</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2

Study


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

Authors label: self-experienced well-being (1)

Our classification: Current mood of the moment, code M13.2

Measurement:
Single question:
How are you feeling at present?
1: very bad
2: bad
3: neither/nor
4: bad
5: very bad


Remarks: Happiness measure type A-AOL

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/e</td>
<td>r=+.72</td>
<td>1: Mt=2.00</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=3.11</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.96</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.44</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.61</td>
<td>1: Mt=2.50</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=5.46</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=6.74</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=6.94</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2

Study VENTE 1996

Reported in: Ventegodt, S.
Liskvalitet hos 4500 31-33-åriges. (The Quality of Life of 4500 31-33-Years-Olds).
Page in Report: 422

Population: 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen

Sample: Non-probability chunk sample

Non-Response: 39%
Findings on Happiness and MOOD

N: 4500

Correlate

Authors label: Feeling good

Our classification: Current mood of the moment, code M13.2

Measurement: Single question:
How are you feeling at present ?
1: very bad
2: bad
3: neither/not
4: good
5: very good

Measured Values: N: All:4613; %:1:0,7; 2:4,6; 3:14,3; 4:45,3; 5:35,1

Remarks: Happiness measure type A-AOL/m/sq/v/5/..

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.76</td>
<td>1: Ms=1.21</td>
</tr>
<tr>
<td></td>
<td>p&lt;00</td>
<td>2: Ms=3.24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Ms=5.04</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Ms=7.36</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Ms=9.13</td>
</tr>
</tbody>
</table>

| O-HL/c/sq/v/5/h    | r=+.66     | 1: Ms=1.44           |
|                   | p<00       | 2: Ms=4.11           |
|                   |            | 3: Ms=5.24           |
|                   |            | 4: Ms=6.83           |
|                   |            | 5: Ms=8.50           |

Correlational finding on Happiness and Current mood of the moment

Subject code: M13.2

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: 424

Population: 31-33 aged, Denmark 1993, born in University Hospital in Copenhagen

Sample: Non-probability chunk sample
Findings on Happiness and MOOD

Non-Response: 39%
N: 4500

Correlate

Authors label: life satisfaction

Our classification: Current mood of the moment, code M13.2

Measurement: Single question:
"How satisfied are you with your life at present ?"
1: very dissatisfied
2: dissatisfied
3: neither/nor
4: satisfied
5: very satisfied

Measured Values: N: 4611; %: 1:1.0; 2:6.8; 3:15.3; 4:48.5; 5:28.5

Remarks: happiness measure type O-Slu/c/v/5/..

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.76 p&lt;00</td>
<td>1: Ms=1.63 2: Ms=4.16 3: Ms=5.94 4: Ms=7.86 5: Ms=9.55</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.72 p&lt;00</td>
<td>1: Ms=1.90 2: Ms=4.31 3: Ms=5.28 4: Ms=6.98 5: Ms=8.85</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mood of the moment
Subject code: M13.2

Study WRIGH 2004/2

Reported in: Wright, T.A.; Cropanzano, R.; Meyer, D.G.
State and Trait Correlates of Job Performance: A Tale of Two Perspectives.
Page in Report: 376

Population: Social welfare counselors, USA, 2003?
Sample: Non-probability chunk sample
Non-Response: 33
N: 48

Correlate

Authors label: Positive and negative mood
Our classification: Current mood of the moment, code M13.2
Measurement: PANAS scale. Version 'today'
Subjects indicated the extent to which they experienced each affectivity state that day on a five point scale ranging from 'very slightly or not at all' to extremely'. Positive and negative affectivity are measured separately.

Measured Values: positive mood: M = 3.2 SD = 0.7 negative mood M = -1.6 SD = 0.6

Error Estimates: Cronbach alpha positive mood: .87, negative mood: .91

Observed Relation with Happiness

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<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BB/u/mq/v/3/e</td>
<td>r = .53</td>
<td>positive mood</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>A-BB/u/mq/v/3/e</td>
<td>r = - .41</td>
<td>negative mood</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1

Study

Reported in: Cameron, P.; Titus, D.G.; Kostin, J.; Kostin, M.
The Life Satisfaction of Non-Normal Persons.
Page in Report: 209

Population: Handicapped and controls Detroit, USA, 197?
Sample:
Non-Response: -
N: 295
Findings on Happiness and MOOD

Our classification: Mood during the interview, code M13.2.1

Measurement: Closed question on mood during past half-hour sad / neutral / happy.

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/4/a</td>
<td>r = + p &lt; 0.01</td>
<td>normals: r = +0.50 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>handicapped: r = +0.41 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1

Study

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

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

Sample:
Non-Response: -
N: 1549

Correlate

Authors label: Enjoyment of previous day (1)

Our classification: Mood during the interview, code M13.2.1
Measurement: Direct question rated on an 11-point self-anchoring scale.

Observed Relation with Happiness

<table>
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<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r = +.25</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1
## Study KAMMA 1983/1

**Reported in:** Kammann, R.; Flett, R.  
Sourcebook for Measuring Well-Being with Affectometer 2.  
Why Not? Foundation, 1983, Dunedin, New Zealand  
Page in Report: 38

**Population:** 18 + aged, general public, non institutionalized, New Zealand, 1983

**Sample:**  
Non-Response: 61%  
N: 118

---

## Correlate

**Authors label:** Mood right now (1)  
**Our classification:** Mood during the interview, code M13.2.1  
**Measurement:** Single direct question on 'mood right now' rated on 10 point Elation- Depression scale (see Wessm 1960).  
Mood was assessed both at the beginnig and at the end of the interview.

---

## Observed Relation with Happiness

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<th>Happiness Measure</th>
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<tbody>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>mr=+.33</td>
<td>Correlations with happiness as assessed in between are respectively: pre r=+.24, post r=+.42.</td>
</tr>
<tr>
<td>O-GBB/u/sq/c/9/a</td>
<td>mr=+.35</td>
<td>Correlations with happiness as assessed in between are respectively: pre r = +.26, post r = +.43.</td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>mr=+.21</td>
<td>Correlations with happiness as assessed in between are respectively: pre r=+.11, post r=+.31.</td>
</tr>
</tbody>
</table>

---

## Correlational finding on Happiness and Mood during the interview  
**Subject code:** M13.2.1

**Study **MATLI 1966/1
Findings on Happiness and MOOD

**Reported in:** Matlin, N.  
The Demography of Happiness.  
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico  
Page in Report: 8

**Population:** 20+ aged, general public, Puerto Rico, 1963-64

**Sample:**

**Non-Response:**  

\[ N: 1417 \]

---

**Correlate**

**Authors label:** On top of the world (1)  
**Our classification:** Mood during the interview, code M13.2.1  
**Measurement:** Question: "During the past week, did you ever feel on top of the world?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

---

**Observed Relation with Happiness**

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<th>Happiness Measure</th>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/c/sq/v3/a</td>
<td>Q = +.44</td>
<td></td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Mood during the interview**

**Subject code:** M13.2.1

**Study**

**Reported in:** Seidlitz, L.; Diener, E.  
Memory for Positive versus Negative Life Events: Theories for the Differences between Happy and Unhappy Persons.  
Journal of Personality and Social Psychology, 1993, Vol. 64, 654 - 664. ISSN 0022 3514  
Page in Report: 655

**Population:** Psychology undergraduate, students, University of Illinois, USA, 1990

**Sample:**

**Non-Response:**  

\[ N: 420 \]

---

**Correlate**

**Authors label:** Current mood (1)  
**Our classification:** Mood during the interview, code M13.2.1
Findings on Happiness and MOOD

**Measurement:** Single direct question, rated on a 11-point scale: "How happy or unhappy do you feel at the present moment?"

10. extremely happy  
   (ecstatic, joyous, fantastic) 
9. very happy  
   (really good, elated) 
8. pretty happy  
   (spirits high, feeling good) 
7. mildly happy  
   (faily good, somewhat cheerfull) 
6. slightly happy  
   (just a bit above neutral) 
5. neutral  
   (not particularly happy or unhappy) 
4. slightly unhappy  
   (just a bit below neutral) 
3. mildly unhappy  
   (just a little low) 
2. pretty unhappy  
   (somewhat 'blue', spirits down) 
1. very unhappy  
   (depressed, spirits very low) 
0. extremely unhappy  
   (utterly depressed, completely down)

---

**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/g/sq/v/11/a</td>
<td>r=+.40</td>
<td>Both happiness and mood rated on the same response-scale. Only difference is in the time-frame in the lead-question: respectively 'average happiness' and 'at the present moment'.</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Mood during the interview**

**Subject code: M13.2.1**

**Study**  
SEIDL 1993/2

**Reported in:**  
Seidlitz, L.; Diener, E.  
Memory for Positive versus Negative Life Events: Theories for the Differences between Happy and Unhappy Persons.  
Journal of Personality and Social Psychology, 1993, Vol. 64, 654 - 664. ISSN 0022 3514  
Page in Report: 657

**Population:**  
Psychology students, selected for earlier happiness, USA, 1990

**Sample:**

- **Non-Response:** 28%
- **N:** 94
Findings on Happiness and MOOD

Correlate

Authors label: Current mood (1)

Our classification: Mood during the interview, code M13.2.1

Measurement: Single direct question, rated on a 11 point scale: "How happy or unhappy do you feel at the present moment?"
10. extremely happy (ecstatic, joyous, fantastic)
9. very happy (feeling really good, 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. neutral (not particularly happy or unhappy)
4. slightly unhappy (just a bit below neutral)
3. mildly unhappy (just a little low)
2. pretty unhappy (somewhat "blue", spirits down)
1. very unhappy (depressed, spirits very low)
0. extremely unhappy (utterly depressed, completely down)

(See Fordyce 1988)

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

A-AOL/g/mq/*/0/a r=+.35 p<.001

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1

Study SEIDL 1993/3

Reported in: Seidlitz, L.; Diener, E.
Memory for Positive versus Negative Life Events: Theories for the Differences between Happy and Unhappy Persons.
Journal of Personality and Social Psychology, 1993, Vol. 64, 654 - 664. ISSN 0022 3514
Page in Report: 661

Population: Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91
Findings on Happiness and MOOD

Sample:
Non-Response: Drop-out T0-T1: 28%, T1-T2: 41%
N: 54

Correlate

Authors label: Current mood (1)
Our classification: Mood during the interview, code M13.2.1
Measurement: Single direct question, rated on a 11 point scale: "How happy or unhappy do you feel at the present moment?"
10. extremely happy
   (ecstatic, joyous, fantastic)
9. very happy
   (really good, elated)
8. pretty happy
   (spirits high, feeling good)
7. mildly happy
   (fairly good and somewhat cheerful)
6. slightly happy
   (just a bit above neutral)
5. neutral
   (not particularly happy or unhappy)
4. slightly unhappy
   (just a bit below neutral)
3. mildly unhappy
   (just a little low)
2. pretty unhappy
   (somewhat "blue", spirits down)
1. very unhappy
   (depressed, spirits very low)
0. extremely unhappy
   (utterly depressed, completely down)

Part of Fordyce's (1988) 'Happiness-Measure'
Assessed at T1 and T2
(11 month interval)

Observed Relation with Happiness

<table>
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<tr>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/mq/*/0/a</td>
<td>r=+.54</td>
<td>T1 happiness with T1 mood</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>A-AOL/g/mq/*/0/a</td>
<td>r=+.42</td>
<td>T1 happiness with T2 mood</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-AOL/g/mq/*/0/a</td>
<td>r=+.45</td>
<td>T2 happiness with T1 mood</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
A-AOL/g/mq/*0/a

r=+.58
p<.001

T2 happiness with T2 mood

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1

Study

SEIDL 1993/3

Reported in: Seidlitz, L.; Diener, E.
Memory for Positive versus Negative Life Events: Theories for the Differences between Happy and Unhappy Persons.
Journal of Personality and Social Psychology, 1993, Vol. 64, 654 - 664. ISSN 0022 3514
Page in Report: 661

Population: Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91

Sample:

Non-Response: Drop-out: T0-T1: 28%, T1-T2: 41%
N: 54

Correlate

Authors label: Current mood (2)

Our classification: Mood during the interview, code M13.2.1

Measurement:
Single direct question, rated on a 11 point scale: "How happy or unhappy do you feel at the present moment?"
10. extremely happy
   (ecstatic, joyous, fantastic)
9. very happy
   (really good, elated)
8. pretty happy
   (spirits high, feeling good)
7. mildly happy
   (fairly good and somewhat cheerful)
6. slightly happy
   (just a bit above neutral)
5. neutral
   (not particularly happy or unhappy)
4. slightly unhappy
   (just a bit below neutral)
3. mildly unhappy
   (just a little low)
2. pretty unhappy
   (somewhat "blue", spirits down)
1. very unhappy
   (depressed, spirits very low)
0. extremely unhappy
   (utterly depressed, completely down)

Part of Fordyce's (1988) 'Happiness-Measure'

Assessed at T1 and T2
(11 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>A-AOL/g/sq/v11/a</td>
<td>r=+.22</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1

Study


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

Sample:
Non-Response: 5%
N: 13

Correlate

Authors label: Feeling cheerful (1)
Our classification: Mood during the interview, code M13.2.1
Measurement: Single direct question:
0 No
1 Yes

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v2/a</td>
<td>G=+.72</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.000</td>
<td></td>
</tr>
<tr>
<td>M-FH/g/sq/v2/a</td>
<td>G=+.72</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.000</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood during the interview
Subject code: M13.2.1
### Study ZAUTR 1977

**Reported in:** Zautra, A.; Beier, E.; Cappel, L.
The Dimension of Life Quality in a Community.
Page in Report: 87/93

**Population:** 18+ aged, general public, Salt Lake County, USA, 197?

**Sample:**
- **Non-Response:** 15%
- **N:** 454

### Correlate

**Authors label:** Overall mood (1)

**Our classification:** Mood during the interview, code M13.2.1

**Measurement:** Interviewer rating on a 5 point scale.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sqt/v/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Mood during the day of interview

**Subject code:** M13.2.2

### Study ANDRE 1976/5

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

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

**Sample:**
- **Non-Response:**
- **N:** 222

### Correlate

**Authors label:** Today's mood Mood (1)
Findings on Happiness and MOOD

**Our classification:** Mood during the day of interview, code M13.2.2

**Measurement:**
Closed question: "Most people's moods change from day to day; How do you feel today? A lot worse than usual, somewhat worse than usual, about as usual, somewhat better than usual, a lot better than usual?"

---

**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>mr=.13</td>
<td>HAP 4.1 asked thrice during the interview: at the beginning, in the middle and at the end. HAP 4.1 asked first: r=.10 HAP 4.1 asked second: r=.20 HAP 4.1 asked third: r=.10</td>
</tr>
<tr>
<td>C-BW/cy/sq/l/9/a</td>
<td>r=.10</td>
<td></td>
</tr>
<tr>
<td>M-AO/u/sq/f/7/a</td>
<td>r=.10</td>
<td></td>
</tr>
<tr>
<td>O-GBB/u/sq/c/9/a</td>
<td>r=.10</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>r=-.10</td>
<td></td>
</tr>
<tr>
<td>O-HL/u/sq/v/7/b</td>
<td>r=.10</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=.20</td>
<td>Index of positive affects: r=.20 Index of negative affects: r=-.10</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Mood during the day of interview**

**Subject code:** M13.2.2

**Study**

**ANDRE 1976/5**


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

**Sample:**

**Non-Response:**

**N:** 222

**Correlate**

**Authors label:** Today's mood (1)
Findings on Happiness and MOOD

Our classification: Mood during the day of interview, code M13.2.2

Measurement: Closed question: "Most people's moods change from day to day; How do you feel today? A lot worse than usual, somewhat worse than usual, about as usual, somewhat better than usual, a lot better than usual?"

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/v7/a</td>
<td>mr=+.13</td>
<td>O-DT asked thrice during the interview: at the beginning, in the middle and at the end. O-DT asked first : r=+.10 O-DT asked second: r=+.20 O-DT asked third : r=+.10</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood during the day of interview
Subject code: M13.2.2

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: Elation-Depression (1)

Our classification: Mood during the day of interview, code M13.2.2

Measurement: Single direct question on mood over the past day. Rated on a 10-point scale ranging from 'complete elation' (10) to 'utter depression' (1)
Findings on Happiness and Mood during the day of interview

Subject code: M13.2.2

Study

**Reported in:** Wright, T.A.; Staw, B.M.
Page in Report: 6

**Population:** Social welfare department employees, USA, 199?, followed 4 years

**Sample:** Non-probability chunk sample

**Non-Response:** 35%

**N:** 81

Correlate

**Authors label:** Positive and Negative mood

**Our classification:** Mood during the day of interview, code M13.2.2

**Measurement:** PANAS scale; 'this day' version. Subjects indicated the extent to which they experienced each mood state that day on a five point scale ranging from 'very slightly or not at all' to extremely'. Positive and negative mood are measured separately.

**Error Estimates:** Cronbach alpha: Positive mood T2: 0.91 T3 0.86 Negative mood T2: 0.93 T3 0.90

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/u/mg/v/3/e</td>
<td>r=+.49</td>
<td>T1 happiness by T2 positive mood (3 year lag)</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BB/u/mg/v/3/e</td>
<td>r=+.49</td>
<td>T1 happiness by T3 positive mood (4 years lag)</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BB/u/mg/v/3/e</td>
<td>r=+.39</td>
<td>T1 happiness by T2 negative mood (3 year lag)</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>A-BB/u/mg/v/3/e</td>
<td>r=+.39</td>
<td>T1 happiness by T3 negative mood (4 years lag)</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>A-BB/u/mg/v/3/e</td>
<td>r=+.41</td>
<td>T2 happiness by T2 positive mood</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

A-BB/u/mq/v/3/e  \(r=+.42\)
\(p<.01\)  T2 happiness by T3 positive mood (1 year lag)

A-BB/u/mq/v/3/e  \(r=-.46\)
\(p<.01\)  T2 happiness by T2 negative mood

A-BB/u/mq/v/3/e  \(r=-.44\)
\(p<.01\)  T2 happiness by T3 negative mood (1 year lag)

Correlational finding on Happiness and Mood during the day of interview
Subject code: M13.2.2

Study  WRIGH 2004/1

Reported in: Wright, T.A.; Cropanzano, R.; Meyer, D.G.
State and Trait Correlates of Job Performance: A Tale of Two Perspectives.
Page in Report: 372

Population: Public sector supervisory personnel; USA; 2004?

Sample: Non-probability chunk sample

Non-Response: 0

N: 45

Correlate

Authors label: Positive and negative mood

Our classification: Mood during the day of interview, code M13.2.2

Measurement: PANAS scale. Version 'today'
Subjects indicated the extent to which they experienced each affectivity state that day on a five point scale ranging from 'very slightly or not at all' to extremely'. Positive and negative affectivity are measured separately.

Measured Values: positive mood: M=3.0 SD=0.8; negative mood=1.9 SD=0.9

Error Estimates: Cronbach alpha positive mood: .90, negative mood: .92

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/u/mq/v/3/e</td>
<td>(r=+.50) (p&lt;.01)</td>
<td>positive mood</td>
</tr>
<tr>
<td>A-BB/u/mq/v/3/e</td>
<td>(r=-.45) (p&lt;.01)</td>
<td>negative mood</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Yesterday's mood
Subject code: M13.2.3

Study
BORTN 1970

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

Population: 21+ aged, general public, USA 1959

Sample: Non-Response: 9%
N: 1301

Correlate

Authors label: Enjoyment of previous day (1)

Our classification: Yesterday's mood, code M13.2.3

Measurement: Direct question rated on an 11-point self-anchoring scale (Cantril ladder: see CANTR, 1965).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLP/c/sq/l/11/a</td>
<td>r=+.33</td>
<td></td>
</tr>
<tr>
<td>C-RG/h/sq/l/11/a</td>
<td>r=+.31</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.27</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current typical moods
Subject code: M13.3

Study
BALAT 1993

Reported in: Balatsky, G.; Diener, E.
Subjective Well-Being among Russian Students.
Social Indicators Research, 1993, Vol. 28, 225 - 243 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/ BF01079019
Page in Report: 233

Population: Students, Moscow and Glazov (Ural), Russia, 1990

Sample: Non-probability chunk sample
Findings on Happiness and MOOD

Non-Response: not reported
N: 116

Correlate

Authors label: Positive PANAS (1)
Our classification: Current typical moods, code M13.3
Measurement: Joint effects of positive affects: (PANAS scale)
active
determined
inspired
enthousiastic>alert
attentive
proud
strong
interested.

Measured Values: M= 29.49; SD= 5.3

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/v7/a</td>
<td>r=+.25</td>
<td>p two-tailed</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>O-DT/c/sq/v7/b</td>
<td>r=+.36</td>
<td>p two tailed</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current typical moods
Subject code: M13.3

Study BALAT 1993

Page in Report: 233

Population: Students, Moscow and Glazov (Ural), Russia, 1990

Sample: Non-probability chunk sample
Non-Response: not reported
N: 116
Findings on Happiness and MOOD

Correlate

Authors label: Negative PANAS (1)

Our classification: Current typical moods, code M13.3

Measurement: Joint effects of negative affects:
(PANAS scale)
nervous
distressed
afraid
jittery
irritable
upset
scared
excited
ashamed
guilty
hostile.

Measured Values: M= 24.71; SD= 7.5

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/v7/a</td>
<td>r=-.22</td>
<td>p two-tailed.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>O-DT/c/sq/v7/b</td>
<td>r=-.31</td>
<td>p two tailed</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current typical moods

Subject code: M13.3

Study


Population: General public, 3 cities, Arizona, USA, 197?

Sample: Probability sample (unspecified)

Non-Response: 11 %

N: 537

Correlate

Authors label: positive affect (1)
**Findings on Happiness and MOOD**

**Our classification:** Current typical moods, code M13.3

**Measurement:** Self report on 5 questions:
- 'During the past few weeks did you ever feel..'
- particularly excited or interested in something
- proud because someone complimented you on something you had done
- pleased about having accomplished something
- on top of the world
- that things were going your way

Part of Bradburn (1965) 'Affect Balance Scale.'

**Measured Values:** $M=8.79$ $SD=1.22$

---

### Observed Relation with Happiness

**Happiness Measure** | **Statistics** | **Elaboration/Remarks**
--- | --- | ---
O-DT/u/sqt/v/7/a | $r=+.41$ | $p<.001$

---

### Correlational finding on Happiness and Current typical moods

**Subject code:** M13.3

**Study**

**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:** negative affect (1)

**Our classification:** Current typical moods, code M13.3
### Findings on Happiness and MOOD

#### Measurement:

Self report on 5 questions:

- During the past few weeks did you ever feel...
- so restless that you couldn't sit long in a chair
- very lonely or remote from other people
- bored
- depressed or unhappy
- upset because someone criticized you

Part of Bradburn (1965) 'Affect Balance Scale

#### Measured Values:

M=6.86 SD=1.50

---

### 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=-.23</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

---

### Correlational finding on Happiness and Current typical moods

**Subject code: M13.3**

**Study**

CSIKS 2003

**Reported in**

Csikszentmihalyi, M.; Hunter, J.
Happiness in Everyday Life: the Uses of Experience Sampling.
Journal of Happiness Studies, 2003, Vol. 4, 185 - 199. ISSN p 1389 4978; ISSN e 1573 7780. DOI 10.1007/s11205-005-0805-6
Page in Report: 194

**Population:** Teenagers, USA, 1998

**Sample:** Non-probability purposive sample

**Non-Response:**

N: 828

---

**Correlate**

**Authors label:** Feeling strong

**Our classification:** Current typical moods, code M13.3

**Measurement:** Average felt strong when beeped

**Measured Values:** range 1-7
Remarks: Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:
- a: what activity they were doing at the moment
- b: whom they were with
- c: how they felt at that moment (various feelings, one of which happiness)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-ARE/mi/sgr/n/7/a | r=+.53     | Beta controlled for:
|                   |            | - other moods
|                   |            | - feeling good about self
|                   |            | - feeling sociable
|                   |            | - feeling excited
|                   |            | - feeling proud
|                   |            | - feeling active
|                   |            | - socio-demographic
|                   |            | - age
|                   |            | - gender
|                   |            | - social class
|                   |            | - grade level

Correlational finding on Happiness and Current typical moods

Subject code: M13.3

Study

Reported in: Headey, B.
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: Positive affect
Our classification: Current typical moods, code M13.3
### Findings on Happiness and MOOD Measurement

Bradburn (1969) Positive Affect Scale (part of the Affect Balance 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/sqt/v/9/a</td>
<td>r=+.52</td>
<td>Correlations were disattenuated for measurement error</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current typical moods

**Subject code: M13.3**

**Study**

<table>
<thead>
<tr>
<th>Study</th>
<th>WRIGH 2002</th>
</tr>
</thead>
</table>

**Reported in:**

Wright, T.A.; Cropanzano R.; Denney, P.J.; Moline, G.L.

When a Happy Worker is a Productive Worker: A Preliminary Examination of Three Models.

Canadian Journal of Behavioural Science, 2002, Vol. 34, 146 - 150. ISSN 0008 400X

**Page in Report:** 148

**Population:**

Public-sector managers, USA, 2002, followed 2 years

**Sample:**

Non-probability chunk sample

**Non-Response:**

17

**N:**

59

### Correlate

**Authors label:**

Positive and negative affectivity (PANAS)

**Our classification:**

Current typical moods, code M13.3

**Measurement:**

PANAS scale: version 'in general'

Subjects indicated the extent to which they experienced each affectivity state in general on a five point scale ranging from 'very slightly or not at all' to extremely'. Positive and negative affectivity are measured separately.

**Measured Values:**

positive affectivity: M=3,1 SD=0,6 negative affectivity: M=1,8 SD=0,6

**Error Estimates:**

Cronbach alpha: positive affectivity: .93 negative affectivity: .89

### 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 Feeling clear (vs dull, confused)
Subject code: M13.3.1

**Study**

**CONST 1965**

*Reported in:* Constantinople, A.P.
Page in Report: 59

*Population:* College students, University of Rochester, USA, 1965

*Sample:*

*Non-Response:* 30% (take home questionnaire).

*N:* 952

**Correlate**

*Authors label:* Thought processes. (1)

*Our classification:* Feeling clear (vs dull, confused), code M13.3.1

*Measurement:* Wessman & Ricks Thought Processes Scale, scored once for the current academic year.

**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= +.59 p&lt;.05</td>
<td>Males: r= +.22 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= +.19 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling clear (vs dull, confused)
Subject code: M13.3.1

**Study**

**GORMA 1971**
Findings on Happiness and MOOD

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 216/222

Population: Undergraduate students, Nassau Community College, USA, 1970

Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67

Correlate

Authors label: Thought processes (1)

Our classification: Feeling clear (vs dull, confused), code M13.3.1

Measurement: Wessman & Ricks Thought Processes Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/b</td>
<td>r = + ns</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td>Daily highest:</td>
<td>r = +.27 (05)</td>
<td></td>
</tr>
<tr>
<td>Daily average:</td>
<td>r = +.19 (ns)</td>
<td></td>
</tr>
<tr>
<td>Daily lowest:</td>
<td>r = +.10 (ns)</td>
<td></td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/b</td>
<td>r = + p&lt; .01</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td>Daily highest:</td>
<td>r = +.65 (01)</td>
<td></td>
</tr>
<tr>
<td>Daily average:</td>
<td>r = +.79 (01)</td>
<td></td>
</tr>
<tr>
<td>Daily lowest:</td>
<td>r = +.71 (01)</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling clear (vs dull, confused)
Subject code: M13.3.1

Study KAMMA 1983/2
Findings on Happiness and MOOD

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt clear and creative (3)
Our classification: Feeling clear (vs dull, confused), code M13.3.1
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I think clearly and creatively"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/c/sq/v/7/a</td>
<td>r=+.20</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td></td>
</tr>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.33</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling clear (vs dull, confused)
Subject code: M13.3.1
Correlate

Authors label: Felt thinking in circles (1)
Our classification: Feeling clear (vs dull, confused), code M13.3.1
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"My thoughts go around in useless circles"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=-.64</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling clear (vs dull, confused)

Subject code: M13.3.1

Study

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

Page in Report:

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

Sample:

Non-Response: 52%
N: 112

Correlate

Authors label: Felt clear-headed (1)
Our classification: Feeling clear (vs dull, confused), code M13.3.1
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt clear-headed?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
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/cm/mq/v/5/a</td>
<td>r=+.59</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.37</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling clear (vs dull, confused)

**Subject code: M13.3.1**

**Study**

- **KAMMA 1983/2**
- **Page in Report:**

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

**Sample:**

- **Non-Response:** 52%
- **N:** 112

**Correlate**

- **Authors label:** Felt confused (1)
- **Our classification:** Feeling clear (vs dull, confused), code M13.3.1
- **Measurement:** Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
  "How often have you felt confused?"
  Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

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<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=-.70</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=-.56</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling clear (vs dull, confused)
**Subject code: M13.3.1**

**Study**

*KAMMA 1983/2*

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

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

*Sample:* 

*Non-Response:* 52%  

*N:* 112

**Correlate**

*Authors label:* Felt confused (2)  

*Our classification:* Feeling clear (vs dull, confused), code M13.3.1  

*Measurement:* Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):  
"How often have you felt confused?"  
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

**Observed Relation with Happiness**

<table>
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<th>Happiness Measure</th>
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<td>r=-.56</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling clear (vs dull, confused)**

**Subject code: M13.3.1**

**Study**

*WESSM 1966/1*

*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: 64/276

*Population:* Female college students, followed 6 weeks, Radcliffe, USA, 1957  

*Sample:*
Non-Response: 16%
N: 21

Correlate

Authors label: Thought processes (1)
Our classification: Feeling clear (vs dull, confused), code M13.3.1
Measurement: Repeated closed question on 'how readily your ideas came and how valuable they seemed', rated on a 10-point scale:

10. I am a surging torrent of spectacular insights.
9. Brilliant penetrating ideas emerging spontaneously and with great rapidity.
8. Ideas coming quickly and effortlessly.
7. Clever and keen
6. Quite alert. Thoughts fairly quick and clear.
5. Not particularly alert. My ideas trivial and commonplace.
4. My mind feels ponderous and dull. My thoughts are slow and monotonous.
3. My thoughts all seem weary, stale, flat and unprofitable.
2. My mind is stagnant. Almost nothing freshens it.
1. My mind is cold, dead. Nothing moves.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Thought Processes Scale)

Observed Relation with Happiness

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<tbody>
<tr>
<td>A-ARE/md/sqr/v10/b</td>
<td>r = +p &lt; .05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

- Daily highest : r = +.57 (05)
- Daily average : r = +.82 (05)
- Daily lowest : r = +.74 (05)

Correlational finding on Happiness and Feeling clear (vs dull, confused)
**Subject code: M13.3.1**

**Study**

**WESSM 1966/2**

*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: 66/282

*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:* Thought processes (1)

*Our classification:* Feeling clear (vs dull, confused), code M13.3.1

*Measurement:* Wessman & Ricks Thought Processes Scale, scored each night for lowest, average and highest mood experienced that day during one month.

**Observed Relation with Happiness**

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<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

Daily highest : r = +.72 (05)
Daily average : r = +.74 (05)
Daily lowest : r = +.36 (ns)

**Correlational finding on Happiness and Feeling self-confident (vs inadequate)**

**Subject code: M13.3.10**

**Study**

**CONST 1965**

*Reported in:* Constantinople, A.P.
Some Correlates of Happiness and Unhappiness in College Students.
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.
Page in Report: 59

*Population:* College students, University of Rochester, USA, 1965
Findings on Happiness and MOOD

Sample:
Non-Response: 30% (take home questionnaire).
N: 952

Correlate

Authors label: Self-confidence. (1)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Wessman & Ricks Self-confidence vs Feeling of Inadequacy Scale, scored once for the current academic year.

Observed Relation with Happiness

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<th>Happiness Measure</th>
<th>Statistics</th>
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</thead>
<tbody>
<tr>
<td>A-AOL/cy/sq/v10/a</td>
<td>r=+ p&lt;.05</td>
<td>Males: r=+.49 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r=+.43 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study

CSIKS 2003

Reported in: Csikszentmihalyi, M.; Hunter, J.
Happiness in Everyday Life: the Uses of Experience Sampling.
Journal of Happiness Studies, 2003, Vol. 4, 185 - 199. ISSN p 1389 4978; ISSN e 1573 7780. DOI 10.1007/s11205-005-0805-6
Page in Report: 194

Population: Teenagers, USA, 1998
Sample: Non-probability purposive sample
Non-Response:
N: 828

Correlate

Authors label: Feeling good about self
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Average felt good about self when beeped

Measured Values: Range 1-7
Remarks: Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:

a: what activity they were doing at the moment
b: whom they were with
c: how they felt at that moment (various feelings, one of which happiness)

Observed Relation with Happiness

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<tr>
<td>A-ARE/mi/sqr/n/7/a</td>
<td>r=+.58, p&lt;.05</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- other moods</td>
</tr>
<tr>
<td></td>
<td>Beta=+.09, p&lt;.001</td>
<td>- feeling strong</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling sociable</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling excited</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling proud</td>
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<tr>
<td></td>
<td></td>
<td>- feeling active</td>
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<td>- socio-demographic</td>
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<td>- age</td>
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<tr>
<td></td>
<td></td>
<td>- gender</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- social class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- grade level</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)

Subject code: M13.3.10

Study

GORMA 1971

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 216/222

Population: Undergraduate students, Nassau Community College, USA, 1970

Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67

Correlate

Authors label: Confidence vs feeling of inadequacy (1)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Findings on Happiness and MOOD

Measurement: Wessman & Ricks Self-confidence vs feeling of Inadequacy Scale, scored each night for lowest, average and highest mood experienced that day during one month.

Observed Relation with Happiness

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<td>C-BW/c/sq/l/11/b</td>
<td>r = + p &lt; 05</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.34 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: r = +.31 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: r = +.29 (05)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A-ARE/md/sqr/v/10/b</th>
<th>r = + p &lt; 01</th>
<th>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.72 (01)</td>
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<tr>
<td></td>
<td></td>
<td>Daily average: r = +.82 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: r = +.71 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)

Subject code: M13.3.10

Study            KAMMA 1983/2

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt failure (1)

Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Findings on Happiness and Mood

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):

"I feel like a failure"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

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<tbody>
<tr>
<td>A-BK/cm/mg/v/5/a</td>
<td>r=-.57</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=-.44</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt positive about self (1)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I like myself"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
### Correlational finding on Happiness and Feeling self-confident (vs inadequate)

**Subject code**: M13.3.10

**Study**

KAMMA 1983/2

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

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

**Sample:**

*Non-Response:* 52%

*N:* 112

**Correlate**

*Authors label:* Felt capable (1)

*Our classification:* Feeling self-confident (vs inadequate), code M13.3.10

*Measurement:* Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I can handle any ploblems that come up"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

---

### Observed Relation with Happiness

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<tbody>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.27</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.41</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling self-confident (vs inadequate)**
Subject code: M13.3.10

Study KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt selfdoubt (1)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Single direct question how one felt during the instructed
time period (or otherwise in the past few weeks):
"I feel there must be something wrong
with me" Rated on a 5-point scale
ranging from
'not at all' to 'all the time'

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-BK/cm/mq/v/5/a r=-.56 p<.01
M-FH/c/sq/v/7/a r=-.44 p<.01

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study KAMMA 1983/2

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

Population: 18+ aged, general public, Dunedin, New Zealand, 1983
Findings on Happiness and MOOD

Sample:
- Non-Response: 52%
- N: 112

Correlate

Authors label: Felt capable (2)

Our classification: Feeling self-confident (vs inadequate), code M13.3.10

Measurement: Single direct question how one felt during the instucted time period (or otherwise in the past few weeks):
"I can handle any problem that come up"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.38</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.14</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study

Reported in: Kammann, R.; Flett, R.
Page in Report: 1983/2

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

Sample:
- Non-Response: 52%
- N: 112

Correlate

Authors label: Felt helpless (1)

Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Findings on Happiness and MOOD

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt helpless?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-BK/cm/mg/v/5/a \( r = -0.64 \) \( p < 0.01 \)
M-FH/c/sq/v/7/a \( r = -0.46 \) \( p < 0.01 \)

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt helpless (2)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt helpless?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study
KAMMA 1983/2


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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt confident (1)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt confident?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=+.62</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.42</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt insignificant (1)
Our classification: Feeling self-confident (vs inadequate), code M13.3.10
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt insignificant?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=-.56</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=-.46</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study

Reported in: Matlin, N.
The Demography of Happiness.
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico
Page in Report: 8

Population: 20+ aged, general public, Puerto Rico, 1963-64

Sample:
Non-Response:
N: 1417
### Correlate

**Authors label:** Pleased at accomplishment (1)  
**Our classification:** Feeling self-confident (vs inadequate), code M13.3.10  
**Measurement:** Question: "During the past week, did you ever feel pleased about having accomplished something?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

### 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/v3/a</td>
<td>Q = +.10</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Feeling self-confident (vs inadequate)  
**Subject code:** M13.3.10

**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: 8

**Population:** 20+ aged, general public, Puerto Rico, 1963-64

**Sample:***

**Non-Response:**

| N: | 1417 |

### Correlate

**Authors label:** Proud of compliment (1)  
**Our classification:** Feeling self-confident (vs inadequate), code M13.3.10  
**Measurement:** Question: "During the past week, did you ever feel proud because someone complimented you on something you had done?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

### 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/v3/a</td>
<td>Q = +.14</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

<table>
<thead>
<tr>
<th>Study</th>
<th>VENTE 1995</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Ventegodt, S. Livskvalitet i Danmark. (Quality of Life in Denmark). Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 <a href="http://www.livskvalitet.org/t1/index.asp">http://www.livskvalitet.org/t1/index.asp</a> Page in Report: 262</td>
</tr>
<tr>
<td>Population:</td>
<td>18-88 aged, general public, Denmark, 1993</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability purposive sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>39%</td>
</tr>
<tr>
<td>N:</td>
<td>1494</td>
</tr>
</tbody>
</table>

Correlate

<table>
<thead>
<tr>
<th>Authors label:</th>
<th>self-confidence (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification:</td>
<td>Feeling self-confident (vs inadequate), code M13.3.10</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Single question: &quot;Do you feel very self-confident?&quot; 1: no 2: not sure 3: yes</td>
</tr>
</tbody>
</table>


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.29 p&lt;.00</td>
<td>1: Mt=6.80 2: Mt=7.63 3: Mt=8.38 All Mt=7.79</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.34 p&lt;.00</td>
<td>1: Mt=6.21 2: Mt=7.31 3: Mt=8.15 All Mt=7.46</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.29 p&lt;.00</td>
<td>1: Mt=6.18 2: Mt=6.68 3: Mt=7.61 All Mt=6.98</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Feeling self-confident (vs inadequate)
Subject code: M13.3.10

Study

Reported in: Ventegodt, S.
Lisikvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).
Page in Report: 272

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-confident

Our classification: Feeling self-confident (vs inadequate), code M13.3.10

Measurement: Single question: "Do you feel self-confident?"
1:no
2:not sure
3:yes


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=+.39</td>
<td>1: Mt=6.26</td>
</tr>
<tr>
<td></td>
<td>p&lt;00</td>
<td>2: Mt=7.53</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.53</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.38</td>
<td>1: Mt=5.94</td>
</tr>
<tr>
<td></td>
<td>p&lt;00</td>
<td>2: Mt=7.18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=8.24</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.34</td>
<td>1: Mt=5.89</td>
</tr>
<tr>
<td></td>
<td>p&lt;00</td>
<td>2: Mt=6.76</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=7.58</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling self-confident (vs inadequate)

Subject code: M13.3.10

Study


Page in Report: 66/282

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: Self-confidence (vs inadequacy) (1)

Our classification: Feeling self-confident (vs inadequate), code M13.3.10

Measurement: Repeated closed question on 'how self-assured and adequate, or helpless and inadequate, you felt', rated on a 10-point scale:

10. Nothing is impossible to me. Can do anything I want.
8. Highly confident of my capabilities
7. Feel my abilities sufficient and my prospects good.
6. Feel fairly adequate.
5. Feel my performance and capabilities somewhat limited.
4. Feel rather inadequate.
3. Distressed by my weakness and lack of ability.
2. Wretched and miserable. Sick of my own incompetence.
1. Crushing sense of weakness and futility. I can do nothing.

Scale scored each night for the highest, lowest and average experience of the day.
Wessman & Ricks Self-confidence vs feeling of Inadequacy Scale).

Observed Relation with Happiness

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

The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale (AFF 3.1) of 6 weeks.

- Daily highest: \( r = +0.73 \) (05)
- Daily average: \( r = +0.77 \) (05)
- Daily lowest: \( r = +0.37 \) (ns)

### Correlational finding on Happiness and Feeling proud

**Subject code: M13.3.10.1**

**Study**

*CSIKS 2003*


*Page in Report:* 194

*Population:* Teenagers, USA, 1998

*Sample:* Non-probability purposive sample

*Non-Response:*

*\( N: 828 \)*

**Correlate**

*Authors label:* Feeling proud

*Our classification:* Feeling proud, code M13.3.10.1

*Measurement:* Average felt proud when beeped

*Remarks:* Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:
- a: what activity they were doing on the moment
- b: whom they were with
- c: how they felt at that moment (various feelings, one of which happiness)

### 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>( r=+0.59 )</td>
<td>( p&lt;0.05 )</td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

Beta=+.23  Beta controlled for:
- other moods
- feeling strong
- feeling good about self
- feeling sociable
- feeling excited
- feeling active
- socio-demographic
  - age
  - gender
  - social class
  - grade level

Correlational finding on Happiness and . Feeling proud
Subject code: M13.3.10.1

Study

WATTE 1995

Reported in: Watten, R.G.; Syversen, J.L.; Myhrer, T. Quality of Life, Intelligence and Mood. Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818
Page in Report: 293

Population: Army recruits, Norway,199?

Sample: Probability simple random sample

Non-Response:
N: 269

Correlate

Authors label: Humiliation

Our classification: . Feeling proud, code M13.3.10.1

Measurement: Self report of humiliation intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M= 2.34 SD=1.6

Remarks: Item in modified version of Tension Stress Inventory(TESI)

Observed Relation with Happiness
### Findings on Happiness and MOOD

<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/a</td>
<td>r=-.34</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=-.31</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

#### Correlational finding on Happiness and . Feeling proud

**Subject code: M13.3.10.1**

**Study**

- **WATTE 1995**
- **Reported in:** Watten, R.G.; Syversen, J.L.; Myhrer, T. Quality of Life, Intelligence and Mood. Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818 Page in Report: 293
- **Population:** Army recruits, Norway, 199?
- **Sample:** Probability simple random sample
- **Non-Response:** N: 269

**Correlate**

- **Authors label:** Shame
- **Our classification:** . Feeling proud, code M13.3.10.1
- **Measurement:** Self report of shame intensity
  - 1 no intensity
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7 very much intensity

- **Measured Values:** M=1.60 SD=1.1
- **Remarks:** Item in modified version of Tension Stress Inventory (TESI)

**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/a</td>
<td>r=-.12</td>
<td>ns</td>
</tr>
</tbody>
</table>
### Correlational finding on Happiness and Feeling morally good (vs guilty)  
**Subject code: M13.3.11**

**Study**  
**CONST 1965**

*Reported in:* Constantinople, A.P.  
Some Correlates of Happiness and Unhappiness in College Students.  
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.  
Page in Report: 59

*Population:* College students, University of Rochester, USA, 1965

*Sample:*  
*Non-Response:* 30% (take home questionnaire).  
*N:* 952

**Correlate**  
*Authors label:* Personal moral judgment. (1)  
*Our classification:* Feeling morally good (vs guilty), code M13.3.11  
*Measurement:* Wessman & Ricks Personal Moral Judgment Scale, scored once for the current academic year.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| **A-AOL/cy/sq/v10/a** | *r* = + | Males : *r* = +.46 (05)  
Females: *r* = +.10 (ns)  
The difference is significant (01) |

**Correlational finding on Happiness and Feeling morally good (vs guilty)  
Subject code: M13.3.11**

**Study**  
**GORMA 1971**

*Reported in:* Gorman, B.S.  
Unpublished doctoral dissertation, 1971, City University of New York, USA  
Page in Report: 216/222

*Population:* Undergraduate students, Nassau Community College, USA, 1970
Findings on Happiness and MOOD

Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67

Correlate

Authors label: Personal moral judgement (1)
Our classification: Feeling morally good (vs guilty), code M13.3.11
Measurement: Wessman & Ricks Personal Moral Judgement Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/b</td>
<td>r= + p &lt; .01</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.46 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: r = +.39 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = +.32 (01)</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v10/b</td>
<td>r= + p &lt; .01</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.57 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: r = +.61 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = +.52 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling morally good (vs guilty)
Subject code: M13.3.11

Study LUDWI 1971

Reported in: Ludwig, L.D.
Elation-Depression and Skill as Determinants of Desire for Excitement.
Unpublished doctoral Dissertation, 1971, University of Wisconsin, USA
Page in Report: 173

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: Tranquillity. (1)
Our classification: Feeling morally good (vs guilty), code M13.3.11
Measurement: Repeated closed question on to what extent one feels like doing calm and tranquil things during the day, rated each night on a 4-point scale for at least 20 days.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>r=+.16 ns</td>
<td>Analysis on the basis of the mean rating.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling morally good (vs guilty)
Subject code: M13.3.11

Study

Reported in: Veenhoven, R.
Hedonism and Happiness
Page in Report: 126

Population: Adults, in 8 western nations, 1996
Sample: Probability sample (unspecified)
Non-Response:
N: 10000

Correlate

Authors label: Enjoyment of mundane pleasures
Our classification: Feeling morally good (vs guilty), code M13.3.11
Measurement: Respondents were first asked how much pleasure they took in everyday pleasures such as drinking, smoking, shopping and watching TV. They were also asked whether they felt any guilt when indulging in these activities. Average scores were compared across nations.

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/4/a</td>
<td>r=+</td>
<td>Average happiness by Enjoyment of mundane pleasures in 8 western nations</td>
</tr>
</tbody>
</table>

Set Image size: [ + ] [ - ]
**Correlational finding on Happiness and Feeling morally good (vs guilty)**

**Subject code: M13.3.11**

**Study**

**WATTE 1995**

*Reported in:* Watten, R.G.; Syversen, J.L.; Myhrer, T. Quality of Life, Intelligence and Mood. Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818

*Page in Report:* 293

*Population:* Army recruits, Norway, 199?

*Sample:* Probability simple random sample

*Non-Response:*

\[ N = 269 \]

**Correlate**

*Authors label:* Sense of guilt

*Our classification:* Feeling morally good (vs guilty), code M13.3.11

*Measurement:* Self report of sense of guilt intensity

- 1 no intensity
- 2
- 3
- 4
- 5
- 6
- 7 very much intensity

*Measured Values:* \( M = 1.86 \) \( SD = 1.3 \)

*Remarks:* Item in modified version of Tension Stress Inventory (TESI)

**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/a</td>
<td>( r = -0.10 ) ns</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>( r = -0.09 ) p&lt; NS</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Feeling morally good (vs guilty)
Subject code: M13.3.11

Study

<table>
<thead>
<tr>
<th>Study</th>
<th>WESSM 1966/1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Page in Report:</td>
<td>64/276</td>
</tr>
<tr>
<td>Population:</td>
<td>Female college students, followed 6 weeks, Radcliffe, USA, 1957</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-Response: 16%</td>
</tr>
<tr>
<td>N:</td>
<td>21</td>
</tr>
</tbody>
</table>

Correlate

<table>
<thead>
<tr>
<th>Authors label:</th>
<th>Personal moral judgement (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification:</td>
<td>Feeling morally good (vs guilty), code M13.3.11</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Repeated closed question on 'how self-approving, or how guilty, you felt', rated on a 10-point scale:</td>
</tr>
</tbody>
</table>

10. Have a transcendent feeling of moral perfection and virtue.
9. I have a sense of extraordinary worth and goodness.
8. In high favor with myself. Well up to my own best standards.
7. Consider myself pretty close to my own best self.
6. By and large, measuring up to most of my moral standards.
5. Somewhat short of what I ought to be.
4. I have a sense of having done wrong
3. Feel that I have failed morally.
2. Heavy laden with my own moral worthlessness.
1. In anguish. Tormented by guilt and self-loathing.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Personal Moral Judgment Scale).

Observed Relation with Happiness

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

### Findings on Happiness and MOOD

The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.

- **Daily highest**: $r = +.37$ (ns)
- **Daily average**: $r = +.50$ (05)
- **Daily lowest**: $r = +.57$ (05)

### Correlational finding on Happiness and Feeling morally good (vs guilty)

**Subject code: M13.3.11**

**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:** 64/276

**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:** Personal moral judgement (1)

**Our classification:** Feeling morally good (vs guilty), code M13.3.11

**Measurement:** See WESSM 1966/1

### 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/v10/a</td>
<td>$r = +\text{ns}$</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

- **Daily highest**: $r = +.62$ (05)
- **Daily average**: $r = +.44$ (ns)
- **Daily lowest**: $r = -.07$ (ns)

### Correlational finding on Happiness and Feeling morally good (vs guilty)
Subject code: M13.3.11

Study

ZELEN 2000

Reported in: Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Page in Report:

Population: University students, USA, followed 28 days, 2000
Sample: Non-probability purposive sample
Non-Response: N: 82

Correlate

Authors label: Guilty
Our classification: Feeling morally good (vs guilty), code M13.3.11
Measurement: Selfreport in mood diary:
How much guilty mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M=.42 95CI( .29, .54) SD=.58
Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-ARE/md/sqr/v/7/a mr=.12 Average happy mood of the moment by average guilty mood of the moment

Correlational finding on Happiness and Feeling respectable (vs rejected)
Subject code: M13.3.12

Study

ABE 1986
Findings on Happiness and MOOD

Page in Report: 261


Sample: Non-probability chunk sample

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

N: 432

Correlate

Authors label: Respect from people surrounding subject (3)

Our classification: Feeling respectable (vs rejected), code M13.3.12

Measurement: Single direct question

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 Feeling respectable (vs rejected)
Subject code: M13.3.12

Study ABE 1986

Page in Report: 261


Sample: Non-probability chunk sample

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

N: 432

Correlate

Authors label: Respect from people surrounding subject (2)

Our classification: Feeling respectable (vs rejected), code M13.3.12
Findings on Happiness and MOOD

Measurement: Single direct question: Do you think you are evaluated correctly by people surrounding yourself?

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?/c/sq/v/3/a</td>
<td>DM=p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling respectable (vs rejected)
Subject code: M13.3.12

Study

<table>
<thead>
<tr>
<th>Study</th>
<th>CONST 1965</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Constantinople, A.P.</td>
</tr>
<tr>
<td>Some Correlates of Happiness and Unhappiness in College Students.</td>
<td></td>
</tr>
<tr>
<td>Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.</td>
<td></td>
</tr>
<tr>
<td>Page in Report: 59</td>
<td></td>
</tr>
</tbody>
</table>

| Population: | College students, University of Rochester, USA, 1965 |
| Sample: | |
| Non-Response: | 30% (take home questionnaire). |
| N: | 952 |

Correlate

| Authors label: | Social respect vs social contempt. (1) |
| Our classification: | Feeling respectable (vs rejected), code M13.3.12 |
| Measurement: | Wessman & Ricks Social Respect vs Social Contempt Scale, scored once for the current academic year. |

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/v/10/a</td>
<td>r=+ p&lt;.05</td>
<td>Males: r = +.42 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r = +.25 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling respectable (vs rejected)
Subject code: M13.3.12
Findings on Happiness and MOOD

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: 66/282

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: Social respect (vs social contempt) (1)

Our classification: Feeling respectable (vs rejected), code M13.3.12

Measurement:
Repeated closed question on 'how you felt other people regarded you, or felt about you, today', rated on a 10-point scale:

10. Excite the admiration and awe of everyone who matters.
9. Stand extremely high in the estimation of people whose opinions count with me.
8. People I admire recognize and respect my good points.
7. Confident that some people think well of me.
6. Feel I am appreciated and respected to some degree.
5. Some people don't seem to see much value in me.
4. I am looked upon as being of small or of no account.
3. People have no respect for me at all.
2. I am scorned, slighted, pushed aside.
1. Everyone despises me and holds me in contempt.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Social Respect vs Social Contempt Scale).

Observed Relation with Happiness

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

Findings on Happiness and MOOD

The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.

Daily highest : $r = +.42$ (ns)
Daily average  : $r = +.45$ (ns)
Daily lowest  : $r = +.03$ (ns)

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study
BRINK 1986A

Reported in: Brinkerhoff, M.B.; Jacob, J.
Quality of Life in an Alternative Lifestyle: The Smallholding Movement
Social Indicators Research, 1986, Vol. 18, 153 - 173 ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF00317546
Page in Report: 164

Population: 'Back to the land' mini-farmers, West USA and Canada, 198?
Sample: Non-probability purposive sample
Non-Response: 44%
N: 510

Correlate

Authors label: rushed feelings (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Questions on 'rushed feelings'. Full items not reported

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
O-HL/u/sq/v/4/a $r=+.18$ $p<.001$

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study
CONST 1965
Some Correlates of Happiness and Unhappiness in College Students.
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.

Population: College students, University of Rochester, USA, 1965
Sample:
Non-Response: 30% (take home questionnaire).
N: 952

Correlate

Authors label: Tranquility vs anxiety (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Wessman & Ricks Tranquility vs Anxiety Scale, scored once for the current academic year.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>r=+ p&lt;.05</td>
<td>Males: r= +.44 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= +.56 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 216/221

Population: Undergraduate students, Nassau Community College, USA, 1970
Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67
**Our classification:** Feeling tranquil (vs restless), code M13.3.13

**Measurement:** Wessman & Ricks Tranquility vs Anxiety Scale, scored each night for lowest, average and highest mood experienced that day during one month.

---

### 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/b</td>
<td>$r = + p &lt; .05$</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: $r = +.30$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: $r = +.30$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: $r = +.25$ (05)</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/b</td>
<td>$r = + p &lt; .01$</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: $r = +.75$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: $r = +.86$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: $r = +.69$ (01)</td>
</tr>
</tbody>
</table>

---

### Correlational finding on Happiness and Feeling tranquil (vs restless)

**Subject code:** M13.3.13

**Study**

**HARDE 1969**

**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:** 118

**Population:** Married females, USA, 196?

**Sample:**

**Non-Response:** -

**N:** 62

**Correlate**

**Authors label:** Tranquility (vs anxiety) (1)

**Our classification:** Feeling tranquil (vs restless), code M13.3.13
Findings on Happiness and MOOD

Measurement: Wessman & Ricks Tranquility vs Anxiety Scale scored at the end of each day for lowest, average and highest mood experienced that day during 3 weeks (see above under WESSM 1966/1).

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/b</td>
<td>$r = +p &lt; 01$</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale. Daily highest: $r = +.77$ (01) Daily average: $r = +.92$ (01) Daily lowest: $r = +.79$ (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study KAMMA 1983/2

Reported in: Kammann, R.; Flett, R.

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt impatient (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt impatient?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
Findings on Happiness and MOOD

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r = -.48</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r = -.34</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt tense (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt tense?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r = .57</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r = .48</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Findings on Happiness and MOOD

**LEWIS 1996**


*Population:* University Students, UK, 1994

*Sample:* Non-probability chunk sample

*Non-Response:* 0

*N:* 40

**Correlate**

*Authors label:* Obsessionality

*Our classification:* Feeling tranquil (vs restless), code M13.3.13

*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

**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 = .25</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling tranquil (vs restless)**

*Subject code:* M13.3.13

**LUDWI 1970**


*Population:* University students, University of Wisconsin, USA, 196?

*Sample:*

*Non-Response:*

*N:* 45
Findings on Happiness and MOOD

Correlate

Authors label: Tranquility. (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Repeated closed question on to what extent Ss felt like doing calm and tranquil things during the day, rated each night on a 4-point scale for at least 20 days.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/b</td>
<td>r=+.16 ns</td>
<td>Both variables measured daily during 20 days. The correlation concerns their mean scores over that period.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

LUDWI 1970


Population: University students, University of Wisconsin, USA, 196?
Sample:
Non-Response:
N: 45

Correlate

Authors label: Excitement. (2)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Repeated closed question on to what extent Ss felt like doing exciting things during the day, rated each night on a 4-point scale for at least 20 days.

Observed Relation with Happiness

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

Both variables measured daily during 20 days. The correlation concerns their mean scores over that period.

**Correlational finding on Happiness and Feeling tranquil (vs restless)**

**Subject code: M13.3.13**

**Study**

**Reported in:** Matlin, N.  
The Demography of Happiness.  
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico  
Page in Report: 8

**Population:** 20+ aged, general public, Puerto Rico, 1963-64

**Sample:**

**Non-Response:**

**N:** 1417

**Correlate**

**Authors label:** Restless (1)  
**Our classification:** Feeling tranquil (vs restless), code M13.3.13  
**Measurement:** Question: "During the past week, did you ever feel so restless that you couldn't sit long in a chair?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

**Observed Relation with Happiness**

**Happiness Measure**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q = .56</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling tranquil (vs restless)**

**Subject code: M13.3.13**

**Study**

**Reported in:** Matlin, N.  
The Demography of Happiness.  
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico  
Page in Report: 8

**Population:** 20+ aged, general public, Puerto Rico, 1963-64
Findings on Happiness and MOOD

Sample:
Non-Response:

N: 1417

Correlate

Authors label: Feeling restless (1)

Our classification: Feeling tranquil (vs restless), code M13.3.13

Measurement: Question: "During the past week did you ever feel so restless that you couldn't sit long in a chair?" no vs 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-HP/c/sq/v/3/a</td>
<td>Q = .56</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

Reported in: Oosterhof, S.F.
Maakt Vrije Tijd Gelukkig? De Invloed van Vrije Tijd op de Geluksbeleving van Nederlanders. (Does Leisure Time Make you Happy? The Influence of Leisure Time on the Happiness Experience of the Dutch.)
Master Thesis, Faculty Social Sciences, Erasmus University Rotterdam, 2008, Netherlands

Population: 12+ aged, Netherlands, 2005

Sample: Probability multi-stage cluster sample
Non-Response: 11%
N: 2204

Correlate

Authors label: Stress

Our classification: Feeling tranquil (vs restless), code M13.3.13

Measurement: Self report on single question: (full question not reported)
1 Rarely/ never
2 Often/ sometimes (reference category)
Findings on Happiness and MOOD

Measured Values: N = 1: 812 2: 1147

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/u/sq/v/5/a</td>
<td>D%=-</td>
<td>Often/ sometimes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Very happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Not happy</td>
</tr>
<tr>
<td></td>
<td>OR=</td>
<td>UNHAPPY (vs happy)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>observed controlled</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Often 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rarely 1.99*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.17*</td>
</tr>
</tbody>
</table>

Control variables are:
- gender
- education
- family stage
- situation
- urban living environment
- self reported health
* = p<.05

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study WATTE 1995

Reported in: Watten, R.G.; Syversen, J.L.; Myhrer, T.
Quality of Life, Intelligence and Mood.
Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818
Page in Report: 293

Population: Army recruits, Norway,199?

Sample: Probability simple random sample

Non-Response:
N: 269

Correlate

Authors label: Tension

Our classification: Feeling tranquil (vs restless), code M13.3.13
Findings on Happiness and MOOD

Measurement:
Self report of tension intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=2.73 SD=1.6

Remarks: Item in modified version of Tension Stress Inventory (TESI)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v3/a</td>
<td>r=-.26</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/v7/d</td>
<td>r=-.26</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

WESSM 1966/1

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: 64/276

Population: Female college students, followed 6 weeks, Radcliffe, USA, 1957

Sample:
Non-Response: 16%
N: 21

Correlate

Authors label: Tranquility vs anxiety (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: Repeated closed question on 'how calm or troubled you felt', rated on a 10-point scale:

10. Perfect and complete tranquility.
   Unshakably secure.
9. Exceptional calm, wonderfully secure and carefree.
8. Great sense of well-being. Essentially secure, and very much at ease.
7. Pretty generally secure and free from care.
6. Nothing particularly troubling me
   More or less at ease.
5. Somewhat concerned with minor worries or problems. Slightly ill at ease, a bit troubled.
4. Experiencing some worry, fear, trouble or uncertainty. Nervous, jittery, on edge.
2. Tremendous anxiety and concern.
   Harassed by major worries and fears.
1. Completely beside myself with dread worry, fear. Overwhelmingly distraught and apprehensive. Obsessed or terrified by insoluble problems and fears.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Tranquility vs Anxiety Scale)

Observed Relation with Happiness

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v10/b</td>
<td>r = + p &lt; 05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest : r = +.66 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average : r = +.89 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = +.76 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study WESSM 1966/2
Findings on Happiness and Mood

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: 66/282

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: Tranquility vs anxiety (1)
Our classification: Feeling tranquil (vs restless), code M13.3.13
Measurement: See WESSM 1966/1

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/v10/a</td>
<td>r = + p &lt; 0.05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily scores on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

Daily highest : $r = +.80$ (05)
Daily average : $r = +.67$ (05)
Daily lowest : $r = +.12$ (ns)

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

Reported in: Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Journal of Research in Personality, 2000, Vol. 34, 178 -197. ISSN 0092 6566 DOI:10.1006/jrpe.1999.2275
doi:10.1006/jrpe.1999.2275
Page in Report: 191

Population: University students, USA, followed 28 days, 2000
Sample: Non-probability purposive sample
Non-Response:
Correlate

Authors label: Relaxed

Our classification: Feeling tranquil (vs restless), code M13.3.13

Measurement: Selfreport in mood diary:
How much relaxed mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M= 2.63 95CI(2.43, 2.83) SD=.89

Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
A-ARE/md/sqr/v/7/a | mr=+.39 | Average happiness of the moment by average relaxed mood of the moment

Correlational finding on Happiness and Feeling tranquil (vs restless)
Subject code: M13.3.13

Study

ZELEN 2000

Reported in: Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Page in Report: 191

Population: University students, USA, followed 28 days, 2000

Sample: Non-probability purposive sample

Non-Response:

N: 82
Correlate

Authors label: Quite

Our classification: Feeling tranquil (vs restless), code M13.3.13

Measurement: Selfreport in mood diary:
How much quite mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: \( M = 1.84 \) 95CI(1.63, 2.04) \( SD = .94 \)

Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>( m_r = .04 )</td>
<td>Average happy mood of the moment by average quite mood of the moment</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling cheerful (vs gloomy)

Subject code: M13.3.2

Study

Reported in: Abdel-Khalek, A.M.
Measuring Happines by a Single Item Scale.
Social Behavior and Personality, 2006, Vol. 34, 139 - 150. ISSN 0301 2212
Page in Report: 20

Population: University undergraduates, Kuwait 2002

Sample: Non-probability chunk sample

Non-Response:

\( N : 503 \)

Correlate

Authors label: positive affect

Our classification: Feeling cheerful (vs gloomy), code M13.3.2
Findings on Happiness and MOOD

Measurement: Positive Affect Scale. This consists of five items of the Affect Balance Scale by Bradburn (1969). Each item was answered on a 3-point Likert scale.

Error Estimates: Cronbach alpha = .55

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 = +.34</td>
<td>All males: r = +.37</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td>females: r = +.32</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling cheerful (vs gloomy)

Subject code: M13.3.2

Study BACHM 1970


Population: Public highschool boys followed 3 years from grade 10, USA, 1966-69

Sample:

Non-Response: 2.8% incomplete information in 1966

N: 1799

Correlate

Authors label: Negative affect states (2)

Our classification: Feeling cheerful (vs gloomy), code M13.3.2

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).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/mg/v/5/a</td>
<td>r = -.51</td>
<td>Both variables assessed at T1.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td></td>
</tr>
</tbody>
</table>
**Correlational finding on Happiness and Feeling cheerful (vs gloomy)**  
**Subject code: M13.3.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>MATLI 1966/1</th>
</tr>
</thead>
</table>
| Reported in: | Matlin, N.  
The Demography of Happiness.  
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico  
Page in Report: 8 |
| Population: | 20+ aged, general public, Puerto Rico, 1963-64 |
| Sample: | |
| Non-Response: | N: 1417 |

<table>
<thead>
<tr>
<th>Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Authors label:</td>
</tr>
<tr>
<td>Our classification:</td>
</tr>
<tr>
<td>Measurement:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Observed Relation with Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness Measure</td>
</tr>
<tr>
<td>O-HP/c/sq/v/3/a</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling cheerful (vs gloomy)**  
**Subject code: M13.3.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>WATTE 1995</th>
</tr>
</thead>
</table>
| Reported in: | Watten, R.G.; Syversen, J.L.; Myhrer, T.  
Quality of Life, Intelligence and Mood.  
Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818  
Page in Report: 293 |
| Population: | Army recruits, Norway, 199? |
| Sample: | Probability simple random sample |
| Non-Response: | N: 269 |
Findings on Happiness and MOOD

Correlate

Authors label: Pleasure

Our classification: Feeling cheerful (vs gloomy), code M13.3.2

Measurement: Self report of pleasure intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=3.80 SD=1.6

Remarks: Item in modified version of Tension Stress Inventory (TESI)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/a</td>
<td>r=+.50</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=+.52</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling elated (vs not)
Subject code: M13.3.2.1

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: 325

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

Sample:
Non-Response: 10%
N: 112

Correlate

Authors label: Pleasure involvement (1)
Our classification: . feeling elated (vs not), code M13.3.2.1

Measurement: 4-item index of closed questions on specific positive affects (adapted Bradburn Index of Positive Affects) (AFF 2.3)

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v3/aa</td>
<td>r=+.38, p&lt;0.001</td>
<td>When controlled for &quot;negative affect&quot; and &quot;long-term satisfaction&quot;: r = +.31 (001)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling elated (vs not)
Subject code: M13.3.2.1

Study
BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 233

Population: 21+ aged, general public, Metro Manila, Philippines, 1972
Sample: Non-Response: -
N: 941

Correlate

Authors label: Enhancement (1)

Our classification: . feeling elated (vs not), code M13.3.2.1

Measurement: During the past week, did you ever feel.....?
A Particularly interested in or excited about something
B Pleased about having accomplished something
C On top of the world
Rating options:
0 never to 3 often

Remarks: Positive affect subscale of Bradburn Affect Balance Scale

Observed Relation with Happiness
**Findings on Happiness and MOOD**

### Happiness Measure Statistics Elaboration/Remarks

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>r=+.24</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.24</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . feeling elated (vs not)

**Subject code: M13.3.2.1**

**Study** LEVY 1988


*Page in Report:* 4

**Population:** Breast cancer patients, first recurrence cases, Eastern USA, 1979

**Sample:**

**Non-Response:**

* N: 36

**Correlate**

*Authors label:* Joy (1)

*Our classification:* . feeling elated (vs not), code M13.3.2.1

*Measurement:* Subscore on the Affect Balance Scale, containing: glad, cheerful and joyous

### 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/a | r=+ p<.05 | 1 Positive Affect: +.92  (01)
|                   |            | 2 Negative Affect: −.40  (01)

*Correlation with full Affect Balance Scale not reported*

**Correlational finding on Happiness and . feeling elated (vs not)**

**Subject code: M13.3.2.1**

**Study** MCCRA 1990


*Page in Report:* 4

**Population:** Breast cancer patients, first recurrence cases, Eastern USA, 1979

**Sample:**

**Non-Response:**

* N: 36

**Correlate**

*Authors label:* Joy (1)

*Our classification:* . feeling elated (vs not), code M13.3.2.1

*Measurement:* Subscore on the Affect Balance Scale, containing: glad, cheerful and joyous
Findings on Happiness and MOOD


Population: Single males and couples followed 7 years, Baltimore, USA, 1979-86
Sample:
Non-Response: N: 429

Correlate

Authors label: Positive affect (1)
Our classification: feeling elated (vs not), code M13.3.2.1
Measurement: 5-item index of closed questions on specific affects, part of Bradburn Affect Balance Score (AFF 2.3). Assessed at T1(1979) and T2(1981).

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/v7/a</td>
<td>r=+.38, p&lt;01</td>
<td>T1 happiness (LS: HAPP 2.1) by T1 positive affect</td>
</tr>
<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r=+.73, p&lt;01</td>
<td>T1 happiness (full ABS) by T1 positive affect (part ABS).</td>
</tr>
<tr>
<td>O-DT/u/sq/v7/a</td>
<td>r=+.40, p&lt;01</td>
<td>T2 happiness (LS: HAPP 2.1) by T2 positive affect</td>
</tr>
<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r=+.74, p&lt;01</td>
<td>T2 happiness (full ABS) by T2 positive affect (part ABS)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling elated (vs not)

Subject code: M13.3.2.1

Study WARR 1978


Population: Steel workers, six months after closure of their plant, Manchester, U.K., 1976
Findings on Happiness and MOOD

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

Correlate

Authors label: Positive affect (1)
Our classification: feeling elated (vs not), code M13.3.2.1
Measurement: Frequency of yes answers to the following questions:
During the last few weeks did you ever feel ...
1. Pleased about having accomplished something?
2. That things are going your way?
3. Proud because someone had complimented you on something you had done
4. Particularly excited or interested in something?
5. On top of the world.

Observed Relation with Happiness

<table>
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</thead>
<tbody>
<tr>
<td>O-HL/c/sq/n7/a</td>
<td>r=+.34</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study
ABDEL 2006A/2

Reported in: Abdel-Khalek, A.M.
Measuring Happiness by a Single Item Scale.
Social Behavior and Personality, 2006, Vol. 34, 139 - 150. ISSN 0301 2212
Page in Report: 21

Population: University undergraduates, Kuwait 2002
Sample: Non-probability chunk sample
Non-Response:
N: 503

Correlate

Authors label: Negative affect
Our classification: feeling down (vs not), code M13.3.2.2
Findings on Happiness and MOOD

**Measurement:** The Negative Affect, subscale of the Affect Balance Scale by Bradburn (1969)

**Error Estimates:** Cronbach alpha = .70

### Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>M-FH/g/sq/ol/11/a</td>
<td>r = .49</td>
<td>males: r = -.52 (001)</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td>females: r = -.47 (001)</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . feeling down (vs not)**  
**Subject code: M13.3.2.2**

**Study**  
**BACHM 1970**

**Reported in:** Bachman, J.G.; Kahn, R.L.; Mednick, M.; Davidson, T.N.
Youth in Transition. Vol.II: The Impact of Family Background on Intelligence in 10th-Grade Boy.
Institute for Social Research, 1970, University of Michigan, Ann Arbor, USA
Page in Report: 122

**Population:** Public highschool boys followed 3 years from grade 10, USA, 1966-69

**Sample:**

- **Non-Response:** 2.8% incomplete information in 1966
- **N:** 1799

**Correlate**

- **Authors label:** Negative affect states (1)
- **Our classification:** . feeling down (vs not), code M13.3.2.2
- **Measurement:** 40-item index of closed questions on irritability (7 items), general anxiety (7 items), anxiety and tension (5 items), depression (6 items), anomy (8 items) and resentment (7 items).

**Observed Relation with Happiness**

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</thead>
<tbody>
<tr>
<td>O-HP/g/mq/v/S/a</td>
<td>r = .51 p &lt; .001</td>
<td>Both variables assessed at T1.</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study

BAKKE 1974

Reported in: Bakker, P.; VandeBerg, N.
Determinanten en Correlaten van Geluk.(Determinants and Correlates of Happiness).
Unpublished Thesis, Erasmus University Rotterdam, 1974, Netherlands
Page in Report: 28


Sample:
Non-Response: 34% refusal and unattainable.
N: 1552

Correlate

Authors label: Depression. (1)

Our classification: . feeling down (vs not), code M13.3.2.2

Measurement: Two questions on amount and severity of sad whims, rated on graphic scales.

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
O-HP/g/sq/ol/7/a G = - .34

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

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: 325

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

Sample:
Non-Response: 10%
N: 112

Correlate

Findings on Happiness and MOOD

Authors label: Negative affect (1)

Our classification: feeling down (vs not), code M13.3.2.2

Measurement: 5-item index of closed questions on specific negative affects (adapted Bradburn Index of Negative Affects) (AFF 2.3)

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-HL/c/sq/v3/aa</td>
<td>r=-.44 p&lt;.001</td>
<td>When controlled for &quot;pleasure involvement&quot; and &quot;long-term satisfaction&quot;: r = -.30 (001)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study: BRENN 1970


Population: Highschool pupils, New York State, USA, 1960

Sample:
Non-Response: 1%
N: 5204

Correlate

Authors label: Frequency of low mood (1)

Our classification: feeling down (vs not), code M13.3.2.2

Measurement: Closed question on feeling downcast and dejected never / rarely / occasionally / fairly often / very often.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
</table>
Findings on Happiness and MOOD

After control for:
- having fun in life and usual mood : Gs = -.40
- having fun in life                : Gs = -.44
- usual moods                     : Gs = -.44
- tending to be a discouraged person: Gs = -.47
- tending to be a lonely person     : Gs = -.44
- anxiety symptom                  : Gs = -.54
- social class                     : Gs = -.56

Stronger among females             : G  = -.61
Lower among males                   : G  = -.54

Unaffected by sex

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study BRENN 1975A

Reported in: Brenner, B.
Quality of Affect and Self-Evaluated Happiness.
Social Indicators Research, 1975, Vol. 2, 315 - 331 ISSN p 0303 8300; ISSN e1573 0921 DOI:10.1007/ BF00293251
Page in Report: 324

Population: 18+ aged, general public, Washington County, Maryland, USA, 1973-74

Sample:
Non-Response: 25%
N: 916

Correlate

Authors label: Feeling downcast or dejected (1)
Our classification: . feeling down (vs not), code M13.3.2.2
Measurement: Selfreport on single question:
How often do you feel downcast or dejected? Would you say:
1 very often
2 fairly often
3 occasionally
4 rarely
5 never
### Observed Relation with Happiness

**Happiness Measure**

**Statistics**  
\[ G = -.46 \ p < .001 \]

**Elaboration/Remarks**  
Unaffected by sex, age and educational level.

When enjoying life and usual affect (question on spirits) are held constant: \( G_s = -.31 \ (001) \).

### Correlational finding on Happiness and . feeling down (vs not)

**Subject code: M13.3.2.2**

**Study**  
BRENN 1975B

**Reported in:** Brenner, B.  
Enjoyment as a Preventive of Depressive Affect.  
Page in Report: 351

**Population:** 18+ aged, general public, county and big city, USA, 1972

**Sample:**

- **Non-Response:** 19% in Washington, and 25% in Kansas City.
- **N:** 2168

**Correlate**

**Authors label:** Depressive affect (1)

**Our classification:** . feeling down (vs not), code M13.3.2.2

**Measurement:** Closed question on frequency of depression during past week: rarely/ occasionally/ most days.

### Observed Relation with Happiness

**Happiness Measure**

**Statistics**  
\[ G = -.57 \ p < .001 \]

**Elaboration/Remarks**

Gs = -.48 (001) when controlled for satisfaction with major life areas.  
Gs = -.48 (001) when controlled for usual quality of affect (closed question on spirits).  
Gs = -.44 (001) when controlled for both satisfaction with major life areas and usual quality of affect.
Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study
BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 233

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:
Non-Response: -
N: 941

Correlate

Authors label: Discomfort (1)
Our classification: . feeling down (vs not), code M13.3.2.2

Measurement: During the past week, did you ever feel.....?
- Pity for some people you know
- Helpless, with no control over situations
- Bored
- Vaguely uneasy about something without knowing why
- Angry about something that usually wouldn't bother you

Rating options:
0  never
1  once
2  several times
3  often

Remarks: Negative Affect subscale of Bradburn Affect Balance Scale

Observed Relation with Happiness

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<tbody>
<tr>
<td>O-HL/c/sq/v/3/f</td>
<td>r=-.20</td>
<td></td>
</tr>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>r= ±0</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study
FORDY 1972
Findings on Happiness and MOOD

Reported in: Fordyce, M.W. 
Happiness, its Daily Variation and its Relation to Values. 
Unpublished PhD Dissertation, U.S. International University, 1972, San Diego, California, USA 
Page in Report: 146

Population: University students, California, USA, 1971

Sample: 
Non-Response: - 
N: 86

Correlate

Authors label: Number of unhappy moods per day (1)
Our classification: feeling down (vs not), code M13.3.2.2
Measurement: Repeated direct question on number of unhappy moods experienced during the past day, scored every evening during three weeks

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-TH/md/mq/th%/0/a</td>
<td>r = - p &lt; .01</td>
<td>% happy mood : r = -.33 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>% unhappy mood : r = +.49 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>% neutral mood : r = +.07 (ns)</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/a</td>
<td>r = .49 p&lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling down (vs not)
Subject code: M13.3.2.2

Study

GEHMA 1992A/2

Reported in: Gehmacher, E. 
Coping, Happiness and Ideology. Some Suggestions for the Application of Happiness Research in Politological Research. 
Paper Presented at the International Conference "Towards the Good Society: Applying the Social Sciences", 1992, Rotterdam, Netherlands 
Page in Report: 13

Population: Adults, general public, Austria, 1992

Sample: 
Non-Response: ? 
N: 1553
### Findings on Happiness and MOOD

#### Correlate

- **Authors label:** Depression (1)
- **Our classification:** Feeling down (vs not), code M13.3.2.2

#### Measurement:

- Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
  - "Nothing seems very much fun any more"
- Rated on a 5-point scale ranging from 'not at all' to 'all the time'  

#### 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/5/d</td>
<td>Beta = .19</td>
<td>β controlled for sex, age, education, work status and home ownership.</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Feeling down (vs not)

**Subject code: M13.3.2.2**

- **Study:** KAMMA 1983/2
- **Population:** 18+ aged, general public, Dunedin, New Zealand, 1983
- **Sample:**
  - Non-Response: 52%
  - N: 112
Correlational finding on Happiness and feeling down (vs not)
Subject code: M13.3.2.2

Study
KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt depressed (1)
Our classification: feeling down (vs not), code M13.3.2.2
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt depressed?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v5/a</td>
<td>$r = .67$</td>
<td>$p &lt; .01$</td>
</tr>
<tr>
<td>M-FH/c/sq/v7/a</td>
<td>$r = .57$</td>
<td>$p &lt; .01$</td>
</tr>
<tr>
<td>M-FH/c/sq/v7/a</td>
<td>$r = .43$</td>
<td>$p &lt; .01$</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling down (vs not)
Subject code: M13.3.2.2
### Findings on Happiness and MOOD

#### 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:** . feeling down (vs not), code M13.3.2.2

**Measurement:** Depression subscale of Crown-Crisp (1979) Experiential Index.

Items not reported.

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

**Error Estimates:** Cronbach Alpha .67

#### 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 = .78</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

#### Correlational finding on Happiness and . feeling down (vs not)

**Subject code:** M13.3.2.2

#### Study MATLI 1966/1


**Page in Report:** 8

**Population:** 20+ aged, general public, Puerto Rico, 1963-64

**Sample:**

**Non-Response:**

**N:** 1417
Correlate

**Authors label:** Depressed or unhappy (1)

**Our classification:** feeling down (vs not), code M13.3.2.2

**Measurement:** Question: "During the past week, did you ever feel depressed or unhappy?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

---

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>Q = .73</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling down (vs not)

**Subject code:** M13.3.2.2

**Study**

**MCCRA 1990**


**Population:** Single males and couples followed 7 years, Baltimore, USA, 1979-86

**Sample:**

**Non-Response:**

N: 429

---

Correlate

**Authors label:** Negative affect (1)

**Our classification:** feeling down (vs not), code M13.3.2.2

**Measurement:** 5-item index of closed questions on specific affects, part of Bradburn Affect Balance Score (AFF 2.3).

Assessed at T1(1979) and T2(1981)

---

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 = .42 p &lt; .01</td>
<td>T1 happiness (LS: HAPP 2.1) by T1 negative affect</td>
</tr>
</tbody>
</table>
Findings on Happiness and MOOD

A-BB/cm/mq/v/2/a  r=.74  T1 happiness (full ABS) by T1 negative affect (part ABS)

O-DT/u/sq/v/7/a  r=.51  T2 happiness (LS: HAPP 2.1) by T2 negative affect

A-BB/cm/mq/v/2/a  r=.79  T2 happiness (full ABS) by T2 negative affect (part ABS)

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study  WARR 1978
Reported in: Warr, P.
A Study of Psychological Well-Being.
The British Journal of Psychology, 1978, Vol. 6, 111 - 121
Page in Report: 116
Population: Steel workers, six months after closure of their plant, Manchester, U.K., 1976
Sample:
Non-Response: 9 % (4 % ill, 5 % refused), 13 % not contacted
N: 1655

Correlate

Authors label: Negative affect (1)
Our classification: . feeling down (vs not), code M13.3.2.2
Measurement: Frequency of yes answers on the following questions: During the last few weeks did you ever feel...
1. So restless that you couldn't sit long in a chair?
2. Bored?
3. Depressed or very unhappy?
4. Very lonely or remote from other people?
5. Upset because someone criticised you?

Observed Relation with Happiness

Happiness Measure  Statistics  Elaboration/Remarks
O-HL/c/sq/n/7/a  r=.40

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study: WATTE 1995


Population: Army recruits, Norway, 199?

Sample: Probability simple random sample

Non-Response: 

N: 269

Correlate

Authors label: Sadness

Our classification: feeling down (vs not), code M13.3.2.2

Measurement: Self report of sadness intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=2.67 SD=1.7

Remarks: Item in modified version of Tension Stress Inventory (TESI)

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/a</td>
<td>r=-.43</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=-.48</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling down (vs not)
Subject code: M13.3.2.2

Study: ZELEN 2000
Findings on Happiness and MOOD

Reported in: Zelenski, J. M.; Larsen, R. J.
Page in Report: 191

Population: University students, USA, followed 28 days, 2000
Sample: Non-probability purposive sample
Non-Response: N: 82

Correlate

Authors label: Sad
Our classification: . feeling down (vs not), code M13.3.2.2
Measurement: Selfreport in mood diary:
How much sad mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M= .69 95CI(.48, .73) SD=.57
Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-ARE/md/sqr/v/7/a mr=-.13 Average shappy mood of the moment by average sad mood of the moment

Correlational finding on Happiness and . feeling hopeless (vs not)
Subject code: M13.3.2.3

Study ABDELM 2006A/2

Reported in: Abdel-Khalek, A.M.
Measuring Happines by a Single Item Scale.
Social Behavior and Personality, 2006, Vol. 34, 139 - 150. ISSN 0301 2212
Page in Report: 21
Findings on Happiness and MOOD

Population: University undergraduates, Kuwait 2002
Sample: Non-probability chunk sample
Non-Response:
N: 503

Correlate

Authors label: Pessimism
Our classification: . feeling hopeless (vs not), code M13.3.2.3
Measurement: The Pessimism subscale of the Arabic Scale of Optimism and Pessimism (Abdel-Khalek 1996, 198a). It contains 15 statements that are answered on a 5-point Likert-type scale.

Error Estimates: Cronbach alpha = .93

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
M-FH/g/sq/ol11/a r=-.45 All
p<.001 males : r = -.34 (001)
females: r = -.51 (001)

Correlational finding on Happiness and . feeling hopeless (vs not)
Subject code: M13.3.2.3

Study KAMMA 1983/2
Page in Report:
Population: 18+ aged, general public, Dunedin, New Zealand, 1983
Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt best years are over (1)
Our classification: . feeling hopeless (vs not), code M13.3.2.3
**Findings on Happiness and MOOD**

**Measurement:** Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I feel as though the best years of my life are over"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

---

### 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/cm/mq/v5/a</td>
<td>r=-.43</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v7/a</td>
<td>r=-.35</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

---

### Correlational finding on Happiness and . feeling hopeless (vs not)

**Subject code:** M13.3.2.3

**Study**

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

**Page in Report:**

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

**Sample:**

**Non-Response:** 52%

**N:** 112

**Correlate**

**Authors label:** Felt future looks good (2)

**Our classification:** . feeling hopeless (vs not), code M13.3.2.3

**Measurement:** Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"My future looks good"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

---

**Correlational finding on Happiness and . feeling hopeless (vs not)**

**Subject code: M13.3.2.3**

**Study**

**KAMMA 1983/2**

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

**Page in Report:**

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

**Sample:**

**Non-Response:** 52%

**N:** 112

**Correlate**

**Authors label:** Felt future looks good (1)

**Our classification:** . feeling hopeless (vs not), code M13.3.2.3

**Measurement:** Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):  
"My future looks good"  
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

**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/cm/mq/v/5/a</td>
<td>r=+.61</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.64</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . feeling hopeless (vs not)**
Findings on Happiness and MOOD

Subject code: M13.3.2.3

Study          KAMMA 1983/2

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

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

Sample:

Non-Response:  52%
N:  112

Correlate

Authors label:  Felt hopeless (1)
Our classification:  . feeling hopeless (vs not), code M13.3.2.3
Measurement:  Single direct question how one felt during the instructed
time period (or otherwise in the past few weeks):
"How often have you felt hopeless?"
Rated on a 5-point scale ranging from
'not at all' to 'all the time'

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/cm/mg/v/5/a</td>
<td>r=.68</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=.54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling hopeless (vs not)
Subject code: M13.3.2.3

Study          KAMMA 1983/2

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

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

Sample:
Findings on Happiness and MOOD

Non-Response: 52%
N: 112

Correlate

Authors label: Felt hopeless (2)
Our classification: feeling hopeless (vs not), code M13.3.2.3
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt hopeless?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=-.68</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=-.54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling hopeless (vs not)
Subject code: M13.3.2.3

Study

KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt optimistic (2)
Our classification: feeling hopeless (vs not), code M13.3.2.3
Findings on Happiness and MOOD

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt optimistic?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=+.57</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.47</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling hopeless (vs not)
Subject code: M13.3.2.3

Study
KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt optimistic (1)
Our classification: . feeling hopeless (vs not), code M13.3.2.3
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt optimistic?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
### Findings on Happiness and MOOD

<table>
<thead>
<tr>
<th>Measure Code</th>
<th>Correlation</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.57</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.47</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . feeling satisfied (vs dissatisfied)

**Subject code: M13.3.2.4**

**Study**

- **KAMMA 1983/2**
- **Reported in:** Kammann, R.; Flett, R.
  Sourcebook for Measuring Well-Being with Affectometer 2.
  Page in Report: 76

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

**Sample**

- **Non-Response:** 52%
- **N:** 112

**Correlate**

- **Authors label:** Felt satisfied (1)
- **Our classification:** . feeling satisfied (vs dissatisfied), code M13.3.2.4
- **Measurement:** Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
  "How often have you felt satisfied?"
  Rated on a 5-point scale ranging from 'not at all' to 'all the time'

### 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/cm/mq/v/5/a</td>
<td>r=+.67</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.67</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . feeling satisfied (vs dissatisfied)

**Subject code: M13.3.2.4**
Findings on Happiness and MOOD

Study KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt discontented (1)

Our classification: . feeling satisfied (vs dissatisfied), code M13.3.2.4

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt discontented?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>$r = .71$</td>
<td>$p &lt; .01$</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>$r = .61$</td>
<td>$p &lt; .01$</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling satisfied (vs dissatisfied)
Subject code: M13.3.2.4

Study KAMMA 1983/3

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Why Not? Foundation, 1983, Dunedin, New Zealand

Population: Students, University of Otago, New Zealand, 198?

Sample:
Non-Response:
N: 55
Correlate

Authors label: Mood (1)
Our classification: feeling satisfied (vs dissatisfied), code M13.3.2.4
Measurement: 2-item index
- pleased...........annoyed
- dissatisfied.......satisfied
Each rated on a 9-point scale.
Daily score average of the two scores.
Filled out each night over two weeks

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/cm/mq/v5/a</td>
<td>r=+.61</td>
<td>Happiness (AFF 2.3) assessed at the end of the two week period. Timeframe of the question was 'past two weeks'. first weeks mood: r=+.62 second weeks mood: r=+.51</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling satisfied (vs dissatisfied)
Subject code: M13.3.2.4

Study

Reported in: Zelenski, J. M.; Larsen, R. J.
Page in Report: 191

Population: University students, USA, followed 28 days, 2000
Sample: Non-probability purposive sample
Non-Response:
N: 82

Correlate

Authors label: Frustrated
Our classification: feeling satisfied (vs dissatisfied), code M13.3.2.4
Findings on Happiness and MOOD

**Measurement:** Selfreport in mood diary:
How much frustrated mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

**Measured Values:** $M=1.13\, 95\text{CI}(0.98,\, 1.27)\, \text{SD}=0.67$

**Remarks:** Assessed 3 times a day during 28 days

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=.08</td>
<td>Average happy mood of the moment by average frustrated mood of the moment</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and . feeling disgusted**

**Subject code:** M13.3.2.5

**Study**

**Reported in:** Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Journal of Research in Personality, 2000, Vol. 34, 178 -197. ISSN 0092 6566 DOI:10.1006/jrpe.1999.2275
doi:10.1006/jrpe.1999.2275
Page in Report: 191

**Population:** University students, USA, followed 28 days, 2000

**Sample:** Non-probability purposive sample

**Non-Response:**

$N: \quad 82$

**Correlate**

**Authors label:** Disgusted

**Our classification:** . feeling disgusted, code M13.3.2.5
**Measurement:** Self-report in mood diary:
How much disgusted mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

**Measured Values:** M = .35 95CI (.25, .44) SD = .44

**Remarks:** Assessed 3 times a day during 28 days

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr = .05</td>
<td>Average happy mood of the moment by average disgusted mood of the moment</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Feeling close (vs remote)**

**Subject code:** M13.3.3

**Study**

**BRADS 2006**


**Population:** 15 year aged, 29 countries, 2001

**Sample:** Probability multi-stage cluster sample

**Non-Response:**

\[ N = 137682 \]

**Correlate**

**Authors label:** Feeling an outsider

**Our classification:** Feeling close (vs remote), code M13.3.3

**Measurement:** Self-report on single question:
I feel like an outsider (or left out of things)
Findings on Happiness and MOOD

Measured Values: OECD countries: Austria = 5.8 Belgium = 7.9 Canada = 8.9 Czech Republic = 9.7 Denmark = 5.3 Finland = 5.5 France = 7.7 Germany = 6.1 Greece = 6.3 Hungary = 9.3 Ireland = 5.6 Italy = 4.9 Netherlands = 3.9 Norway = 5.6 Poland = 8.2 Portugal = 6.4 Spain = 3.3 Sweden = 5.2 Switzerland = 7.1 United Kingdom = 6.8 United States = NA. Average of OECD countries: 6.4 %, SD = 1.7 % Non-OECD Countries: Croatia = NA Estonia = NA Israel = 2.3 Latvia = 5.2 Lithuania = NA Malta = NA Russian Federation = 6.1 Slovenia = NA

Remarks: source: PISA 2003

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 = -0.44</td>
<td>% happy in nation by % feeling an outsider</td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.05</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling close (vs remote)

Subject code: M13.3.3

Study

BRADS 2006

Reported in: Bradshaw, J.; Hoelscher, P.; Richardson, D.
Innocenti Working Paper no. 2006-3, Unicef Research Centre, 2006, Florence, Italy. ISSN: 1014 7837
Page in Report: 70, 72, 73

Population: 15 year aged, 29 countries, 2001

Sample: Probability multi-stage cluster sample

Non-Response:

N: 137682

Correlate

Authors label: Feeling awkward and out of place

Our classification: Feeling close (vs remote), code M13.3.3

Measurement: Self report on single question:
I feel awkward and out of place
- disagree
- agree

Measured Values: OECD countries: Austria = 8.2, Belgium = 15.6, Canada = 10.5 Czech Republic = 6.4 Denmark = 11.8 Finland = 8.4 France = 12.3 Germany = 11.4 Greece = 8.3 Hungary = 7.6 Ireland = 7.8 Italy = 6.2 Netherlands = 6.9 Norway = 9.1 Poland = 9.9 Portugal = 11.7 Spain = 8.9 Sweden = 4.9 Switzerland = 11.7 United Kingdom = 7.7 United States = NA Average of OECD countries: 6.4 %, SD = 1.7 % Non-OECD Countries: Croatia = NA Estonia = NA Israel = 3.6 Latvia = 9.6 Lithuania = NA Malta = NA Russian Federation = 14.3 Slovenia = NA
### 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>$r = -.10$ ns</td>
<td>% happy in nation by % feeling awkward</td>
</tr>
</tbody>
</table>

---

### Correlational finding on Happiness and Feeling close (vs remote)

**Subject code: M13.3.3**

**Study**: CONST 1965

- **Reported in**:
  - Constantinople, A.P.
  - Page in Report: 59

- **Population**: College students, University of Rochester, USA, 1965

- **Sample**:
  - Non-Response: 30% (take home questionnaire).
  - $N$: 952

**Correlate**

- **Authors label**: Companionship vs being isolated. (1)
- **Our classification**: Feeling close (vs remote), code M13.3.3
- **Measurement**: Wessman & Ricks Companionship vs Being Isolated Scale, scored once for the current academic year.

---

### 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>$r = + p &lt; .05$</td>
<td>Males: $r = +.31$ (05) Females: $r = +.30$ (05)</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Feeling close (vs remote)**

**Subject code: M13.3.3**
Findings on Happiness and MOOD

Study GORMA 1971

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 215/221

Population: Undergraduate students, Nassau Community College, USA, 1970

Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67

Correlate

Authors label: Companionship vs being isolated (1)
Our classification: Feeling close (vs remote), code M13.3.3
Measurement: Wessman & Ricks Companionship vs Being Isolated Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/v10/b</td>
<td>r = + p&lt; .01</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale. Daily highest: r = +.74 (01) Daily average: r = +.80 (01) Daily lowest: r = +.70 (01)</td>
</tr>
<tr>
<td>C-BW/c/sqr/l11/b</td>
<td>r = + p&lt; .01</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores. Daily highest: r = +.38 (01) Daily average: r = +.36 (01) Daily lowest: r = +.31 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling close (vs remote)
Subject code: M13.3.3

Study HARDE 1969
Findings on Happiness and Mood

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: 118

Population: Married females, USA, 196?

Sample:

Non-Response: -

N: 62

Correlate

Authors label: Companionship (vs being isolated) (1)

Our classification: Feeling close (vs remote), code M13.3.3

Measurement: Wessman & Ricks Companionship vs Being Isolated Scale, scored at the end of each day for lowest, average and highest mood experienced that day during three weeks (see above under WESSM 1966/2).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-ARE/md/sqr/v10/b | $r = + p < .01$ | The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale. The correlations are:

- **Daily highest:** $r = +.42$ (01)
- **Daily average:** $r = +.66$ (01)
- **Daily lowest:** $r = +.60$ (01)

Correlational finding on Happiness and Feeling close (vs remote)
Subject code: M13.3.3

Study

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample:

Non-Response: 52%

N: 112
Findings on Happiness and MOOD

**Correlate**

Authors label: Felt close to people (1)

Our classification: Feeling close (vs remote), code M13.3.3

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I feel close to people around me"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

---

**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/cm/mg/v/5/a</td>
<td>r=+.50</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.27</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Feeling close (vs remote)**

Subject code: M13.3.3

Study: WESSM 1966/2


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: Companionship vs being isolated (1)

Our classification: Feeling close (vs remote), code M13.3.3
**Findings on Happiness and MOOD**

**Measurement:** Repeated closed question on 'the extent to which you felt emotionally accepted by, or isolated from other people', rated on a 10-point scale:

10. Complete participation in warm, intimate friendship.
9. Enjoy the warmth of close companionship.
8. Thoroughly and genuinely liked.
7. Feel accepted and like.
6. More or less accepted.
5. Feel a little bit left out.
4. Feel somewhat neglected and lonely.
3. Very lonely. No one seems to care about me.
2. Tremendously lonely. Friendless and forlorn.
1. Completely isolated and forsaken.
   Abandoned. Ache with loneliness.

Scale scored each night for highest, lowest and average experience of the day.
(Wessman & Ricks Companionship vs Being Isolated Scale).

---

**Observed Relation with Happiness**

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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v10/a</td>
<td>$r = +.43$ (ns)</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest : $r = +.38$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average : $r = +.43$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : $r = +.08$ (ns)</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and feeling lonely (vs not)**

**Subject code:** M13.3.3.1

**Study** ALLAR 1973/1

**Reported in:** Allardt, E.
Research Group for Comparative Sociology, 1973, Research Report Nr. 1, University of Helsinki, Finland

**Population:** 15-64 aged, general public, Denmark, 1972

**Sample:** Probability multistage stratified area sample
Findings on Happiness and Mood

Non-Response:
N: 1000

Correlate

Authors label: Loneliness (1)
Our classification: feeling lonely (vs not), code M13.3.3.1
Measurement: Question if the respondent feels his life is lonesome. 3-point scale ranging from "very lonely" to "not lonely at all"

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=-.38</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling lonely (vs not)
Subject code: M13.3.3.1

Study

ALLAR 1973/2

Reported in: Allardt, E.

Population: 15-64 aged, general public, Finland, 1972
Sample: Probability multistage stratified area sample
Non-Response:
N: 1000
Findings on Happiness and MOOD

Authors label: Loneliness (1)

Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement: Question if the respondent feels his life is lonesome. 3-point scale ranging from "very lonely" to "not lonely at all"

Observed Relation with Happiness

<table>
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<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=-.38</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling lonely (vs not)

Subject code: M13.3.3.1

Study


Population: 15-64 aged, general public, Norway, 1972

Sample: Probability multistage stratified area sample

Non-Response: N: 1000

Correlate

Authors label: Loneliness (1)

Our classification: . feeling lonely (vs not), code M13.3.3.1
### Findings on Happiness and MOOD

**Measurement:** Question if the respondent feels his life is lonesome. 3-point scale ranging from "very lonely" to "not lonely at all"

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=-.29</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, freq. of meetings with relatives, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, no. of memberships in clubs and associations, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . feeling lonely (vs not)

**Subject code:** M13.3.3.1

**Study**  
**BENNE 1970**

**Reported in:** Bennett, F.A.  
Avowed Happiness in Communities of Religious Women.  
Unpublished PhD Dissertation, University of Utah, 1970, USA  
Page in Report: 38

**Population:** Nuns, Catholic congregations, USA, 1969

**Sample:**

**Non-Response:** 11.5%  
**N:** 963

**Correlate**

**Authors label:** Loneliness (1)  
**Our classification:** . feeling lonely (vs not), code M13.3.3.1  
**Measurement:** "How frequently do you feel lonely?" Often, occasionally, very seldom and never.
Findings on Happiness and MOOD

<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/f</td>
<td>r=-.50</td>
<td>Those who claimed to have a friend in the convent with whom they can discuss their deepest feelings tend also to avow greater happiness.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

Study
BRADS 2006


Population: 15 year aged, 29 countries, 2001

Sample: Probability multi-stage cluster sample

Non-Response:
N: 137682

Correlate

Authors label: Feeling lonely

Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement: Self report on single question: "I feel lonely"

Measured Values: OECD countries: Austria = 7,2 Belgium = 6,4 Canada = 7,6 Czech Republic = 7,0 Denmark = 6,2 Finland = 6,2 France = 6,4 Germany = 6,2 Greece = 6,5 Hungary = 7,3 Ireland = 4,6 Italy = 6,0 Netherlands = 2,9 Norway = 7,0 Poland = 8,4 Portugal = 5,0 Spain = 4,4 Sweden = 6,7 Switzerland = 6,6 United Kingdom = 5,4 United States = NA Average of OECD countries: 7,4 %, SD = 5,3 % Non-OECD Countries: Croatia = NA Estonia = NA Israel = 2,7 Latvia = 9,0 Lithuania = NA Malta = NA Russian Federation = 8,5 Slovenia = NA

Remarks: Data: PISA 2003

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>r=.42</td>
<td>% happy in nation by % feeling lonely</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

Study

BULAT 1973

Reported in: Bulatao, R.A.
Measures of Happiness among Manila Residents.
Philippine Sociological Review, 1973, Vol. 21, 229 - 238
Page in Report: 233

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:

Non-Response: -

N: 941

Correlate

Authors label: Loneliness (1)

Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement: 2-item index of closed questions on feeling very lonely or remote from other people, and depressed or very unhappy during the past week.

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 = ±0</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v3/f</td>
<td>r = ±0</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

Study

KAINU 1998

Reported in: Kainulainen, S.
Elämäntapahtumat ja Elämään Tyytyväisyys eri Sosiaaliluokissa. (Life Events and Satisfaction with Life in Different Social Classes; Summary).
Kuopio University Publications, 1998, Finland
Page in Report: 261

Population: 18+ aged, general public, non-institutionalized, former province Kuopio, Finland, 1991-’96.

Sample: Probability sample (unspecified)

Non-Response: not rep
Findings on Happiness and MOOD

N: 2682

Correlate

Authors label: Being neglected or forgotten (1)
Our classification: . feeling lonely (vs not), code M13.3.3.1
Measurement: Have you experienced being neglected or forgotten
(a) during the last year ?
(b) ever in your life ?
Answers: No(=0) oe Yes(=1)

Measured Values: Never: N = 2258 Ever in your life: N = 178

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/v5g</td>
<td>r=-.16</td>
<td>during the last year</td>
</tr>
<tr>
<td>O-SLu/c/sq/v5g</td>
<td>r=-.17</td>
<td>ever in your life</td>
</tr>
</tbody>
</table>
| O-SLu/c/sq/v5g     | DM=-       | never: M = 3.90 ever in your life: M = 3.35 95% CI for difference: [0.39 ; 0.71]

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

Study

KAMMA 1983/2

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample: Non-Response: 52%
N: 112

Correlate

Authors label: Felt lonely (2)
Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I seem to be left alone when I don't want to be"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

---

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/c/sq/v/7/a</td>
<td>r=-.41</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=-.49</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

---

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

Study KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

---

Correlate

Authors label: Felt lonely (1)

Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt lonely?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
### 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/cm/mq/v/5/a</td>
<td>r = .61</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r = .54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>

#### Correlational finding on Happiness and . feeling lonely (vs not)

**Subject code:** M13.3.3.1

**Study**

*KOIVU 1998*

- **Page in Report:** 70
- **Population:** 18-64 aged adult twin pairs, Finland, 1975
- **Sample:** Non-probability purposive sample
- **Non-Response:** 271
- **N:** 29444

**Correlate**

- **Authors label:** Lonliness
- **Our classification:** . feeling lonely (vs not), code M13.3.3.1
- **Measurement:** Do you feel that your life at present moment you are
  - 5 = very lonely
  - 4 = fairly lonely
  - 3 = cannot say
  - 2 = ?
  - 1 = not at all lonely

- **Measured Values:** M = 4.11, CI95 [4.10-4.14]
- **Remarks:** Original scale is reversed

### 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 = +.44 ns</td>
<td>Total</td>
</tr>
<tr>
<td>Correlational finding on Happiness and . feeling lonely (vs not)</td>
<td>Subject code: M13.3.3.1</td>
<td></td>
</tr>
<tr>
<td>---------------------------------------------------------------</td>
<td>------------------------</td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>MATLI 1966/1</td>
<td></td>
</tr>
<tr>
<td>Page in Report:</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>20+ aged, general public, Puerto Rico, 1963-64</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>1417</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Authors label:</td>
</tr>
<tr>
<td>Our classification:</td>
</tr>
<tr>
<td>Measurement:</td>
</tr>
</tbody>
</table>
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/c/sq/v/3/a</td>
<td>Q = -0.70</td>
<td></td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and . feeling lonely (vs not)**

**Subject code: M13.3.3.1**

**Study**

- **SNIDE 1980**
- **Reported in:** Snider, E.L. Explaining Life Satisfaction: It's the Elderly's Attitudes that Count. Social Science Quarterly, 1980, Vol. 61, 253 - 263. ISSN 0038 4941
  Page in Report: 257-260
- **Population:** 65+ aged, retired whites, Edmonton, Canada, 1976
- **Sample:** Probability systematic sample
- **Non-Response:** 10%
- **N:** 428

**Correlate**

- **Authors label:** Lonely (1)
- **Our classification:** . feeling lonely (vs not), code M13.3.3.1
- **Measurement:** Single direct question rated on a 3-point scale with the choice statements: 'always', 'sometimes' and 'never'.

**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/g/sq/v/3/a</td>
<td>r = -0.33</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.01</td>
<td></td>
</tr>
<tr>
<td>O-SLu/g/sq/v/3/a</td>
<td>tb = -0.29</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.01</td>
<td></td>
</tr>
<tr>
<td>O-SLu/g/sq/v/3/a</td>
<td>Dyx = -0.31</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.01</td>
<td></td>
</tr>
<tr>
<td>O-SLu/g/sq/v/3/a</td>
<td>Beta = -0.17</td>
<td>Beta controled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- self-rated health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- marital status</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- adjustment to retirement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- number of friends in city.</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and feeling lonely (vs not)
Subject code: M13.3.3.1

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: 252

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

Sample: Non-probability purposive sample

Non-Response: 39%
N: 1494

Correlate

Authors label: loneliness (1)

Our classification: feeling lonely (vs not), code M13.3.3.1

Measurement: Single question:
"Do you often feel lonely?"
1: no
2: not sure
3: yes

Measured Values: N: 1:1103, 2:163, 3:171

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=-.43</td>
<td>1: Mt=8.24</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=7.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.64</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.79</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=-.45</td>
<td>1: Mt=7.94</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=6.55</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.46</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling lonely (vs not)
Subject code: M13.3.3.1

Study VENTE 1996

Page in Report: 262

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: loneliness
Our classification: feeling lonely (vs not), code M13.3.3.1
Measurement: Single question:
'Do you feel lonely?'
1: no
2: not sure
3: yes

Remarks: in the original text the answer was reversed and the correlation was wrongly positive

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=-.43</td>
<td>1: Mt=8.24</td>
</tr>
<tr>
<td></td>
<td>p&lt;00</td>
<td>2: Mt=6.78</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.73</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and . feeling lonely (vs not)

Subject code: M13.3.3.1

Study

ZELEN 2000

Reported in: Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Page in Report: 191

Population: University students, USA, followed 28 days, 2000

Sample: Non-probability purposive sample

Non-Response:

N: 82

Correlate

Authors label: Lonely

Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement:
Selfreport in mood diary:
How much lonely mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M=.64 95CI(.51 , .77) SD=.60

Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness
### Findings on Happiness and MOOD

#### Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=-.12</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . feeling love (vs not)

**Subject code: M13.3.3.2**

**Study**

**GORMA 1971**

**Reported in:** Gorman, B.S.


Unpublished doctoral dissertation, 1971, City University of New York, USA

Page in Report: 216/222

**Population:** Undergraduate students, Nassau Community College, USA, 1970

**Sample:**

- Non-Response: 4%, 3% refusal, 1% incomplete information
- N: 67

**Correlate**

- **Authors label:** Love and sex (1)
- **Our classification:** . feeling love (vs not), code M13.3.3.2
- **Measurement:** Wessman & Ricks Love and Sex Scale, scored each night for lowest, average and highest mood experienced that day during one month.

### Observed Relation with Happiness

#### Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/b</td>
<td>r= + p&lt;.05</td>
</tr>
</tbody>
</table>

Daily highest:  r = +.22 (ns)
Daily average:  r = +.30 (05)
Daily lowest :  r = +.31 (05)
Findings on Happiness and MOOD

A-ARE/md/sqr/v/10/b  \( r = p < .01 \) The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.

Daily highest:  \( r = .46 \) (01)
Daily average:  \( r = .58 \) (01)
Daily lowest :  \( r = .61 \) (01)

---

Correlational finding on Happiness and . feeling love (vs not)
Subject code: M13.3.3.2

Study  KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label:  Felt loved (2)

Our classification:  . feeling love (vs not), code M13.3.3.2

Measurement:  Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I feel loved and trusted" Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
---|---|---
A-BK/cm/mq/v/5/a | \( r = .57 \) \( p < .01 \) | 
M-FH/c/sq/v/7/a | \( r = .35 \) \( p < .01 \) | 

Correlational finding on Happiness and . feeling love (vs not)
Subject code: M13.3.3.2

Study KAMMA 1983/2

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

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

Sample: Non-Response: 52%
N: 112

Correlate

Authors label: Felt loving (2)
Our classification: . feeling love (vs not), code M13.3.3.2
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt loving?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=+.64</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.38</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling love (vs not)
Subject code: M13.3.3.2

Study WESSM 1966/1

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: 64/276

Population: Female college students, followed 6 weeks, Radcliffe, USA, 1957
Sample:
Non-Response: 16%
N: 21

Correlate

Authors label: Love and sex (1)
Our classification: feeling love (vs not), code M13.3.3.2
Measurement: Repeated closed question on 'the extent to which you felt loving and tender, or sexually frustrated and unloving', rated on a 10-point scale:

10. Feel the rapture of full, joyous and complete love.
8. Warm sharing of intimacy and affection.
7. Pleasant companionship and some affection. Sharing interests and good times.
6. Fairly satisfying experience or expectations. Some mutual interest and understanding.
5. Not much feeling of mutual understanding. Some lack of interest. Slightly frustrated.
3. Feel unable to maintain good relationships. Unloved. Much frustration.
2. Hurt, bewildered, incapable of loving or being loved. Vast amount of frustration.
1. Hopeless, cold, unloved and unloving.

Scale scored each night for the highest, lowest and average experience of the day. (Wessman & Ricks Love and Sex Scale)

Observed Relation with Happiness

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

The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.

- Daily highest: $r = +.23$ (05)
- Daily average: $r = +.22$ (05)
- Daily lowest: $r = +.15$ (ns)

### Correlational finding on Happiness and . feeling love (vs not)

**Subject code: M13.3.3.2**

**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:** Love and sex (1)
- **Our classification:** . feeling love (vs not), code M13.3.3.2
- **Measurement:** See WESSM 1966/1

### Observed Relation with Happiness

**Happiness Measure**

**Statistics**

- **A-ARE/md/sqr/v/10/a** $r = + p<.05$

<table>
<thead>
<tr>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>See Wessm 1966/1</td>
</tr>
</tbody>
</table>

  - Daily highest $r = +.40$ (ns)
  - Daily average $r = +.56$ (05)
  - Daily lowest $r = +.44$ (ns)

### Correlational finding on Happiness and . feeling sociable (vs withdrawn)

**Subject code: M13.3.3.3**
Findings on Happiness and MOOD

Study

CONST 1965

Reported in: Constantinople, A.P.

Some Correlates of Happiness and Unhappiness in College Students.

Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.

Page in Report: 59

Population: College students, University of Rochester, USA, 1965

Sample:

Non-Response: 30% (take home questionnaire).

N: 952

Correlate

Authors label: Sociability vs withdrawal. (1)

Our classification: feeling sociable (vs withdrawn), code M13.3.3.3

Measurement: Wessman & Ricks Own Sociability vs Withdrawal Scale, scored once for the current academic year.

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
A-AOL/cy/sq/v10/a | r=+ p<.05 | Males : r= +.15 (05)
 |  | Females: r= +.30 (05)

Correlational finding on Happiness and . feeling sociable (vs withdrawn)

Subject code: M13.3.3.3

Study

CSIKS 2003

Reported in: Csikszentmihalyi, M.; Hunter, J.

Happiness in Everyday Life: the Uses of Experience Sampling.

Journal of Happiness Studies, 2003, Vol. 4, 185 - 199. ISSN p 1389 4978; ISSN e 1573 7780. DOI 10.1007/s11205-005-0805-6

Page in Report: 194

Population: Teenagers, USA, 1998

Sample: Non-probability purposive sample

Non-Response:

N: 828

Correlate
**Findings on Happiness and MOOD**

**Authors label:** Feeling sociable

**Our classification:** Feeling sociable (vs withdrawn), code M13.3.3.3

**Measurement:** Average felt sociable when beeped

**Measured Values:** Range 1-7

**Remarks:** Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:
- **a:** what activity they were doing at the moment
- **b:** whom they were with
- **c:** how they felt at that moment (various feelings, one of which happiness)

---

**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>r=+.47</td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td>- other moods</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling strong</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling good about self</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling excited</td>
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<tr>
<td></td>
<td></td>
<td>- feeling proud</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling active</td>
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<tr>
<td></td>
<td></td>
<td>- socio-demographic</td>
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<tr>
<td></td>
<td></td>
<td>- age</td>
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<td></td>
<td></td>
<td>- gender</td>
</tr>
<tr>
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<td></td>
<td>- social class</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- grade level</td>
</tr>
</tbody>
</table>

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**Correlational finding on Happiness and Feeling sociable (vs withdrawn)**

**Subject code:** M13.3.3.3

**Study**

**GORMA 1971**

**Reported in:**
Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 215/219

**Population:**
Undergraduate students, Nassau Community College, USA, 1970

**Sample:**

**Non-Response:** 4%, 3% refusal, 1% incomplete information
Findings on Happiness and MOOD

N: 67

Correlate

Authors label: Own sociability vs withdrawal (1)

Our classification: . feeling sociable (vs withdrawn), code M13.3.3.3

Measurement: Wessman & Ricks Own Sociability vs Withdrawal Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/l1/b          | r = + p< .01 | Analysis on the basis of the mean lowest, average and highest daily scores.  
                          |             | Daily highest:  r = +.35 (01)  
                          |             | Daily average:  r = +.29 (05)  
                          |             | Daily lowest :  r = +.15 (ns)  |
| A-ARE/md/sqr/v10/b      | r = + p< .01 | The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.  
                          |             | Daily highest:  r = +.72 (01)  
                          |             | Daily average:  r = +.80 (01)  
                          |             | Daily lowest :  r = +.67 (01)  |

Correlational finding on Happiness and . feeling sociable (vs withdrawn)
Subject code: M13.3.3.3

Study

KAMMA 1983/2

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

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

Sample: Non-Response: 52%

N: 112
Findings on Happiness and MOOD

Authors label: Felt no interest in other people (1)

Our classification: feeling sociable (vs withdrawn), code M13.3.3.3

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks): "I have lost interest in other people and don't care about them"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mg/v/5/a</td>
<td>r = 0.44</td>
<td>p &lt; 0.01</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r = 0.28</td>
<td>p &lt; 0.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling sociable (vs withdrawn)
Subject code: M13.3.3.3

Study KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt withdrawn (1)

Our classification: feeling sociable (vs withdrawn), code M13.3.3.3

Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks): "How often have you felt withdrawn?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'
### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r = -0.63, p &lt; 0.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r = -0.53, p &lt; 0.01</td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and . feeling sociable (vs withdrawn)

**Subject code:** M13.3.3.3

**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:** 64/276

**Population:** Female college students, followed 6 weeks, Radcliffe, USA, 1957

**Sample:**

- Non-Response: 16%
- N: 21

**Correlate**

**Authors label:** Own sociability (vs withdrawal) (1)

**Our classification:** . feeling sociable (vs withdrawn), code M13.3.3.3

**Measurement:** Repeated closed question on 'how socially outgoing or withdrawn you felt today', rated on a 10-point scale:

1. Completely withdrawn. Want no human contact.
2. Self-contained and solitary.
3. Feel detached and withdrawn. A great distance between myself and others.
4. Retiring, would like to avoid people.
5. Not particularly outgoing. Feel a little bit unsociable.
6. Fairly sociable. More or less accessible.
7. Companionable. Ready to mix with others.
8. Very sociable and involved in things.
9. Highly outgoing, congenial and friendly.
10. Immensely sociable and outgoing.
Findings on Happiness and MOOD

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Own Sociability vs Withdrawal 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/md/sqr/v10/b</td>
<td>r = + p &lt; .05</td>
<td>The means of the lowest, average and highest scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks. Daily highest : r = +.56 (05) Daily average : r = +.78 (05) Daily lowest : r = +.51 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling sociable (vs withdrawn)

Subject code: M13.3.3.3

Study WESSM 1966/2


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: Own sociability (vs withdrawal) (1)

Our classification: . feeling sociable (vs withdrawn), code M13.3.3.3

Measurement: See WESSM 1966/1

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 MOOD

The means of the lowest, average and highest scores were correlated with the mean daily average score on the Elation–Depression Scale (AFF 3.1) during 6 weeks.

- Daily highest : r = +.66 (05)
- Daily average : r = +.61 (05)
- Daily lowest : r = +.06 (ns)

Correlational finding on Happiness and feeling understood (vs not)
Subject code: M13.3.3.4

Study

KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt understood (2)
Our classification: feeling understood (vs not), code M13.3.3.4
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt understood?"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/c/sq/v/7/a</td>
<td>r=+.40</td>
<td>p&lt;0.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4
Study  
**CONST 1965**

*Reported in:* Constantinople, A.P.
*Some Correlates of Happiness and Unhappiness in College Students.*
*Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.*
*Page in Report: 59*

*Population:* College students, University of Rochester, USA, 1965

*Sample:*

*Non-Response:* 30% (take home questionnaire).

*N:* 952

**Correlate**

*Authors label:* Energy vs fatigue. (1)

*Our classification:* Feeling energetic (vs lethargic, tired), code M13.3.4

*Measurement:* Wessman & Ricks Energy vs Fatigue Scale, scored once for the current academic year.

**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=+ p&lt;05</td>
<td>Males : r= +.41 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= +.44 (05)</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)**

*Subject code:* M13.3.4

Study  
**CSIKS 2003**

*Reported in:* Csikszentmihalyi, M.; Hunter, J.
*Happiness in Everyday Life: the Uses of Experience Sampling.*
*Journal of Happiness Studies, 2003, Vol. 4, 185 - 199. ISSN p 1389 4978; ISSN e 1573 7780. DOI 10.1007/s11205-005-0805-6*
*Page in Report: 194*

*Population:* Teenagers, USA, 1998

*Sample:* Non-probability purposive sample

*Non-Response:*

*N:* 828
Findings on Happiness and MOOD

Authors label: Feeling active

Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4

Measurement: Average felt active when beeped

Measured Values: range 1-7

Remarks: Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:
   a: what activity they were doing on the moment
   b: whom they were with
   c: how they felt at that moment (various feelings, one of which happiness)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-ARE/mi/sqr/n/7/a | r=+.53 | Beta controlled for:
|                   | p<.05  | - other moods
|                   |       | - feeling strong
|                   |       | - feeling good about self
|                   |       | - feeling sociable
|                   |       | - feeling excited
|                   |       | - feeling proud
|                   |       | - socio-demographic
|                   |       |   - age
|                   |       |   - gender
|                   |       |   - social class
|                   |       |   - grade level

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

Study

DEM ER 2005

Page in Report: 274,275

Population: Dual-earning parents of young children, the Netherlands, 2000

Sample: Non-probability chunk sample

Non-Response: 59 %
Findings on Happiness and MOOD

N: 382

**Correlate**

**Authors label:** Exhaustion

**Our classification:** Feeling energetic (vs lethargic, tired), code M13.3.4

**Measurement:** Self report of 5 questions:
- I feel used up at the end of the workday
- I feel burned out from work
Rated 0 (never) to 6 (always)

**Measured Values:** Men M=1.48 SD =0.78 Women M= 1.76 SD =1.01

**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/g/sq/n/10/a</td>
<td><em>r</em> = -.32</td>
<td>Men p&lt;.01</td>
</tr>
<tr>
<td>O-SLu/g/sq/n/10/a</td>
<td><em>r</em> = -.27</td>
<td>Women p&lt;.01</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)**

**Subject code: M13.3.4**

**Study**

**GORMA 1971**

**Reported in:** Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 216/222

**Population:** Undergraduate students, Nassau Community College, USA, 1970

**Sample:**

**Non-Response:** 4%, 3% refusal, 1% incomplete information

N: 67
Findings on Happiness and MOOD

Measurement: Wessman & Ricks Energy vs Fatigue Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/b</td>
<td>$r = + p&lt; .01$</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: $r = +.65$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: $r = +.85$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: $r = +.61$ (01)</td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/b</td>
<td>$r = + p&lt; .05$</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: $r = +.34$ (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: $r = +.28$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: $r = +.06$ (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

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: 50

Population: Married females, USA, 196?
Sample:
Non-Response: -
N: 62

Correlate

Authors label: Satisfaction with role (1)
Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4
Measurement: Closed question on i.e. career combined with homemaking or full-time housewives: very dissatisfied / midly dissatisfied / satisfied / very satisfied.
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=+.24 ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)

**Subject code: M13.3.4**

**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: 118

Population: Married females, USA, 196?

Sample:

Non-Response: -

N: 62

**Correlate**

Authors label: Energy (vs fatigue) (1)

Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4

Measurement: Wessman & Ricks Energy vs Fatigue Scale, scored at the end of each day for lowest, average and highest mood experienced that day during three weeks (see last page under WESSM 1966/1).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-ARE/md/sqr/v10/b | r = + p < 01  | The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.  
Daily highest: r = +.71 (01)  
Daily average: r = +.81 (01)  
Daily lowest: r = +.73 (01) |
Findings on Happiness and MOOD

Study: KAMMA 1983/2

Page in Report: 75

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt energetic (1)
Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4
Measurement:
Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I have energy to spare"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=+.45</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.25</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

Study: LAM 1998

Page in Report: 1142-1145

Population: 14+ aged patients and students, Hong Kong 1996
Findings on Happiness and MOOD

**Sample:** Probability stratified sample

**Non-Response:** 0%

**N:** 236

Correlate

**Authors label:** Vitality

**Our classification:** Feeling energetic (vs lethargic, tired), code M13.3.4

**Measurement:** Selfreport on 4 questions about feeling during the last month.
- Feel full of pep
- Have a lot of energy
- Feel worn out
- Feel tired

VT Subscale of SF-36 Health Survey (Ware et al. 1993)

**Measured Values:** M=55.76 SD=20.94 (transformed score on range 0-100)

Observed Relation with Happiness

<table>
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</thead>
<tbody>
<tr>
<td>M-TH/cm/sq/v/6/a</td>
<td>r=+.33</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)

**Subject code:** M13.3.4

Study

**Reported in:** Matlin, N.
The Demography of Happiness.
University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico
Page in Report: 8

**Population:** 20+ aged, general public, Puerto Rico, 1963-64

**Sample:** Non-Response:

**N:** 1417

Correlate

**Authors label:** Inertia (1)

**Our classification:** Feeling energetic (vs lethargic, tired), code M13.3.4
Measurement: Question: "During the past week, did you ever feel that you could not do anything simply because you could not start it?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

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/vi3/a</td>
<td>Q = .53</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

Study
Reported in: PAYNE 1974

Population: Employed males, supervising jobs, England, 197?
Sample:
Non-Response: 4% incomplete.
N: 192

Correlate
Authors label: Having sufficient energy to do things one wants. (1)
Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4
Measurement: Closed question:
0 no
1 yes

Observed Relation with Happiness

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

Index of Positive Affects: $G = -0.45$ (!)
Index of Negative Affects: $G = -0.27$

Unexpected negative relationship with Index of Positive Affect acknowledged by author.

In Bradburn's sample of adults, urban areas, USA, (see BRADB 1969) the relationship was as follows:
Index of Positive Affects: $G = -0.39$
Index of Negative Affects: $G = +0.13$
Bradburn did not report these findings.

---

**Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)**

**Subject code: M13.3.4**

**Study**

**VENTE 1995**

*Reported in:* Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark).
Forskningcentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017 http://www.livskvalitet.org/t1/index.asp
Page in Report: 406

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

*Sample:* Non-probability purposive sample

*Non-Response:* 39%

*N:* 1494

**Correlate**

*Authors label:* family, work and leisure time (1)

*Our classification:* Feeling energetic (vs lethargic, tired), code M13.3.4

*Measurement:* Family, work and leisure time
(made up by the following questions:

1: very badly
2: badly
3: neither well nor badly
4: well
5: very well


*Remarks:* a)"How do you feel when you are at home?" b)"How do you feel when you are at work?" c)"How do you feel in your leisure time!?"
### 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   | $r = +.60$ | 1: $M_T = -$  
|                   | $p < .00$  | 2: $M_T = 2.50$  
|                   |            | 3: $M_T = 5.26$  
|                   |            | 4: $M_T = 7.45$  
|                   |            | 5: $M_T = 8.90$  
|                   |            | All $M_T = 7.83$ |
| O-SLu/c/sq/v/5/e   | $r = +.60$ | 1: $M_T = -$  
|                   | $p < .00$  | 2: $M_T = 2.11$  
|                   |            | 3: $M_T = 4.76$  
|                   |            | 4: $M_T = 7.06$  
|                   |            | 5: $M_T = 8.64$  
|                   |            | All $M_T = 7.49$ |
| O-HL/c/sq/v/5/h    | $r = +.56$ | 1: $M_T = -$  
|                   | $p < .00$  | 2: $M_T = 2.89$  
|                   |            | 3: $M_T = 4.79$  
|                   |            | 4: $M_T = 6.54$  
|                   |            | 5: $M_T = 8.08$  
|                   |            | All $M_T = 7.00$ |

### Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)

**Subject code: M13.3.4**

**Study**

*WESSM 1966/1*

*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: 64/276

*Population:* Female college students, followed 6 weeks, Radcliffe, USA, 1957

*Sample:*

*Non-Response:* 16%  
*N:* 21

**Correlate**

*Authors label:* Energy vs fatigue (1)  
*Our classification:* Feeling energetic (vs lethargic, tired), code M13.3.4
**Measurement:** Repeated closed question on 'how energetic, or tired and weary, you felt' rated on a 10-point scale:

8. Great energy and drive.
7. Very fresh, considerable energy.
6. Fairly fresh. Adequate energy.
5. Slightly tired, indolent. Somewhat lacking in energy.
2. Tremendously weary. Nearly worn out and practically at a standstill. Almost no resources.
1. Utterly exhausted. Entirely worn out. Completely incapable of even the slightest effort.

Scale scored each night for highest, lowest and average experience of the day.
(Wessman & Ricks Energie vs Fatigue 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/md/sqr/v10/b</td>
<td>$r = + p&lt; .05$</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

Daily highest : $r = +.37$ (ns)
Daily average : $r = +.76$ (05)
Daily lowest : $r = +.48$ (05)

---

**Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)**

**Subject code: M13.3.4**

**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: 66/282
Findings on Happiness and MOOD

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: Energy vs fatigue (1)
Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4
Measurement: See WESSM 1966/1

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>A-ARE/md/sqr/v10/a</td>
<td>r = + p &lt; .05</td>
<td>See WESSM 1966/1</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest : r = + .76 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average : r = + .75 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = + .02 (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling excited
Subject code: M13.3.4.1

Study

CSIKS 2003

Reported in: Csikszentmihalyi, M.; Hunter, J.
Happiness in Everyday Life: the Uses of Experience Sampling,
Journal of Happiness Studies, 2003, Vol. 4, 185 - 199. ISSN p 1389 4978; ISSN e 1573 7780. DOI
10.1007/s11205-005-0805-6
Page in Report: 194

Population: Teenagers, USA, 1998
Sample: Non-probability purposive sample
Non-Response:
N: 828

Correlate

Authors label: Feeling excited
Our classification: . feeling excited, code M13.3.4.1
Measurement: Average felt sociable when beeped

Measured Values: range 1-7

Remarks: Participants were beeped at random moments eight times a day from 7:30 am to 10:30 pm for one week. At each beep they answered questions about:
- a: what activity they were doing on the moment
- b: whom they were with
- c: how they felt at that moment (various feelings, one of which happiness)

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>r=+.47</td>
<td>Beta=+.23 p&lt;.001</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beta controlled for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- other moods</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling strong</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling good about self</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- feeling sociable</td>
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<tr>
<td></td>
<td></td>
<td>- feeling proud</td>
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<tr>
<td></td>
<td></td>
<td>- feeling active</td>
</tr>
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<td></td>
<td></td>
<td>- socio-demographic</td>
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<td></td>
<td></td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- gender</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- social class</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling excited
Subject code: M13.3.4.1

Study

Reported in: Zelenski, J. M.; Larsen, R. J.

Population: University students, USA, followed 28 days, 2000

Sample: Non-probability purposive sample

Non-Response:
N: 82
Correlate

Authors label: Excited
Our classification: Feeling excited, code M13.3.4.1
Measurement: Selfreport in mood diary:
How much excited mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M=1.73 95CI(1.52, 1.94) SD=.96
Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=+.50</td>
<td>Average happy mood of the moment by average exited mood of the moment</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling free (vs restrained)
Subject code: M13.3.5

Study


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

Correlate

Authors label: Freedom
Our classification: Feeling free (vs restrained), code M13.3.5
Measurement: Selfreport on the following questions:
- I can spend time by myself (in privacy) when I want to
- I choose how my home is decorated
- I myself choose in the present house
- I have a bank or post office account from which I can withdraw money
- Meal times are changed to fit in my plans
- I choose for myself what I do in spare time
- I have voted in elections
- I have my own personal possessions
- I earn some money (other than benefit or pension)
- I choose my own clothes

Remarks: Subscale of Life Experience Checklist (LEC) [Ager 1990]

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=+.35</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.006</td>
<td></td>
</tr>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>rpc=+.39</td>
<td>rpc controled for depression as measured with Beck Depression Inventory</td>
</tr>
<tr>
<td></td>
<td>p&lt;.005</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling free (vs restrained)

Subject code: M13.3.5

Study: KAMMA 1983/2

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt free (1)

Our classification: Feeling free (vs restrained), code M13.3.5
## Findings on Happiness and MOOD

### Measurement:
A single direct question was used to assess how one felt during the instructed time period (or otherwise in the past few weeks): "I feel I can do whatever I want to." Rated on a 5-point scale ranging from 'not at all' to 'all the time'.

### 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/c/sq/v/7/a</td>
<td>r=+.31</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.41</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Feeling free (vs restrained)

**Subject code: M13.3.5**

**Study**

**KAMMA 1983/2**

- **Page in Report**: 

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

**Sample**

- **Non-Response**: 52%
- **N**: 112

**Correlate**

- **Authors label**: Felt free and easy (1)
- **Our classification**: Feeling free (vs restrained), code M13.3.5
- **Measurement**: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks): "How often have you felt free and easy?" Rated on a 5-point scale ranging from 'not at all' to 'all the time'
## Findings on Happiness and MOOD

### Happiness Measure Statistics Elaboration/Remarks

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>$r = +.49$</td>
<td>$p &lt; .01$</td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>$r = +.36$</td>
<td>$p &lt; .01$</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Feeling free (vs restrained)

**Subject code: M13.3.5**

**Study**

WATTE 1995

**Reported in:** Watten, R.G.; Syversen, J.L.; Myhrer, T.
Quality of Life, Intelligence and Mood.
Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818
Page in Report: 293

**Population:** Army recruits, Norway, 199?

**Sample:** Probability simple random sample

**Non-Response:**

$N$: 269

**Correlate**

**Authors label:** Daily strain

**Our classification:** Feeling free (vs restrained), code M13.3.5

**Measurement:** Self report of current daily strain intensity
1 no pressure
2
3
4
5
6
7 very much pressure

**Measured Values:** $M = 3.79$ $SD = 1.5$

**Remarks:** Item in modified version of Tension Stress Inventory (TESI)

### 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/a</td>
<td>$r = -.12$</td>
<td>$ns$</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling free from inner restraints  
Subject code: M13.3.5.1

Study  
CONST 1965  
Reported in: Constantinople, A.P.  
Some Correlates of Happiness and Unhappiness in College Students.  
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.  
Page in Report: 59  
Population: College students, University of Rochester, USA, 1965  
Sample:  
Non-Response: 30% (take home questionnaire).  
N: 952

Correlate  
Authors label: Impulse expression vs self-restraint. (1)  
Our classification: . feeling free from inner restraints, code M13.3.5.1  
Measurement: Wessman & Ricks Impulse Expression vs Self-Restraint Scale, scored once for the current academic year.

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=+</td>
<td>Males : r= +.07 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= +.18 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling free from inner restraints  
Subject code: M13.3.5.1

Study  
GORMA 1971  
Reported in: Gorman, B.S.  
Unpublished doctoral dissertation, 1971, City University of New York, USA  
Page in Report: 216/222  
Population: Undergraduate students, Nassau Community College, USA, 1970  
Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information

N: 67

Correlate

Authors label: Impulse expression vs self-restraint (1)

Our classification: . feeling free from inner restraints, code M13.3.5.1

Measurement: Wessman & Ricks Impulse Expression vs Self-Restraint Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/v10/b</td>
<td>$r = + p&lt; .01$</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td>Daily highest: $r = .53$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily average: $r = .69$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily lowest: $r = .65$ (01)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| C-BW/c/sq/l/11/b | $r = + p< .01$ | Analysis on the basis of the mean lowest, average and highest daily scores. |
| Daily highest: $r = .39$ (01) |
| Daily average: $r = .38$ (01) |
| Daily lowest: $r = .35$ (01) |

Correlational finding on Happiness and . feeling free from inner restraints
Subject code: M13.3.5.1

Study: WATTE 1995


Population: Army recruits, Norway, 199?

Sample: Probability simple random sample

Non-Response: N: 269
Correlate

Authors label: Demands of effort

Our classification: feeling free from inner restraints, code M13.3.5.1

Measurement: Self report of effort intensity
1 no effort
2
3
4
5
6
7 very much effort

Measured Values: M=4.57 SD=1.5

Remarks: Item in modified version of Tension Stress Inventory (TESI)

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/a</td>
<td>r=+.12 ns</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=+.14 ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling free from inner restraints
Subject code: M13.3.5.1

Study

<table>
<thead>
<tr>
<th>Study</th>
<th>WESSM 1966/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population:</td>
<td>Male college students, followed 3 years, Harvard University, USA, 1957-60</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability chunk sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>37%: 9 dropouts, incomplete; about the same happiness distribution.</td>
</tr>
<tr>
<td>N:</td>
<td>17</td>
</tr>
</tbody>
</table>

Correlate

Authors label: Impulse expression vs self-restraint (1)

Our classification: feeling free from inner restraints, code M13.3.5.1
Measurement: Repeated closed question on 'how expressive and impulsive or internally restrained and controlled you felt', rated on a 10-point scale:

10. Wild and complete abandon. No impulse denied.
8. Quick to act on every immediate desire.
7. Allowing my impulses and desires a pretty free rein.
6. Moderate acceptance and expression of my own needs and desires.
5. Keep a check on most whims and impulses.
4. On the straight and narrow path. Keeping myself within strong bounds
3. Obeying rigorous standards. Strict with myself.
2. Refuse to permit the slightest self-indulgence or impulsive action

Scale scored each night for highest, lowest and average experience of the day.
(Wessman & Ricks Impulse Expression vs Self-Restraint 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/md/sqr/v/10/a</td>
<td>r = +p &lt; .05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

Daily highest : r = +.69 (05)
Daily average : r = +.62 (05)
Daily lowest : r = +.05 (ns)

Correlational finding on Happiness and feeling free from external restraints

Subject code: M13.3.5.2

Study CONST 1965
Findings on Happiness and MOOD

Reported in: Constantinople, A.P.
Some Correlates of Happiness and Unhappiness in College Students.
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.
Page in Report: 59

Population: College students, University of Rochester, USA, 1965
Sample:
Non-Response: 30% (take home questionnaire).
N: 952

Correlate

Authors label: Personal freedom vs external constraint (1)
Our classification: . feeling free from external restraints, code M13.3.5.2
Measurement: Wessman & Ricks Personal Freedom vs External Constraint Scale, scored once for the current academic year.

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/v/10/a</td>
<td>r=+</td>
<td>Males: r = +.24 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r = +.11 (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling free from external restraints
Subject code: M13.3.5.2

Study

GORMA 1971

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 215/219

Population: Undergraduate students, Nassau Community College, USA, 1970
Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67

Correlate

Authors label: Personal freedom vs external constraint (1)
Findings on Happiness and MOOD

**Our classification:** feeling free from external restraints, code M13.3.5.2

**Measurement:** Wessman & Ricks Personal Freedom vs External Constraint Scale, scored each night for lowest, average and highest mood experienced that day during one month.

---

### 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/b</td>
<td>$r = + p &lt; .05$</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: $r = +.28$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: $r = +.28$ (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: $r = +.30$ (05)</td>
</tr>
</tbody>
</table>

| A-ARE/md/sqr/v/10/b | $r = + p < .01$ | The means of the lowest, average and highest daily scored were correlated with the mean average score on the Elation-Depression Scale. |
|                     |            | Daily highest: $r = +.56$ (01) |
|                     |            | Daily average: $r = +.62$ (01) |
|                     |            | Daily lowest: $r = +.55$ (01) |

---

### Correlational finding on Happiness and . feeling free from external restraints

**Subject code: M13.3.5.2**

**Study**

WESSE M 1966/2

**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: 66/282

**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:** Personal freedom vs external constraint (1)

**Our classification:** feeling free from external restraints, code M13.3.5.2

---

Findings on Happiness and MOOD

Measurement:
Repeated closed question on 'how much you felt you were free or not free to do as you wanted', rated on a 10-point scale:

10. Absolutely free to consider and try any new and adventuresome prospect.
9. Independent and free to do as I like.
8. Ample scope to go my own way.
7. Free, within broad limits, to act much as I want to.
6. Can do a good deal on my own initiative and in my own fashion. No particularly restrictive limitations.
5. Somewhat constrained and hampered. Not free to do things my own way.
4. Checked and hindered by too many demands and constraints.
3. Hemmed in. Cooped up. Forced to do things I don't want to do.
2. Trapped, oppressed.
1. Overwhelmed, smothered. Can't draw a free breath.

Scale scored each night for the highest, lowest and average experience of the day. (Wessman & Ricks Personal Freedom vs External Constraint 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/md/sqr/v10/a</td>
<td>r = + ns</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest : r = +.36 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average : r = +.15 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = -.18 (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling friendly (vs hostile)

Subject code: M13.3.6

Study: CONST 1965

Reported in: Constantinople, A.P.
Page in Report: 59
Findings on Happiness and MOOD

Population: College students, University of Rochester, USA, 1965

Sample:

Non-Response: 30% (take home questionnaire).

N: 952

Correlate

Authors label: Harmony vs anger. (1)

Our classification: Feeling friendly (vs hostile), code M13.3.6

Measurement: Wessman & Ricks Harmony vs Anger Scale, scored once for the current academic year.

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=+ p&lt;.05</td>
<td>Males: r= +.17 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r= +.24 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling friendly (vs hostile)
Subject code: M13.3.6

Study

GORMA 1971

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 215/219

Population: Undergraduate students, Nassau Community College, USA, 1970

Sample:

Non-Response: 4%, 3% refusal, 1% incomplete information

N: 67

Correlate

Authors label: Harmony vs anger (1)

Our classification: Feeling friendly (vs hostile), code M13.3.6
Measurement: Wessman & Ricks Harmony vs Anger Scale, scored each night for lowest, average and highest mood experienced that day during one month.

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/b</td>
<td>r = + p &lt; .01</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.68 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: r = +.74 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = +.56 (01)</td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/b</td>
<td>r = + p &lt; .05</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.30 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: r = +.27 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest : r = +.16 (ns)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling friendly (vs hostile)

Subject code: M13.3.6

Study KAMMA 1983/2


Page in Report:

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

Sample:

Non-Response: 52%

N: 112

Correlate

Authors label: Felt good natured (1)

Our classification: Feeling friendly (vs hostile), code M13.3.6
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt good natured"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=+.66</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.44</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling friendly (vs hostile)
Subject code: M13.3.6

Study

Reported in: Levy, S.M; Lee, J; Bagley, C.; Lippman, M.
Survival Hazards Analysis in First Recurrent Breast Cancer Patients: Seven-year Follow-Up.
Psychosomatic Medicine, 1988, Vol. 51, 1 - 9. ISSN 0033 3147
Page in Report: 4

Population: Breast cancer patients, first recurrence cases, Eastern USA, 1979

Sample:

Non-Response:

N: 36

Correlate

Authors label: Hostility (1)

Our classification: Feeling friendly (vs hostile), code M13.3.6

Measurement:

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 MOOD

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

- Positive Affect: +.33(ns)
- Negative Affect: -.83(ns)
- Joy subscore (glad, cheerful, joyous): (ns)

Correlation with full Affect Balance Scale not reported

Correlational finding on Happiness and Feeling friendly (vs hostile)
Subject code: M13.3.6

Study
WATTE 1995

Reported in: Watten, R.G.; Syversen, J.L.; Myhrer, T.
Quality of Life, Intelligence and Mood.
Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818
Page in Report: 293

Population: Army recruits, Norway, 199?

Sample: Probability simple random sample

Non-Response:
N: 269

Correlate

Authors label: Anger

Our classification: Feeling friendly (vs hostile), code M13.3.6

Measurement: Self report of anger intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=3.40 SD=1.6

Remarks: Item in modified version of Tension Stress Inventory (TESI)

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/a</td>
<td>r=.31</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Feeling friendly (vs hostile)
Subject code: M13.3.6

Study
WATTE 1995

Reported in: Watten, R.G.; Syversen, J.L.; Myhrer, T. Quality of Life, Intelligence and Mood. Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818
Page in Report: 293

Population: Army recruits, Norway, 199?
Sample: Probability simple random sample
Non-Response:
N: 269

Correlate

Authors label: Grumpy
Our classification: Feeling friendly (vs hostile), code M13.3.6
Measurement: Self report of grumpy intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=2.66 SD=1.5

Remarks: Item in modified version of Tension Stress Inventory (TESI)

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/a</td>
<td>r=.42</td>
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<td>p&lt;.01</td>
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<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=.42</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Feeling friendly (vs hostile)
Subject code: M13.3.6

Study
WATTE 1995

*Reported in:* Watten, R.G.; Syversen, J.L.; Myhrer, T.
Quality of Life, Intelligence and Mood.
Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/
BF01078818
Page in Report: 293

*Population:* Army recruits, Norway, 199?

*Sample:* Probability simple random sample

*Non-Response:
N: 269

Correlate

*Authors label:* Feeling offended

*Our classification:* Feeling friendly (vs hostile), code M13.3.6

*Measurement:* Self report of feeling offended intensity
1 no intensity
2
3
4
5
6
7 very much intensity

*Measured Values:* $M=2.25$ $SD=1.5$

*Remarks:* Item in modified version of Tension Stress Inventory(TESI)

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/a</td>
<td>$r=.20$</td>
<td>$p&lt;.01$</td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>$r=.21$</td>
<td>$p&lt;.01$</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling friendly (vs hostile)
Subject code: M13.3.6

Study
WESSM 1966/1
Findings on Happiness and MOOD

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: 64/276

Population: Female college students, followed 6 weeks, Radcliffe, USA, 1957

Sample:
Non-Response: 16%
N: 21

Correlate

Authors label: Harmony vs anger (1)
Our classification: Feeling friendly (vs hostile), code M13.3.6
Measurement: Repeated closed question on 'how well you got along with, or how angry you felt toward, other people' rated on a 10-point scale:

10. Boundless good will and complete harmony.
9. Enormous good will and great harmony.
8. Considerable good will.
7. Get along well and rather smoothly.
6. Get along pretty well, more or less good feeling.
5. A little bit annoyed, somewhat 'put out'. Minor irritations.
4. Annoyed, irritated, provoked.
3. Very angry. Ill will.
2. Enraged. Seething with anger and hostility.
1. Violent hate and fury. Desire to attack, destroy.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Harmony vs Anger 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/md/sqr/v/10/b</td>
<td>r = + p &lt; .05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

Daily highest : r = +.58 (05)
Daily average : r = +.81 (05)
Daily lowest : r = +.58 (05)
**Correlational finding on Happiness and Feeling friendly (vs hostile)**  
**Subject code: M13.3.6**

**Study**  
**Reported in:** Wessman, A.E.; Ricks, D.F.  
Page in Report: 66/282

**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:** Harmony vs anger (1)

**Our classification:** Feeling friendly (vs hostile), code M13.3.6

**Measurement:** See WESSM 1966/1

**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/v10/a</td>
<td><em>r</em> = + ns</td>
<td>See Wessm 1966/1</td>
</tr>
</tbody>
</table>

Daily highest: *r* = +.68 (05)  
Daily average: *r* = +.41 (ns)  
Daily lowest: *r* = +.07 (ns)

**Correlational finding on Happiness and Feeling friendly (vs hostile)**  
**Subject code: M13.3.6**

**Study**  
**Reported in:** Zelenski, J. M.; Larsen, R. J.  
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566  
Page in Report: 191

**Population:** University students, USA, followed 28 days, 2000

**Findings on Happiness and MOOD**

**Sample:** Non-probability purposive sample

**Non-Response:**

\[ N = 82 \]

---

**Correlate**

**Authors label:** Angry

**Our classification:** Feeling friendly (vs hostile), code M13.3.6

**Measurement:** Selfreport in mood diary:

- How much angry mood did you experience during the last hours?
- 6 extremely much
- 5
- 4
- 3
- 2
- 1
- 0 not at all

**Measured Values:** \( M = .47 \), 95CI(0.35, ,.59), SD=0.45

**Remarks:** Assessed 3 times a day during 28 days

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=+0.2</td>
<td>Average happy mood of the moment by average angry mood of the moment</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Feeling full (vs empty)**

**Subject code:** M13.3.7

**Study**

**CONST 1965**

**Reported in:** Constantinople, A.P.

Some Correlates of Happiness and Unhappiness in College Students.
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.
Page in Report: 59

**Population:** College students, University of Rochester, USA, 1965

**Sample:**

**Non-Response:** 30% (take home questionnaire).

\[ N = 952 \]
Findings on Happiness and MOOD

Correlate

Authors label: Fullness vs emptiness of life (1)

Our classification: Feeling full (vs empty), code M13.3.7

Measurement: Wessman & Ricks Fullness vs Emptiness of Life Scale, scored once for the current academic year.

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/v/10/a</td>
<td>r=+.67 p&lt;.05</td>
<td>Males: r=+.67 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r=+.69 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling full (vs empty)
Subject code: M13.3.7

Study

HARDE 1969

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: 50

Population: Married females, USA, 196?

Sample: -

Non-Response: -

N: 62
Correlational finding on Happiness and Feeling full (vs empty)
Subject code: M13.3.7

Study

HARDE 1969

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: 52/65

Population: Married females, USA, 196?
Sample:
Non-Response: -
N: 62

Correlate

Authors label: Fullness of life (1)
Our classification: Feeling full (vs empty), code M13.3.7
Measurement: Factor which has strong positive correlations with fullness of life in past year (+.87), elation in past year (+.80), and self-actualization (+.64).

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/cy/sq/v10/a</td>
<td>r=+.80 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-ARE/md/sqr/v10/b</td>
<td>r=+.80 p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling full (vs empty)
Subject code: M13.3.7

Study

HARDE 1969

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: 118

Population: Married females, USA, 196?
Sample:
Findings on Happiness and MOOD

Non-Response: -
N: 62

Correlate

Authors label: Fullness (vs emptiness of life) (1)
Our classification: Feeling full (vs empty), code M13.3.7
Measurement: Wessman & Ricks Fullness vs Emptiness of Life Scale, scored at the end of each day for lowest, average and highest mood experienced that day during three weeks (see above under WESSM 1966/1).

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/b</td>
<td>r = + p &lt; .01</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily highest: r = +.65 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily average: r = +.86 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Daily lowest: r = +.76 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling full (vs empty)
Subject code: M13.3.7

Study

Page in Report: 64/276

Population: Female college students, followed 6 weeks, Radcliffe, USA, 1957
Sample:
Non-Response: 16%
N: 21

Correlate

Authors label: Fulness vs emptinessof life (1)
Our classification: Feeling full (vs empty), code M13.3.7
Findings on Happiness and MOOD

Measurement: Repeated closed question on 'how emotionally satisfying, abundant or empty, your life felt today', rated on a 10-point scale:

10. Consumate fulfillment and abundance
8. Filled with warm feelings of contentment and satisfaction.
7. My life is ample and satisfying.
6. Life seems fairly adequate and relatively satisfying.
5. Some slight sense of lack, vague and mildly troubling.
4. My life seems deficient, dissatisfying.
3. Life is pretty empty and barren.
2. Desolate, drained dry, impoverished.
1. Gnawing sense of emptiness, hollowness, void.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Fullness vs Emptiness of life Scale)

Observed Relation with Happiness

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<tr>
<td>A-ARE/md/sqr/v10/b</td>
<td>r = + p &lt; .05</td>
<td>The means of lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) during 6 weeks.</td>
</tr>
</tbody>
</table>

Daily highest : r = +.60 (05)
Daily average : r = +.88 (05)
Daily lowest : r = +.69 (05)

Correlational finding on Happiness and Feeling full (vs empty)

Subject code: M13.3.7

Study WESSM 1966/2

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: 66/282

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60
Sample: Non-probability chunk sample
Findings on Happiness and MOOD

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

N: 17

Correlate

Authors label: Fullness vs emptiness of life (1)

Our classification: Feeling full (vs empty), code M13.3.7

Measurement: See WESSM 1966/1

Observed Relation with Happiness

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<th>Happiness Measure</th>
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</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v10/a</td>
<td>r = + p &lt; .05</td>
<td>See WESSM 1966/1</td>
</tr>
</tbody>
</table>

Daily highest : r = +.76 (05)
Daily average : r = +.90 (05)
Daily lowest : r = +.58 (05)

Correlational finding on Happiness and . feeling involved (vs detached)
Subject code: M13.3.8.1

Study

BRADS 2006

Reported in: Bradshaw, J.; Hoelscher, P.; Richardson, D.
Innocenti Working Paper no. 2006-3, Unicef Research Centre, 2006, Florence, Italy. ISSN: 1014 7837
Page in Report: 4, 70-72,75

Population: 15 yearaged, 29 countries, 2001

Sample: Probability multi-stage cluster sample

Non-Response:

N: 137682

Correlate

Authors label: Feeling an outsider

Our classification: Feeling involved (vs detached), code M13.3.8.1

Measurement: Self report on single question:
I feel like an outsider (or left out of things)
Findings on Happiness and MOOD

Measured Values: OECD countries: Austria = 5.8 Belgium = 7.9 Canada = 8.9 Czech Republic = 9.7 Denmark = 5.3 Finland = 5.5 France = 7.7 Germany = 6.1 Greece = 6.3 Hungary = 9.3 Ireland = 5.6 Italy = 4.9 Netherlands = 3.9 Norway = 5.6 Poland = 8.2 Portugal = 6.4 Spain = 3.3 Sweden = 5.2 Switzerland = 7.1 United Kingdom = 6.8 United States = NA. Average of OECD countries: 6.4 %, SD = 1.7 %. Non-OECD Countries: Croatia = NA Estonia = NA Israel = 2.3 Latvia = 5.2 Lithuania = NA Malta = NA Russian Federation = 6.1 Slovenia = NA

Remarks: source: PISA 2003

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
C-BW/c/sq/l/11/a | r=-.44 p<.05 | % happy in nation by % feeling an outsider

Correlational finding on Happiness and . feeling involved (vs detached)
Subject code: M13.3.8.1

Study BRADS 2006


Population: 15 year aged, 29 countries, 2001

Sample: Probability multi-stage cluster sample

Non-Response: N: 137682

Correlate

Authors label: Feeling awkward and out of place

Our classification: . feeling involved (vs detached), code M13.3.8.1

Measurement: Self report on single question: I feel awkward and out of place
- disagree
- agree

Measured Values: OECD countries: Austria = 8.2, Belgium = 15.6, Canada = 10.5 Czech Republic = 6.4 Denmark = 11.8 Finland = 8.4 France = 12.3 Germany = 11.4 Greece = 8.3 Hungary = 7.6 Ireland = 7.8 Italy = 6.2 Netherlands = 6.9 Norway = 9.1 Poland = 9.9 Portugal = 11.7 Spain = 8.9 Sweden = 4.9 Switzerland = 11.7 United Kingdom 8.7 United States = NA Average of OECD countries: 6.4 %, SD = 1.7 %. Non-OECD Countries: Croatia = NA Estonia = NA Israel = 3.6 Latvia = 9.6 Lithuania = NA Malta = NA Russian Federation 14.3 Slovenia NA
Findings on Happiness and MOOD

Remarks:
Data: PISA 2003

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=-.10 ns</td>
<td>% happy in nation by %feeling awkward</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling involved (vs detached)
Subject code: M13.3.8.1

Study
KAMMA 1983/2

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Page in Report: 74

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt not-involved (1)
Our classification: . feeling involved (vs detached), code M13.3.8.1
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"I can't be bothered doing anything"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

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/cm/mq/v/5/a</td>
<td>r=.43</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=.26</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and feeling involved (vs detached)
Subject code: M13.3.8.1

Study: KAMMA 1983/2

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

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

Sample:
Non-Response: 52%
N: 112

Correlate

Authors label: Felt enthusiastic (1)
Our classification: feeling involved (vs detached), code M13.3.8.1
Measurement: Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
"How often have you felt withdrawn"
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.55</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/sq/v/7/a</td>
<td>r=+.44</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and feeling involved (vs detached)
Subject code: M13.3.8.1

Study: WATTE 1995

Reported in: Watten, R.G.; Syversen, J.L.; Myhrer, T.
Quality of Life, Intelligence and Mood.
Social Indicators Research, 1995, Vol. 36, 287 - 299. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1007/BF01078818
Page in Report: 293
Findings on Happiness and MOOD

Population: Army recruits, Norway, 199?
Sample: Probability simple random sample
Non-Response:
N: 269

Correlate

Authors label: Indifference
Our classification: . feeling involved (vs detached), code M13.3.8.1
Measurement: Self report of indifference intensity
1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=2.83 SD=1.8
Remarks: Item in modified version of Tension Stress Inventory (TESI)

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/a</td>
<td>r=-.29</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=-.42</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling receptive
Subject code: M13.3.8.2

Study

Reported in: Constantinople, A.P.

Population: College students, University of Rochester, USA, 1965
Sample:
Non-Response: 30% (take home questionnaire).
Findings on Happiness and MOOD

N: 952

Correlate

Authors label: Receptivity to the world. (1)
Our classification: feeling receptive, code M13.3.8.2
Measurement: Wessman & Ricks Receptivity towards and Stimulation by the World Scale, scored once for the current academic year.

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=+ p&lt; .05</td>
<td>Males: r=+.41 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: r=+.44 (05)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling receptive
Subject code: M13.3.8.2

Study

GORMA 1971

Reported in: Gorman, B.S.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 215/219

Population: Undergraduate students, Nassau Community College, USA, 1970

Sample:
Non-Response: 4%, 3% refusal, 1% incomplete information
N: 67

Correlate

Authors label: Receptivity towards the world (1)
Our classification: feeling receptive, code M13.3.8.2
Measurement: Wessman & Ricks Receptivity towards and Stimulation by the World Scale, scored each night for lowest, average and highest mood experienced that day during one month.

Observed Relation with Happiness
Findings on Happiness and MOOD

Happiness Measure

<table>
<thead>
<tr>
<th>Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/b</td>
<td>$r = + p &lt; 0.01$</td>
<td>Analysis on the basis of the mean lowest, average and highest daily scores.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Daily highest: $r = +.35 (01)$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Daily average: $r = +.33 (01)$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Daily lowest : $r = +.22 (ns)$</td>
<td></td>
</tr>
</tbody>
</table>

A-ARE/md/sqr/v/10/b | $r = + p < 0.01$ | The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale. |
|                    | Daily highest: $r = +.60 (01)$ |                     |
|                    | Daily average: $r = +.79 (01)$ |                     |
|                    | Daily lowest : $r = +.64 (01)$ |                     |

Correlational finding on Happiness and . feeling receptive

Subject code: M13.3.8.2

Study

WEERM 1966/1


Page in Report: 64/276

Population: Female college students, followed 6 weeks, Radcliffe, USA, 1957

Sample:

Non-Response: 16%

N: 21

Correlate

Authors label: Receptivity towards the world (1)

Our classification: . feeling receptive, code M13.3.8.2

Measurement: Repeated closed question on 'how interested and responsive you felt to what was going on around you', rated on a 10-point scale:

8. Senses lively. Great interest and delight in everything around me.
7. Open and responsive to my world and
its happenings.
5. Slightly disinterested and unresponsive.
3. Dull and apathetic. Almost no interest or desire for anything.
2. Mired down in apathy. My only desire is to shut out the world.
1. Life is too much trouble. Sick of everything, want only oblivion.

Scale scored each night for the highest, lowest and average experience of the day.
(Wessman & Ricks Receptivity towards and Stimulatiton by the World Scale)

**Observed Relation with Happiness**

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<tr>
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<td>r = + p &lt; 05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) of 6 weeks.</td>
</tr>
</tbody>
</table>

- Daily highest: r = +.66 (05)
- Daily average: r = +.78 (05)
- Daily lowest: r = +.63 (05)

**Correlational finding on Happiness and . feeling receptive**

**Subject code: M13.3.8.2**

**Study**
WESSM 1966/2

*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: 66/282

*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:* Receptivity towards the world (1)
**Findings on Happiness and MOOD**

*Our classification:* . feeling receptive, code M13.3.8.2

*Measurement:* See WESSM 1966/1

---

**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/v10/a</td>
<td>r = + p&lt; .05</td>
<td>The means of the lowest, average and highest daily scores were correlated with the mean daily average score on the Elation-Depression Scale (AFF 3.1) of six weeks.</td>
</tr>
</tbody>
</table>

Daily highest : r = +.77 (05)
Daily average : r = +.89 (05)
Daily lowest : r = +.37 (ns)

---

**Correlational finding on Happiness and . feeling interested**

*Subject code:* M13.3.8.3

*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: 8
*Population:* 20+ aged, general public, Puerto Rico, 1963-64
*Sample:

*Non-Response:*

N: 1417

*Correlate*

*Authors label:* Bored (1)

*Our classification:* . feeling interested, code M13.3.8.3

*Measurement:* Question: "During the past week, did you ever feel bored?"  
no vs yes (Item in Affect Balance Scale: AFF 2.3)

---

**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 feeling interested
Subject code: M13.3.8.3

Study

ZELEN 2000

Reported in: Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Journal of Research in Personality, 2000, Vol. 34, 178 -197. ISSN 0092 6566 DOI:10.1006/jrpe.1999.2275
doi:10.1006/jrpe.1999.2275
Page in Report: 191

Population: University students, USA, followed 28 days, 2000
Sample: Non-probability purposive sample
Non-Response:
N: 82

Correlate

Authors label: Interested
Our classification: feeling interested, code M13.3.8.3
Measurement: Selfreport in mood diary:
How much interested mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M=1.80 95CI(1.55, 2.04) SD=1.11
Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
A-ARE/md/sqr/v/7/a mr=+.36 Average happy mood of the moment by average interested mood of the moment
Correlational finding on Happiness and . feeling interested
Subject code: M13.3.8.3

Study

ZELEN 2000

Reported in: Zelenski, J. M.; Larsen, R. J.
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566
Journal of Research in Personality, 2000, Vol. 34, 178 -197. ISSN 0092 6566 DOI:10.1006/jrpe.1999.2275
doi:10.1006/jrpe.1999.2275
Page in Report: 191

Population: University students, USA, followed 28 days, 2000

Sample: Non-probability purposive sample

Non-Response:

N: 82

Correlate

Authors label: Bored

Our classification: . feeling interested, code M13.3.8.3

Measurement: Selfreport in mood diary:
How much bored mood did you experience during the last hours?

6 extremely much
5
4
3
2
1
0 not at all

Measured Values: M= .98 95CI(.82, 1.14) SD=.71

Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=.01</td>
<td>Average happy mood of the moment by average bored mood of the moment</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and . feeling enthusiastic
Subject code: M13.3.8.4
Findings on Happiness and MOOD

**Study**

**ZELEN 2000**

*Reported in:* Zelenski, J. M.; Larsen, R. J.  
The Distribution of Basic Emotions in Every Day Life: A State and Trait Perspective from Experience Sampling Data. ISSN 0092 6566  
Journal of Research in Personality, 2000, Vol. 34, 178 -197. ISSN 0092 6566 DOI:10.1006/jrpe.1999.2275  
doi:10.1006/jrpe.1999.2275

*Page in Report:* 191

*Population:* University students, USA, followed 28 days, 2000

*Sample:* Non-probability purposive sample

*Non-Response:*  

*Correlate*

*Authors label:* Enthusiastic

*Our classification:* feeling enthusiastic, code M13.3.8.4

*Measurement:* Selfreport in mood diary:  
How much enthusiastic mood did you experience during the last hours?  
6 extremely much  
5  
4  
3  
2  
1  
0 not at all

*Measured Values:* M= 1.84 95CI(1.62, 2.07) SD=1.03

*Remarks:* Assessed 3 times a day during 28 days

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=+.55</td>
<td>Average happiness of the moment by average interested mood of the moment</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Feeling secure (vs threatened)**

*Subject code: M13.3.9*

**Study**

**BRAY 1983**
**Findings on Happiness and MOOD**

**Reported in:** Bray, D.W.; Howard, A.
The AT & T Longitudinal Studies of Managers.
Page in Report: 302

**Population:** 40+ aged male managers, Bell Telephone Company, 1978

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

**Non-Response:** Panel loss at T5 37%

**N:** 422

**Correlate**

**Authors label:** feelings of crisis (1)

**Our classification:** Feeling secure (vs threatened), code M13.3.9

**Measurement:** Rating by 4 experts on the basis of multi-method assessments during stays in assessment-center.

Rater instruction: "To what extent does this person feel that he or she is at a turning point or crucial stage of life (i.e. a time of great danger or trouble)?".

Assessed at T5.

**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/c/rc/v/S/a</td>
<td>r=</td>
<td>T5 feelings of crisis by T5 happiness. Analysis showed a significantly negative correlation.</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling secure (vs threatened)**

**Subject code: M13.3.9**

**Study**

**Reported in:** Headey, B.; Wearing, A.
Longman Cheshire, 1992, Melbourne, Australia. ISBN 0 582 87508 0
Page in Report: 42

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

**Sample:** Probability stratified sample

Non-Response:
Findings on Happiness and MOOD

$N$: 502

Correlate

Authors label: Anxiety

Our classification: Feeling secure (vs threatened), code M13.3.9

Measurement: Selfreport on 8 item 'State Anxiety Scale' intended to measure how one feels 'right now'. The scale used consist of eight items (e.g. 'I feel calm'; 'I am tense') answered on a 4-point scale running from 'not at all' to 'very much'.
Spielberger 1979, Understanding Stress and Anxiety (Nelson, New York)

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=-.23</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling secure (vs threatened)
Subject code: M13.3.9

Study

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: 69

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: Anxiety

Our classification: Feeling secure (vs threatened), code M13.3.9
**Findings on Happiness and MOOD**

**Measurement:** Selfreport on 8 item 'State Anxiety Scale' intended to measure how one feels 'right now'. The scale used consists of eight items (e.g. 'I feel calm'; 'I am tense') answered on a 4-point scale running from 'not at all' to 'very much'.

Spielberger 1979, Understanding Stress and Anxiety (Nelson, New York)

---

**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=-.33</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Feeling secure (vs threatened)**

**Subject code:** M13.3.9

**Study**

**Reported in:** Heinomen, H.; Aro., A.R.; Uutela, A.
Is the Evaluation of the Global Quality of Live Determined by Emotional 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:** State Anxiety

**Our classification:** Feeling secure (vs threatened), code M13.3.9

**Measurement:** Self report on 6 item short form of the state scale of the Spielberger State-Trait Anxiety Inventory (STAI).
Typical items are:
- 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-QLS/cm/sq/ol/101/a</td>
<td>r=.61 p&lt;.01</td>
<td>males</td>
</tr>
<tr>
<td>O-QLS/cm/sq/ol/101/a</td>
<td>Beta=-.33 p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-QLS/cm/sq/ol/101/a</td>
<td>r=.59 p&lt;.01</td>
<td>females</td>
</tr>
<tr>
<td>O-QLS/cm/sq/ol/101/a</td>
<td>Beta=-.35 p&lt;.001</td>
<td>Beta's controled for socio-demographics: - age - education - employment - marital status - physical health - self rated health - number of diseases - functional well-being - self rated physical condition - ability to perform daily activities (ADL) - social well-being - social support - satisfaction with family - satisfaction with life-achievements</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling secure (vs threatened)

Subject code: M13.3.9

Study

Reported in: Kaliterna Lipovcan, L.; Prizmic-Larsen, Z.
Page in Report: 12

Population: 18+aged, Croatia, 2003
Sample: Probability multi-stage cluster sample
Non-Response: 0
N: 1242

Correlate

Authors label: Satisfaction with Feelings of physical safety
Our classification: Feeling secure (vs threatened), code M13.3.9
**Measurement:** Selfreport of satisfaction with Feelings of physical safety  
1: not at all satisfied  
.  
10: extremely satisfied

**Measured Values:** M=8.1 SD=1.89

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v/10/a</td>
<td>Beta=+.06</td>
<td>Beta controlled for satisfaction with:</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td>-standard of living,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-health,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-achievement in life,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-relationship with family and friends,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-acceptance by community</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Feeling secure (vs threatened)

**Subject code:** M13.3.9

**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:** Feeling secure (vs threatened), code M13.3.9

**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 Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BMc/cw/mq/v/4/a  | $r = -0.63$  
|                   | $p < 0.01$   |

Correlational finding on Happiness and Feeling secure (vs threatened)
Subject code: M13.3.9

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: Somatic anxiety
Our classification: Feeling secure (vs threatened), code M13.3.9
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

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BMc/cw/mq/v/4/a  | $r = -0.56$  
|                   | $p < 0.01$   |

Correlational finding on Happiness and Feeling secure (vs threatened)
Subject code: M13.3.9

Study

MATLI 1966/1
Findings on Happiness and MOOD

Reported in: Matlin, N.
Page in Report: 8

Population: 20+ aged, general public, Puerto Rico, 1963-64

Sample:

Non-Response:

N: 1417

Correlate

Authors label: Feeling uneasy (1)

Our classification: Feeling secure (vs threatened), code M13.3.9

Measurement: Question: "During the past week, did you ever feel vaguely uneasy about something?" no vs yes.

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks

O-HP/c/sq/v/3/a Q=-.60

Correlational finding on Happiness and Feeling secure (vs threatened)
Subject code: M13.3.9

Study WATTE 1995


Population: Army recruits, Norway, 199?

Sample: Probability simple random sample

Non-Response:

N: 269

Correlate

Authors label: Anxiety

Our classification: Feeling secure (vs threatened), code M13.3.9
Findings on Happiness and MOOD

Measurement: Self report of anxiety intensity

1 no intensity
2
3
4
5
6
7 very much intensity

Measured Values: M=2.27 SD=1.6

Remarks: Item in modified version of Tension Stress Inventory (TESI)

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/a</td>
<td>r=-.41</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>O-SLW/c/sq/v/7/d</td>
<td>r=-.42</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Feeling secure (vs threatened)

Subject code: M13.3.9

Study


Page in Report: 191

Population: University students, USA, followed 28 days, 2000

Sample: Non-probability purposive sample

Non-Response:

N: 82

Correlate

Authors label: Anxious

Our classification: Feeling secure (vs threatened), code M13.3.9
**Findings on Happiness and MOOD**

**Measurement:**
Self-report in mood diary:
How much anxious mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

**Measured Values:** M = 1.21 95CI(1.01, 1.42) SD = .93

**Remarks:** Assessed 3 times a day during 28 days

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr = +.05</td>
<td>Average happy mood of the moment by average anxious mood of the moment</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Feeling secure (vs threatened)**

**Subject code: M13.3.9**

**Study**

*ZELEN 2000*

**Reported in:** Zelenski, J. M.; Larsen, R. J.

**Population:** University students, USA, followed 28 days, 2000

**Sample:** Non-probability purposive sample

**Non-Response:**

N: 82

---

**Correlate**

**Authors label:** Afraid

**Our classification:** Feeling secure (vs threatened), code M13.3.9
Findings on Happiness and MOOD

**Measurement:** Selfreport in mood diary:
How much afraid mood did you experience during the last hours?
6 extremely much
5
4
3
2
1
0 not at all

**Measured Values:** M = .30 95CI(.21, .40) SD=.43

**Remarks:** Assessed 3 times a day during 28 days

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/7/a</td>
<td>mr=.00</td>
<td>Average happy mood of the moment average afraid mood of the moment</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Mood in situations**

**Subject code:** M13.4

**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: 136

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

**Sample:** Non-probability purposive sample

**Non-Response:** 39%

**N:** 1494

**Correlate**

**Authors label:** feeling good at work (1)

**Our classification:** Mood in situations, code M13.4
Findings on Happiness and MOOD

Measurement: Single question:
"How do you feel when you are at work ?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good


Remarks: Employed Ss only

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=+.78</td>
<td>1: Mt=5.41</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=5.68</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=6.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.81</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.83</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.95</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.39</td>
<td>1: Mt=5.41</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=5.68</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=6.88</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.81</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.83</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.95</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.37</td>
<td>1: Mt=5.84</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=5.10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=6.05</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=6.91</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=7.94</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.09</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Mood at home

Subject code: M13.4.1

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: 264

Population: 18-88 aged, general public, Denmark, 1993
Findings on Happiness and MOOD

Sample: Non-probability purposive sample
Non-Response: 39%
N: 1494

Correlate

Authors label: feelings at home (1)
Our classification: Mood at home, code M13.4.1
Measurement: Single question:
"How do you feel when you are at home?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good

Measured Values: N: 1:4, 2:17, 3:100, 4:601, 5:746

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=+.50</td>
<td>1: Mt=1.25</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00</td>
<td>2: Mt=3.83</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt=5.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt=7.30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt=8.59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.78</td>
</tr>
</tbody>
</table>

| O-SLu/c/sq/v/5/e   | r=+.54     | 1: Mt=0.63          |
|                   | p<.00      | 2: Mt=3.53          |
|                   |            | 3: Mt=4.95          |
|                   |            | 4: Mt=6.93          |
|                   |            | 5: Mt=8.34          |
|                   |            | All Mt=7.45         |

| O-HL/c/sq/v/5/h    | r=+.52     | 1: Mt=0.63          |
|                   | p<.00      | 2: Mt=3.68          |
|                   |            | 3: Mt=5.10          |
|                   |            | 4: Mt=6.33          |
|                   |            | 5: Mt=7.81          |
|                   |            | All Mt=6.95         |

Correlational finding on Happiness and Mood at home
Subject code: M13.4.1
Study VENTE 1996

Reported in: Ventegodt, S.
Lis kv alit et hos 4500 31-33-arige. (The Quality of Life of 4500 31-33-Years-Olds).
Page in Report: 274

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: feelings at home
Our classification: Mood at home, code M13.4.1
Measurement: Single question:
"How do you feel when you are at home ?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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<td>A-AOL/m/sq/v5/a</td>
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<td>5: Mt=8.03</td>
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Correlational finding on Happiness and Mood during leisure
Subject code: M13.4.2

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: 266

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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

Authors label: feelings during leisure hours (1)

Our classification: Mood during leisure, code M13.4.2

Measurement: Single question:
"How do you feel during your leisure hours?"
1: very bad
2: bad
3: neither good nor bad
4: good
5: very good


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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Correlational finding on Happiness and Mood during leisure
Subject code: M13.4.2

Study

VENTE 1996

Page in Report: 276

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: feelings during leisure
Our classification: Mood during leisure, code M13.4.2
Measurement: Single question:
"How do you feel during your leisure hours?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good


Observed Relation with Happiness

<table>
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<th>Happiness Measure</th>
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Correlational finding on Happiness and Mood during work  
Subject code: M13.4.3

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: 136

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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

Authors label: feeling good at work (1)

Our classification: Mood during work, code M13.4.3

Measurement: Single question:
"How do you feel when you are at work ?"  
1: very bad  
2: bad  
3: neither/nor  
4: good  
5: very good

Measured Values:  

Remarks: Employed Ss only

Observed Relation with Happiness
### Correlational finding on Happiness and Mood during work

**Subject code: M13.4.3**

**Happiness Measure**

<table>
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<tr>
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<th>Statistics</th>
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<td>A-AOL/m/sq/v/5/a</td>
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<td>1: $M_t = 5.41$ 2: $M_t = 5.68$ 3: $M_t = 6.88$ 4: $M_t = 7.81$ 5: $M_t = 8.83$ All $M_t = 7.95$</td>
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<td>1: $M_t = 5.41$ 2: $M_t = 5.68$ 3: $M_t = 6.88$ 4: $M_t = 7.81$ 5: $M_t = 8.83$ All $M_t = 7.95$</td>
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**Study**

**VENTE 1996**


**Page in Report:** 144

**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:** feeling good at work

**Our classification:** Mood during work, code M13.4.3
Measurement: Single question:
"How do you feel when you are at work?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good

Measured Values: N: All: 3609; %: 1: 0.9; 2: 3.7; 3: 13.4; 4: 52.3; 5: 29.7

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
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</table>
| A-AOL/m/sq/v/5/a   | r=+.38     | 1: Mt=4.69
 | p<.00       | 2: Mt=6.05   |
 |                   | 3: Mt=6.91  |
 |                   | 4: Mt=7.88  |
 |                   | 5: Mt=8.80  |
| O-SLu/c/sq/v/5/e   | r=+.40     | 1: Mt=4.06
 | p<.00       | 2: Mt=5.59  |
 |                   | 3: Mt=6.45  |
 |                   | 4: Mt=7.56  |
 |                   | 5: Mt=8.56  |
| O-HL/c/sq/v/5/h    | r=+.34     | 1: Mt=5.54
 | p<.00       | 2: Mt=5.73  |
 |                   | 3: Mt=6.26  |
 |                   | 4: Mt=7.05  |
 |                   | 5: Mt=8.00  |

Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
</table>
| A-AOL/cy/sq/v/10/a  | 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.

A-AOL/g/mq/*/0/a  Selfreport on 2 questions:

A: "In general how happy or unhappy do you usually feel? Check the one statement below that best describes your average happiness. 
10 extremely happy (feeling ecstatic, joyous, fantastic) 
9 very happy (feeling really good, 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 neutral (not particularly happy or unhappy) 
4 slightly unhappy (just a bit below neutral) 
3 mildly unhappy (just a little low) 
2 pretty unhappy (somewhat "blue", spirits down) 
1 very unhappy (depressed, spirits very low) 
0 extremely unhappy (utterly depressed, completely down)"

B: "Consider your emotions a moment further. On the average. 
- What percent of the time do you feel happy? 
- What percent of the time do you feel unhappy? 
- What percent of the time do you feel neutral (neither happy nor unhappy)? 
Make sure the three figures add-up to equal 100%".

Scoring: 
- Question A : 0.- 10 
- Question B : % happy 
Summation : (A * 10 + B)/2

A-AOL/g/sq/v/11/a  Selfreport on single 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, 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 neutral (not particularly happy or unhappy) 
4 slightly unhappy (just a bit below neutral) 
3 mildly unhappy (just a little low) 
2 pretty unhappy (somewhat "blue", spirits down) 
1 very unhappy (depressed, spirits very low) 
0 extremely unhappy (utterly depressed, completely down)

A-AOL/g/sq/v/5/a  Selfreport on single question:

"In general, how would you say you feel most of the time - in good spirits or in low spirits....?"
5 very good spirits 
4 fairly good spirits 
3 neither good spirits nor low spirits 
2 fairly low spirits 
1 very low spirits.
Findings on Happiness and MOOD

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

Single direct question:

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

A-AOL/u/mq/v/10/a

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)

A-ARE/md/sqr/v/10/a

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. Just 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 MOOD

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'

Selfreport on single question, asked twice with an interval of 16 days.

"Consider your experience during the past 24 hours, being as objective and matter-of-fact as possible. Estimate honestly the prevailing or dominant level of your mood, and put a cross through the term which most accurately describes your prevailing feeling".
7 highly elated
6 moderately cheerful
5 mildly cheerful
4 indifferent
3 wildly depressed
2 moderately depressed
1 extremely gloomy

Summation: Average of 32 scores.

Selfreport on single question repeated several times a day.

" .. mood .."
Full lead question not reported
7 happy
6
5
4
3
2
1 sad
Findings on Happiness and MOOD

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/5/a 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
Findings on Happiness and MOOD

Name: Bradburn's "Affected Balance Scale' (modified version)

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

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

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

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

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

Name: Bradburn's Affect Balance Scale (variant)

A-BB/u/mq/v/3/e Selfreport on 8 questions:

Here is a list that describes some of the ways people feel at different times. How often do you feel each of these ways?
A On top of the world
B Very lonely or remote from other people
C Particularly excited or interested in something
D Pleased about having accomplished something
E Bored
F Depressed or very unhappy
G So restless that you could not sit long in a chair
H Vaguely uneasy about something without knowing why

Response options:
0 never
1 sometimes
3 often

Scoring:
PA = A+C+D (range 0-9)
NA = B+E+F+G+H (range 0-15)
ABS = PA-NA (range 1-7)

Name: Index of Psychological Wellbeing
Selfreport on 40 questions:

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

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

Answer options;
0 not at all
1 occasionally
2 some of the time
3 often
4 all the time

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

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
Findings on Happiness and MOOD

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)

Self report on 3 questions repeated every evening before retiring during 3 weeks: experience sampling

A "What percentage of the time you were awake today did you feel happy?"
B "What percentage of the time did you feel unhappy?"
C "What percentage of the time did you feel neutral (neither happy nor unhappy)?"

Ss were told that the three percentages should add up to equal 100%.

Total score: 3-week average on question A
Findings on Happiness and MOOD

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/l/11/b  Selfreport on single question:

"Above you see a numbered ladder. Consider the top of the ladder as the best possible life and the bottom of the ladder as the worst possible life.
A Please place an X where you feel you are now.
B Place an Y at the point where you were five years ago.
C Please place a Z at the point that you feel you will be at five years from now.

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

Question A is the case question.

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

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

"Here is a picture of a ladder. At the bottom of the ladder is the worst life you might reasonably expect to have. At the top is the best life you might expect to have. Of course, life from week to week falls somewhere in between. Where was your life most of the time during the past year?"

[ 9 ] best life you might expect to have
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ] worst life you might expect to have
Name: Cantril's self anchoring ladder rating (modified version)

C-RG/h/sq/l11/a Selfreport on single question:

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

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

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

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

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

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

"Taking all things together, how would you say you have been this period? Check the phrase that best describes how you have felt."

7 very happy
6 happy
5 somewhat happy
4 mixed (about equally happy and unhappy)
3 somewhat unhappy
2 unhappy
1 very unhappy

M-FH/g/sq/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
0 extremely unhappy
Findings on Happiness and MOOD

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-FH/g/sq/v/2/a Selfreport on single question:
"Are you generally satisfied?"
2 yes
1 no

M-PL/c/rc/v/5/a Clinical rating by 4 experts on the basis of multi-method assessments during periodical stays in assessment center.

Rater instruction:
"To what extent does this person find pleasure in life at the present time..........?"
1 low
2
3 average
4
5 high

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)
Findings on Happiness and MOOD

Self report on single question:

"How often do you feel that you are really enjoying life? Would you say.....?"
5 very often
4 fairly often
3 occasionally
2 rarely
1 never

Self report on single question:

How do you feel about your life as a whole right now.....?
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed (about equally satisfied and dissatisfied)
5 mostly satisfied
6 pleased
7 delighted
- neutral (neither satisfied nor dissatisfied)
- I never thought about it
- does not apply to me

Name: Andrews & Withey's `Delighted-Terrible Scale' (modified version by Michalos)

Self report 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)

Self report 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>&quot;Here are some circles that we can imagine represent the lives of different people. Circle eight has all pluses in it, to represent a person who has all the good things in his life. Circle zero has all minuses in it, to represent a person who has all the bad things in his life. Other circles are in between. Which circle do you think comes closest to matching your life?&quot;</td>
<td>8 + + + + + + + +, 7 + + + + + + + -, 6 + + + + + + -, 5 + + + + + -, 4 + + + + -, 3 + + + -, 2 + + -, 1 + - -, 0 - - - -</td>
</tr>
<tr>
<td>Name: Andrews &amp; Withey's 'Circles Scale'</td>
<td></td>
</tr>
<tr>
<td>Here are some words and phrases. We would like you to use these in describing how you feel about your present life.</td>
<td>1 unhappy, 2, 3, 4, 5, 6, 7 happy</td>
</tr>
<tr>
<td>Taking all together, how would you say things are these days? Would you say you are .....?</td>
<td>1 not too happy, 2 pretty happy, 3 very happy</td>
</tr>
</tbody>
</table>