

World Database of Happiness



Correlational Findings on Happiness and MOOD Subject Code: M13

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Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
M13	MOOD	2
M13.1	Mood career	0
M13.1.1	Earlier mood-pattern	3
M13.1.2	Recent change in mood-pattern	0
M13.1.2.1	. change in anxiety	1
M13.1.4	Later mood-pattern	3
M13.2	Current mood of the moment	8
M13.2.1	Mood during the interview	10
M13.2.2	Mood during the day of interview	5
M13.2.3	Yesterday's mood	1
M13.3	Current typical moods	7
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M13.3.2	Feeling cheerful (vs gloomy)	4
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M13.3.2.4	. feeling satisfied (vs dissatisfied)	4
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M13.3.3	Feeling close (vs remote)	7
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M13.3.3.4	. feeling understood (vs not)	1
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M13.3.5.1	. feeling free from inner restraints	4
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M13.3.8.1	. feeling involved (vs detached)	5
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M13.3.8.3	. feeling interested	3
M13.3.8.4	. feeling enthusiastic	1
M13.3.9	Feeling secure (vs threatened)	11
M13.3.10	Feeling self-confident (vs inadequate)	17
M13.3.10.1	. Feeling proud	3
M13.3.11	Feeling morally good (vs guilty)	8
M13.3.12	Feeling respectable (vs rejected)	4
M13.3.13	Feeling tranquil (vs restless)	17
M13.3.14	Feeling zestful (vs un-inspired)	0
M13.4	Mood in situations	1
M13.4.1	Mood at home	2
M13.4.2	Mood during leisure	2
M13.4.3	Mood during work	2
Appendix 1	Happiness Items used	
Appendix 2	Statistics used	
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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 **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: 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

Measured Values: N: all:1398, 1:1, 2:13, 3:103, 4:712, 5:569*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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.60</u> <u>p<.00</u>	1: Mt=- 2: Mt=2.50 3: Mt=5.26 4: Mt=7.45 5: Mt=8.90 All Mt=7.83

O-SLu/c/sq/v/5/e r=+.60 1: Mt=-
 p<.00 2: Mt=2.11
 3: Mt=4.76
 4: Mt=7.06
 5: Mt=8.64
 All Mt=7.49

O-HL/c/sq/v/5/h r=+.56 1: Mt=-
 p<.00 2: Mt=2.89
 3: Mt=4.79
 4: Mt=6.54
 5: Mt=8.08
 All Mt=7.00

Correlational finding on Happiness and MOOD

Subject code: M13

Study VENTE 1996

Reported in: Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).

Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>

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?"

Observed Relation with Happiness

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

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.
Youth in Transition, Vol. VI: Adolescence to Adulthood, Change and Stability in the Lives of Young Men.
Institute for Social Research, 1970, University of Michigan, Ann Arbor, USA
Page in Report:

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

Sample:

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

N: 1628

Correlate

Authors label: Negative affective states (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

Happiness Measure	Statistics	Elaboration/Remarks				
<u>O-HP/g/mq/v/5/a</u>	<u>tau=-</u> <u>p<.001</u>	Negative affective states				
		Happiness	T1	T2	T3	T4
		T1	tau = -.54	-.35	-.33	-.31
		T2	tau = -.37	-.56	-.43	-.39
		T3	tau = -.31	-.45	-.61	-.45
		T4	tau = -.35	-.42	-.46	-.52
		All tau's significant (001)				
		T1:1966, T2:1968, T3:1969, T4:1970, T5:1974				

Correlational finding on Happiness and Earlier mood-pattern

Subject code: M13.1.1

Study	ORMEL 1980
<i>Reported in:</i>	Ormel, J. Moeite met Leven of een Moeilijk Leven. (Difficulties with Living or a Difficult Life). Konstapel, 1980, Groningen, Netherlands Page in Report: 350
<i>Population:</i>	15-60 aged, general public, followed 12 month, The Netherlands, 1967-77
<i>Sample:</i>	
<i>Non-Response:</i>	18%
<i>N:</i>	296

Correlate

<i>Authors label:</i>	Negative affects (2)
<i>Our classification:</i>	Earlier mood-pattern, code M13.1.1
<i>Measurement:</i>	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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-BB/cw/mq/v/4/c</u>	<u>r=-.78</u> <u>p<.01</u>	T2 happiness by T2 negative affects

<u>A-BB/cw/mq/v/4/c</u>	<u>r=-.45</u> <u>p<.01</u>	T3 happiness by T2 negative affects
<u>A-BB/cw/mq/v/4/c</u>	<u>r=-.45</u> <u>p<.01</u>	T2 happiness by T3 negative affects
<u>A-BB/cw/mq/v/4/c</u>	<u>r=-.75</u> <u>p<.01</u>	T3 happiness by T3 negative affects

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?

Veenhoven, R.; Ed.: "How Harmful is Happiness", University Press Rotterdam, 1989, Netherlands, 79 - 93. ISBN 90 23 7228 09

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+.26</u> <u>p<.001</u>	T1 happiness by T2 feeling
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+.30</u> <u>p<.001</u>	T1 feeling by T2 happiness
<u>A-BB/cm/mq/v/2/a</u>	<u>r=-.40</u> <u>p<.001</u>	T1 happiness by T2 feeling

A-BB/cm/mq/v/2/ar=-.45

T1 feeling by T2 happiness

p<.001

Computed for continuously unemployed Ss only

Correlational finding on Happiness and . change in anxiety

Subject code: M13.1.2.1

Study

BRADB 1969

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

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

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

Happiness Measure

Statistics

Elaboration/Remarks

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

Correlational finding on Happiness and Later mood-pattern

Subject code: M13.1.4

Study

BACHM 1978/2

Reported in: Bachman, J.G.; O'Malley, P.M.; Johnston, J.
 Youth in Transition, Vol. VI: Adolescence to Adulthood, Change and Stability in the Lives of Young Men.
 Institute for Social Research, 1970, University of Michigan, Ann Arbor, USA
 Page in Report:

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

Sample:

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

N: 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

*Happiness
 Measure*

Statistics

Elaboration/Remarks

[O-HP/g/mq/v/5/a](#)tau=-p<.001

Happiness	Negative affective states			
	T1	T2	T3	T4
T1	tau = -.54	-.35	-.33	-.31
T2	tau = -.37	-.56	-.43	-.39
T3	tau = -.31	-.45	-.61	-.45
T4	tau = -.35	-.42	-.46	-.52

All tau's significant (001)
T1:1966, T2:1968, T3:1969, T4:1970, T5:1974

Correlational finding on Happiness and Later mood-pattern

Subject code: M13.1.4

Study

ORMEL 1980

Reported in: Ormel, J.
Moeite met Leven of een Moeilijk Leven. (Difficulties with Living or a Difficult Life).
Konstapel, 1980, Groningen, Netherlands
Page in Report: 350

Population: 15-60 aged, general public, followed 12 month, The Netherlands, 1967-77

Sample:

Non-Response: 18%

N: 296

Correlate

Authors label: 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

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cw/mq/v/4/c	<u>r=-.78</u> <u>p<.01</u>	T2 happiness by T2 negative affects
A-BB/cw/mq/v/4/c	<u>r=-.45</u> <u>p<.01</u>	T3 happiness by T3 negative affects
A-BB/cw/mq/v/4/c	<u>r=-.45</u> <u>p<.01</u>	T2 happiness by T3 negative affects

[A-BB/cw/mq/v/4/c](#) $r=-.75$

T3 happiness by T3 negative affects

 $p<.01$

Correlational finding on Happiness and Later mood-pattern

Subject code: M13.1.4

Study VERKL 1989

Reported in: Verkley, H.; Stolk, J.

Does Happiness Lead into Idleness?

Veenhoven, R.;Ed.: "How Harmful is Happiness", University Press Rotterdam, 1989, Netherlands, 79 - 93. ISBN 90 23 7228 09

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 (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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BB/cm/mq/v/2/a	<u>$r=+.26$</u> <u>$p<.001$</u>	T1 happiness by T2 feeling
A-BB/cm/mq/v/2/a	<u>$r=+.30$</u> <u>$p<.001$</u>	T1 feeling by T2 happiness
A-BB/cm/mq/v/2/a	<u>$r=-.40$</u> <u>$p<.001$</u>	T1 happiness by T2 feeling
A-BB/cm/mq/v/2/a	<u>$r=-.45$</u> <u>$p<.001$</u>	T1 feeling by T2 happiness

Correlational finding on Happiness and Current mood of the moment

Subject code: M13.2

Study**CHARN 2000**

Reported in: Charnes, G.; Grosskopf, B.
Relative Pay offs and Happiness: An Experimental Study.
Journal of Economic Behavior & Organization, 2001, Vol. 45, 301-328. ISSN: 0167-2681
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/v/11/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.
Understanding Happiness. A Theory of Subjective Well-Being.
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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-FH/g/sq/n/11/a	r=-.38	

Correlational finding on Happiness and Current mood of the moment

Subject code: M13.2

Study HEADE 1993

Reported in: Headey, B.; Kelley, J.; Wearing, A..
 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 excited 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-DT/u/sqrt/v/9/a	r=.35 p<.05	

Correlational finding on Happiness and Current mood of the moment

Subject code: M13.2

Study HEADE 1993

Reported in: Headey, B.; Kelley, J.; Wearing, A..
 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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt/v/9/a</u>	<u>r=-.40</u> <u>p<.05</u>	

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

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: 398

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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

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

Measured Values: N: all:1483, 1:11, 2:57, 3:204, 4:708, 5:503

Remarks: Happiness measure type A-AOL

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.72</u> <u>p<.00</u>	1: Mt=2.00 2: Mt=3.11 3: Mt=5.50 4: Mt=7.34 5: Mt=8.96 All Mt=7.44
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.61</u> <u>p<.00</u>	1: Mt=2.50 2: Mt=3.95 3: Mt=5.46 4: Mt=6.74 5: Mt=8.25 All Mt=6.94

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-årige. (The Quality of Life of 4500 31-33-Years-Olds).
Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>
Page in Report: 422

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*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

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.76</u> <u>p<.00</u>	1: Ms=1.21 2: Ms=3.24 3: Ms=5.04 4: Ms=7.36 5: Ms=9.13
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.66</u> <u>p<.00</u>	1: Ms=1.44 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.
 Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).
 Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>
 Page in Report: 424

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: 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 0-Slu/c/v/5/..

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.76</u> <u>p<.00</u>	1: Ms=1.63 2: Ms=4.16 3: Ms=5.94 4: Ms=7.86 5: Ms=9.55
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.72</u> <u>p<.00</u>	1: Ms=1.90 2: Ms=4.31 3: Ms=5.28 4: Ms=6.98 5: Ms=8.85

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.
Journal of Business and Psychology, 2004, Vol.18. ISSN 0889 3269 DOI:10.1023/B:
JOBU.0000016708.22925.72
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

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/u/mq/v/3/e	<u>r=.53</u> <u>p<.01</u>	positive mood
A-BB/u/mq/v/3/e	<u>r=-.41</u> <u>p<.01</u>	negative mood

Correlational finding on Happiness and Mood during the interview

Subject code: M13.2.1

Study	CAMER 1973/1
<i>Reported in:</i>	Cameron, P.; Titus, D.G.; Kostin, J.; Kostin, M. The Life Satisfaction of Non-Normal Persons. Journal of Consulting and Clinical Psychology, 1973, Vol. 41, 207 - 214 Page in Report: 209
<i>Population:</i>	Handicapped and controls Detroit, USA, 197?
<i>Sample:</i>	
<i>Non-Response:</i>	-
<i>N:</i>	295

Correlate

Authors label: Happy mood (1)

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

Happiness Measure	Statistics	Elaboration/Remarks
O-SLu/c/sq/v/4/a	<u>r = + p < .01</u>	normals : r = +.50 (01) handicapped : r = +.41 (01)

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

Study CANTR 1965/2

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

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

Sample:

Non-Response: -

N: 1549

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

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	<u>r = +.25</u>	

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 beginning and at the end of the interview.

Observed Relation with Happiness

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

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

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/c/sq/v/3/a</u>	<u>Q=+.44</u>	

Correlational finding on Happiness and Mood during the interview

Subject code: M13.2.1

Study SEIDL 1993/1

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

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, 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/g/sq/v/11/a	$r=+.40$	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'.

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/g/mq*/0/a	<u>r=+.35</u> <u>p<.001</u>	

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 (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**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/g/mq*/0/a</u>	<u>r=+.54</u> <u>p<.001</u>	T1 happiness with T1 mood
<u>A-AOL/g/mq*/0/a</u>	<u>r=+.42</u> <u>p<.01</u>	T1 happiness with T2 mood
<u>A-AOL/g/mq*/0/a</u>	<u>r=+.45</u> <u>p<.01</u>	T2 happiness with T1 mood

[A-AOL/g/mq*/0/a](#)r=+.58

T2 happiness with T2 mood

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/g/sq/v/11/a	r=+.22	

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

Study

SONDE 1975

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-FH/g/sq/v/2/a	G=+.72 p<.000	
M-FH/g/sq/v/2/a	G=+.72 p<.000	

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.
 American Journal of Community Psychology, 1977, Vol. 5, 85 - 97. ISSN 0091 0562 DOI:10.1007/
 BF00884787
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/u/sqrt/v/7/a</u>	<u>r= ns</u>	

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
 Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1
 Page in Report: 92

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

Sample:

Non-Response:

N: 222

Correlate

Authors label: Today's mood Mood (1)

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>mr=+.13</u>	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
<u>C-BW/cy/sq/l/9/a</u>	<u>r=+.10</u>	
<u>M-AO/u/sq/f/7/a</u>	<u>r=+.10</u>	
<u>O-GBB/u/sq/c/9/a</u>	<u>r=+.10</u>	
<u>O-HL/c/sq/v/3/aa</u>	<u>r=-.10</u>	
<u>O-HL/u/sq/v/7/b</u>	<u>r=+.10</u>	
<u>A-BB/cm/mq/v/2/a</u>	<u>r=+.20</u>	Index of positive affects: r=+.20 Index of negative affects: r=-.10

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

Study	ANDRE 1976/5
<i>Reported in:</i>	Andrews, F.M.; Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 Page in Report: 92
<i>Population:</i>	18+ aged, general public, non-institutionalized, USA, 1973/7
<i>Sample:</i>	
<i>Non-Response:</i>	
	N: 222

Correlate

Authors label: Today's mood (1)

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

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sq/v/7/a	mr=+.13	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

Correlational finding on Happiness and Mood during the day of interview

Subject code: M13.2.2

Study	KAMMA 1983/2
<i>Reported in:</i>	Kammann, R.; Flett, R. Sourcebook for Measuring Well-Being with Affectometer 2. Why Not? Foundation, 1983, Dunedin, New Zealand. Page in Report: 34
<i>Population:</i>	18+ aged, general public, Dunedin, New Zealand, 1983
<i>Sample:</i>	
<i>Non-Response:</i>	52%
<i>N:</i>	112

Correlate

<i>Authors label:</i>	Elation-Depression (1)
<i>Our classification:</i>	Mood during the day of interview, code M13.2.2
<i>Measurement:</i>	Single direct question on mood over the past day. Rated on a 10-point scale ranging from 'complete elation' (10) to 'utter depression' (1)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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A-BK/cw/mq/v/5/a r=+.52
p<.01

Correlational finding on Happiness and Mood during the day of interview

Subject code: M13.2.2

Study WRIGH 1999/1

Reported in: Wright, T.A.; Staw, B.M.
 Affect and Favorable Work Outcomes: Two Longitudinal Tests of the Happy-Productive Worker Thesis.
 Journal of Organizational Behavior, 1999, Vol. 20, 1-20. ISSN 0894 3796
 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'. Postive 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BB/u/mq/v/3/e</u>	<u>r=+.49</u> <u>p<.01</u>	T1 happiness by T2 positive mood (3 year lag)
<u>A-BB/u/mq/v/3/e</u>	<u>r=+.49</u> <u>p<.01</u>	T1 happiness by T3 positive mood (4 years lag)
<u>A-BB/u/mq/v/3/e</u>	<u>r=-.31</u> <u>p<.05</u>	T1 happiness by T2 negative mood (3 year lag)
<u>A-BB/u/mq/v/3/e</u>	<u>r=-.39</u> <u>p<.05</u>	T1 happiness by T3 negative mood (4 years lag)
<u>A-BB/u/mq/v/3/e</u>	<u>r=+.41</u> <u>p<.01</u>	T2 happiness by T2 positive mood

A-BB/u/mq/v/3/e	<u>$r=+.42$</u> <u>$p<.01$</u>	T2 happiness by T3 positive mood (1 year lag)
A-BB/u/mq/v/3/e	<u>$r=-.46$</u> <u>$p<.01$</u>	T2 happiness by T2 negative mood
A-BB/u/mq/v/3/e	<u>$r=-.44$</u> <u>$p<.01$</u>	T2 happiness by T3 negative mood (1 years 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.
Journal of Business and Psychology, 2004, Vol. 18, 365 - 383. ISSN 0889 3268 DOI:10.1023/B:
JOBU.0000016708.22925.72
Page in Report: 372

Population: Public sector supervisory personel; 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'. Postive 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

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/u/mq/v/3/e	<u>$r=+.50$</u> <u>$p<.01$</u>	positive mood
A-BB/u/mq/v/3/e	<u>$r=-.45$</u> <u>$p<.01$</u>	negative mood

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.
Journal of Gerontology, 1970, Vol. 25, 41 - 47 ISSN 0022 1422
Page in Report: 44

Population: 21+ aged, general public, USA 1959

Sample:

Non-Response: 9%

N: 1301

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-SLP/c/sq/l/11/a	r=+.33	
C-RG/h/sq/l/11/a	r=+.31	
C-BW/c/sq/l/11/a	r=+.27	

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

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
enthusiastic
alert
attentive
proud
strong
interested.

Measured Values: M= 29.49; SD= 5.3

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sq/v/7/a</u>	<u>r=+.25</u> <u>p<.05</u>	p two-tailed
<u>O-DT/c/sq/v/7/b</u>	<u>r=+.36</u> <u>p<.01</u>	p two tailed

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

Non-Response: not reported

N: 116

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-DT/u/sq/v/7/a	r=-.22 p<.05	p two-tailed.
O-DT/c/sq/v/7/b	r=-.31 p<.01	p two tailed

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

Study

BLOCK 1981

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: positive affect (1)

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt/v/7/a</u>	<u>r=+.41</u> <u>p<.001</u>	

Correlational finding on Happiness and Current typical moods

Subject code: M13.3

Study **BLOCK 1981**

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-DT/u/sqrt(v/7/a</u>	<u>r=-.23</u> <u>p<.001</u>	

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 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/mi/sqr/n/7/a</u>	<u>r=+.53</u>	
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=+.10</u> <u>p<..012</u>	Beta controlled for: <ul style="list-style-type: none"> - other moods <ul style="list-style-type: none"> - feeling good about self - feeling sociable - feeling excited - feeling proud - feeling active - socio-demographic <ul style="list-style-type: none"> - age - gender - social class - grade level

Correlational finding on Happiness and Current typical moods

Subject code: M13.3

Study	HEADE 1999/1
<i>Reported in:</i>	Headey, B. Old Age is not Downhill: The Satisfaction and Well-Being of Older Australians. Australian Journal on Aging, 1999, Vol. 18, Supplement, 32 - 37 Page in Report: 33
<i>Population:</i>	24 - 76 aged, general public Victoria, Australia, 1987
<i>Sample:</i>	Probability simple random sample
<i>Non-Response:</i>	0 %
<i>N:</i>	649

Correlate

Authors label: Positive affect

Our classification: Current typical moods, code M13.3

Measurement: Bradburn(1969)Positive Affect Scale (part of the Affect Balance Scale)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-DT/u/sqrt/v/9/a	<u>$r=+.52$</u>	Correlations were disattenuated for measurement error

Correlational finding on Happiness and Current typical moods

Subject code: M13.3

Study WRIGH 2002

Reported in: Wright, T.A.; Cropanzano R.;Denney, Ph.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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-BB/u/mq/v/3/e	<u>r=+.59</u> <u>p<.01</u>	T1 happiness by T1 positive affectivity
A-BB/u/mq/v/3/e	<u>r=-.62</u> <u>p<.01</u>	T1 happiness by T1 negative affectivity

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

Subject code: M13.3.1

Study	CONST 1965
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Happiness and Unhappiness in College Students. Unpublished Doctoral Dissertation, 1965, University of Rochester, USA. Page in Report: 59
<i>Population:</i>	College students, University of Rochester, USA, 1965
<i>Sample:</i>	
<i>Non-Response:</i>	30% (take home questionnaire).
<i>N:</i>	952

Correlate

<i>Authors label:</i>	Thought processes. (1)
<i>Our classification:</i>	Feeling clear (vs dull, confused), code M13.3.1
<i>Measurement:</i>	Wessman & Ricks Thought Processes Scale, scored once for the current academic year.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	<u>r=+</u> <u>p<.05</u>	Males : r= +.22 (05) Females: r= +.19 (05)

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

Subject code: M13.3.1

Study	GORMA 1971
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Reported in: Gorman, B.S.

A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.

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

Happiness Measure

Statistics

Elaboration/Remarks

[C-BW/c/sq/l/11/b](#)

r = + ns

Analysis on the basis of the mean lowest, average and highest daily scores.

Daily highest: r = +.27 (05)

Daily average: r = +.19 (ns)

Daily lowest : r = +.10 (ns)

[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 = +.65 (01)

Daily average: r = +.79 (01)

Daily lowest : r = +.71 (01)

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-FH/c/sq/v/7/a	<u>$r=+.20$</u> <u>$p<.05$</u>	
A-BK/cm/mq/v/5/a	<u>$r=+.33$</u> <u>$p<.01$</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report: 75

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

Sample:

Non-Response: 52%

N: 112

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

Happiness Measure	Statistics	Elaboration/Remarks
A-BK/cm/mq/v/5/a	r=-.64 p<.01	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.59</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.37</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.70</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.56</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	r=-.70 p<.01	
M-FH/c/sq/v/7/a	r=-.56 p<.01	

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

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/mdl/sqr/v/10/b	$r = +$ $p < .05$	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 : $r = +.57$ (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

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/md/sqr/v/10/a	$r = + p < .05$	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 : $r = +.72$ (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

*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**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	<u>r=+</u> <u>p<.05</u>	Males : r= +.49 (05) Females: r= +.43 (05)

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 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/mi/sqr/n/7/a</u>	<u>r=+.58</u> <u>p<.05</u>	
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=+.09</u> <u>p<.001</u>	Beta controlled for: <ul style="list-style-type: none"> - other moods <ul style="list-style-type: none"> - feeling strong - feeling sociable - feeling excited - feeling proud - feeling active - socio-demographic <ul style="list-style-type: none"> - age - gender - social class - grade level

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

Study

GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/b</u>	<u>r = + p < .05</u>	Analysis on the basis of the mean lowest, average and highest daily scores. Daily highest: r = +.34 (01) Daily average: r = +.31 (05) Daily lowest : r = +.29 (05)
<u>A-ARE/md/sqr/v/10/b</u>	<u>r = + p < .01</u>	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 = +.82 (01) Daily lowest : r = +.71 (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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.57</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.44</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.27</u> <u>p<.01</u>	
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.41</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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 problems that come up"
Rated on a 5-point scale ranging from
'not at all' to 'all the time'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.38</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.14</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report:

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

*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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.38</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.14</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 Page in Report:

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.64</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.46</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 Page in Report:

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'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-BK/cm/mq/v/5/a r=-.64
p<.01

M-FH/c/sq/v/7/a r=-.46
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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 Page in Report:

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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.62</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.42</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	r=-.56 p<.01	
M-FH/c/sq/v/7/a	r=-.46 p<.01	

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HP/c/sq/v/3/a	Q=+.10	

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HP/c/sq/v/3/a	Q=+.14	

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

Subject code: M13.3.10

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: 262

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

Correlate

Authors label: self-confidence (1)*Our classification:* Feeling self-confident (vs inadequate), code M13.3.10*Measurement:* Single question:

"Do you feel very self-confident?"

1: no

2: not sure

3: yes

Measured Values: N: 1:256, 2:550, 3:585

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/m/sq/v/5/a	<u>r=+.29</u> <u>p<.00</u>	1: Mt=6.80 2: Mt=7.63 3: Mt=8.38 All Mt=7.79
O-SLu/c/sq/v/5/e	<u>r=+.34</u> <u>p<.00</u>	1: Mt=6.21 2: Mt=7.31 3: Mt=8.15 All Mt=7.46
O-HL/c/sq/v/5/h	<u>r=+.29</u> <u>p<.00</u>	1: Mt=6.18 2: Mt=6.68 3: Mt=7.61 All Mt=6.98

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

Subject code: M13.3.10

Study

VENTE 1996

Reported in: Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).

Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>

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

Measured Values: N: All:4542; 1:845; 2:1658; 3:2039

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/m/sq/v/5/a	<u>$r=+.39$</u> <u>$p<.00$</u>	1: Mt=6.26 2: Mt=7.53 3: Mt=8.53
O-SLu/c/sq/v/5/e	<u>$r=+.38$</u> <u>$p<.00$</u>	1: Mt=5.94 2: Mt=7.18 3: Mt=8.24
O-HL/c/sq/v/5/h	<u>$r=+.34$</u> <u>$p<.00$</u>	1: Mt=5.89 2: Mt=6.76 3: Mt=7.58

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

Subject code: M13.3.10

Study	WESSM 1966/2
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

<i>Authors label:</i>	Self-confidence (vs inadequacy) (1)
<i>Our classification:</i>	Feeling self-confident (vs inadequate), code M13.3.10
<i>Measurement:</i>	Repeated closed question on 'how self-assured and adequate, or helpless and inadequate, you felt', rated on a 10-point scale:
	<ol style="list-style-type: none"> 10. Nothing is impossible to me. Can do anything I want. 9. Feel remarkable self-assurance. Sure of my superior powers. 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-ARE/md/sqr/v/10/ar= + p<.05

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 = +.73 (05)

Daily average : r = +.77 (05)

Daily lowest : r = +.37 (ns)

Correlational finding on Happiness and . Feeling proud

Subject code: M13.3.10.1

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 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

Happiness Measure

Statistics

Elaboration/Remarks

A-ARE/mi/sqr/n/7/a

r=+.59

p<.05

A-ARE/mi/sqr/n/7/a

Beta=+.23

p<.001

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.34</u> <u>p<.01</u>	
<u>O-SLW/c/sq/v/7/d</u>	<u>r=-.31</u> <u>p<.01</u>	

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.12 ns</u>	

[O-SLW/c/sq/v/7/d](#)[r=-.13 ns](#)

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

Subject code: M13.3.11

Study	CONST 1965
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Happiness and Unhappiness in College Students. Unpublished Doctoral Dissertation, 1965, University of Rochester, USA. Page in Report: 59
<i>Population:</i>	College students, University of Rochester, USA, 1965
<i>Sample:</i>	
<i>Non-Response:</i>	30% (take home questionnaire).
<i>N:</i>	952

Correlate

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

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/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
<i>Reported in:</i>	Gorman, B.S. A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences. Unpublished doctoral dissertation, 1971, City University of New York, USA Page in Report: 216/222
<i>Population:</i>	Undergraduate students, Nassau Community College, USA, 1970

*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 Judgment Scale, scored each night for lowest, average and highest mood experienced that day during one month.**Observed Relation with Happiness***Happiness Measure**Statistics**Elaboration/Remarks*[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: $r = +.46$ (01)Daily average: $r = +.39$ (01)Daily lowest : $r = +.32$ (01)[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: $r = +.57$ (01)Daily average: $r = +.61$ (01)Daily lowest : $r = +.52$ (01)**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

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

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

Subject code: M13.3.11

Study VEENH 2003/1

Reported in: Veenhoven, R.
Hedonism and Happiness
Journal of Happiness Studies, 2003, Vol. 4, 437 - 457. ISSN p 1389 4978; ISSN e 1573 7780 (also published in: Warburton, D.M.; Sweeney, E.M.; Eds.: " Proceedings 7th ARISE Symposium 'The Senses, Pleasure and Health' ", October 2001, Nice, France, 121 - 136)
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.

Remarks: Source: ARISE (1996) The value of pleasure and the question of guilt. International tabulations, Harris Research Centre, Richmond UK

Observed Relation with Happiness

Happiness Measure

Statistics

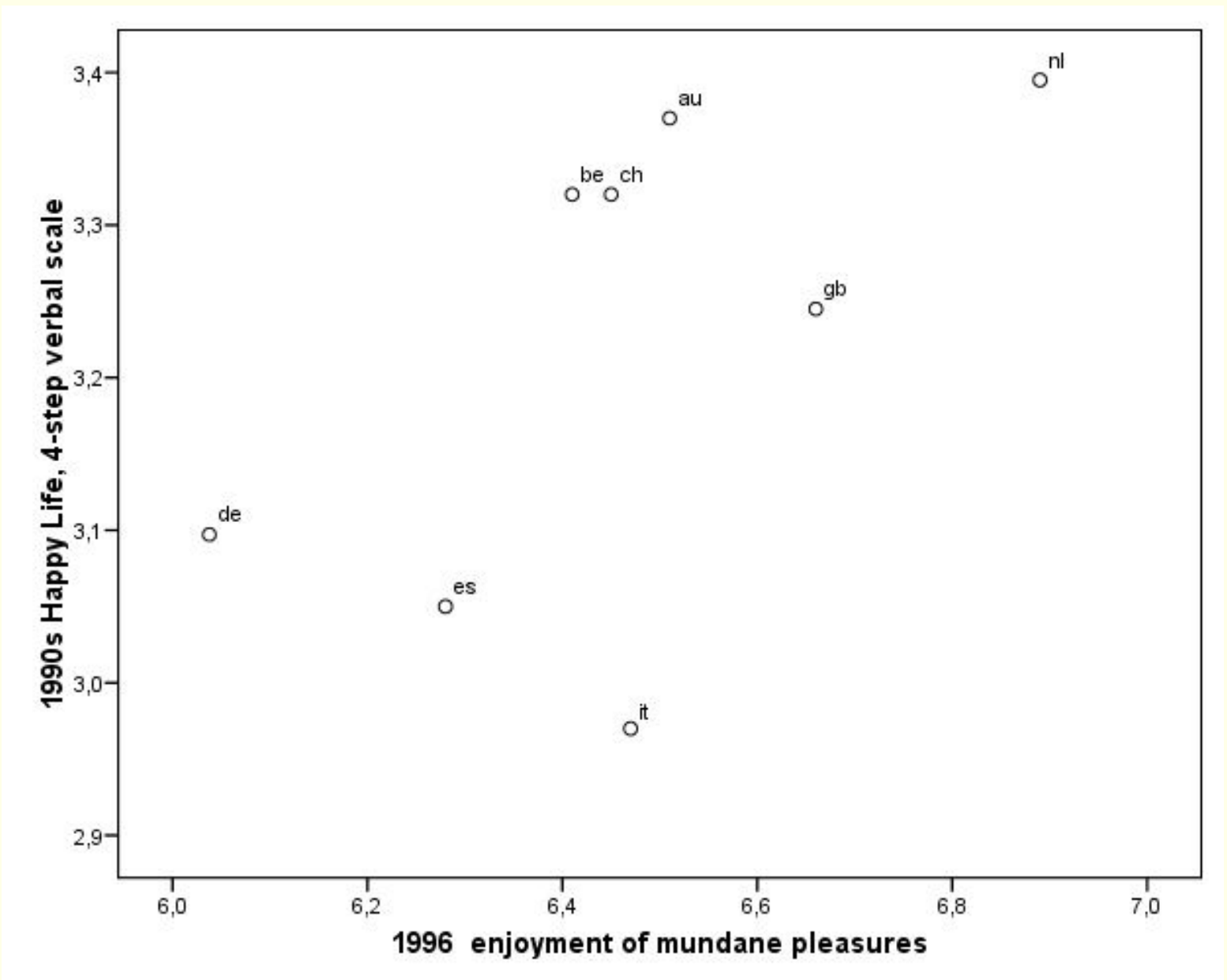
Elaboration/Remarks

[O-HL/u/sq/v/4/a](#)

$r=+$

Average happiness by Enjoyment of mundane pleasures in 8 western nations

Set Image size:



[O-HL/u/sq/v/4/a](#)Data on happiness: World Database of Happiness,
States of Nations**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**

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3/a	<u>r=-.10 ns</u>	
O-SLW/c/sq/v/7/d	<u>r=-.09 p<. NS</u>	

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

Subject code: M13.3.11

Study	WESSM 1966/1
<i>Reported in:</i>	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
<i>Population:</i>	Female college students, followed 6 weeks, Radcliffe, USA, 1957
<i>Sample:</i>	
<i>Non-Response:</i>	16%
<i>N:</i>	21

Correlate

<i>Authors label:</i>	Personal moral judgement (1)
<i>Our classification:</i>	Feeling morally good (vs guilty), code M13.3.11
<i>Measurement:</i>	Repeated closed question on 'how self- approving, or how guilty, you felt', rated on a 10-point scale: <ol style="list-style-type: none"> 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. <p>Scale scored each night for the highest, lowest and average experience of the day. (Wessman & Ricks Personal Moral Judgment Scale).</p>

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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[A-ARE/md/sqr/v/10/b](#)r= + p<.05

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

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: 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

Happiness Measure

Statistics

Elaboration/Remarks

[A-ARE/md/sqr/v/10/a](#)r= + ns

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 = +.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
 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:

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	<u>mr=-.12</u>	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**

Reported in: Abe, T.; Moritsuka, T.

A Case-Control Study on Climacteric Symptoms and Complaints of Japanese Women by Symptomatic Type for Psychological Variables.

Maturitas, 1986, Vol. 8, 255 - 265. ISSN 0378 5122

Page in Report: 261

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

Sample: Non-probability chunk sample

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

N: 432

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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Correlational finding on Happiness and Feeling respectable (vs rejected) Subject code: M13.3.12

Study **ABE 1986**

Reported in: Abe, T.; Moritsuka, T.

A Case-Control Study on Climacteric Symptoms and Complaints of Japanese Women by Symptomatic Type for Psychological Variables.

Maturitas, 1986, Vol. 8, 255 - 265. ISSN 0378 5122

Page in Report: 261

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

Sample: Non-probability chunk sample

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

N: 432

Correlate

Authors label: Respect from people surrounding subject (2)

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

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SL?/c/sq/v/3/a	DM= p<.05	

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

Study	CONST 1965
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Happiness and Unhappiness in College Students. Unpublished Doctoral Dissertation, 1965, University of Rochester, USA. Page in Report: 59
<i>Population:</i>	College students, University of Rochester, USA, 1965
<i>Sample:</i>	
<i>Non-Response:</i>	30% (take home questionnaire).
<i>N:</i>	952

Correlate

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	r=+ p<.05	Males : r= +.42 (05) Females: r= +.25 (05)

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

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: 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

Happiness Measure

Statistics Elaboration/Remarks

A-ARE/md/sqr/v/10/ar= + ns

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

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	<u>r=+</u> p<.05	Males : r= +.44 (05) Females: r= +.56 (05)

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

Study

GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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

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 each night for lowest, average and highest mood experienced that day during one month.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>C-BW/c/sq/l/11/b</u>	<u>r= + p<.05</u>	Analysis on the basis of the mean lowest, average and highest daily scores. Daily highest: r = +.30 (05) Daily average: r = +.30 (05) Daily lowest : r = +.25 (05)
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.01</u>	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 = +.75 (01) Daily average: r = +.86 (01) Daily lowest : r = +.69 (01)

Correlational finding on Happiness and Feeling tranquil (vs restless)

Subject code: M13.3.13

Study	HARDE 1969
<i>Reported in:</i>	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
<i>Population:</i>	Married females, USA, 196?
<i>Sample:</i>	
<i>Non-Response:</i>	-
<i>N:</i>	62

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 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.01</u>	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)

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report:

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'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.48</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.34</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.57</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.48</u> <u>p<.01</u>	

Correlational finding on Happiness and Feeling tranquil (vs restless)

Subject code: M13.3.13

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: Obsessionality

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

Measurement: Obsessionality subscale of Crown-Crisp (1979) Experiential Index
 Items not reported

Measured Values: Mean:5,8; SD:3,5

Error Estimates: Cronbach Alpha .62

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BMc/cw/mq/v/4/a	<u>r=-.25</u> <u>p<.05</u>	

Correlational finding on Happiness and Feeling tranquil (vs restless)

Subject code: M13.3.13

Study **LUDWI 1970**

Reported in: Ludwig, L.D.
 Intra- and Inter-Individual Relationships between Elation-Depression and Desire for Excitement.
 Journal of Personality, 1970, Vol.38,.167 - 176. ISSN 0022 3506
 Page in Report: 173

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

Sample:

Non-Response:

N: 45

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/b	r=+.16 ns	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 LUDWI 1970

Reported in: Ludwig, L.D.
Intra- and Inter-Individual Relationships between Elation-Depression and Desire for Excitement. Journal of Personality, 1970, Vol.38, 167 - 176. ISSN 0022 3506
Page in Report: 173

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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[A-ARE/md/sqr/v/10/b](#)[r=-.16 ns](#)

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

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: 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

Statistics

Elaboration/Remarks

[O-HP/c/sq/v/3/a](#)

[Q=-.56](#)

Correlational finding on Happiness and Feeling tranquil (vs restless)

Subject code: M13.3.13

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HP/c/sq/v/3/a	Q=-.56	

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

Study OOSTE 2008

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
Page in Report:

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)

Measured Values: N = 1: 812 2: 1147

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks			
<u>O-HP/u/sq/v/5/a</u>	<u>D%=-</u>		Often/ sometimes	Rarely/ never	
		Very happy	19.5%	28%	
		Happy	68,5%	66%	
		Not happy	12%	6%	
<u>O-HP/u/sq/v/5/a</u>	<u>OR=-</u>		UNHAPPY (vs happy)	VERY HAPPY (vs happy)	
			observed controlled	observed controlled	
		Often	1 1	1 1	
		Rarely	1,99* 2,17*	0,89 0,92	
		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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.26</u> <u>p<.01</u>	
<u>O-SLW/c/sq/v/7/d</u>	<u>r=-.26</u> <u>p<.01</u>	

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

Study	WESSM 1966/1
<i>Reported in:</i>	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
<i>Population:</i>	Female college students, followed 6 weeks, Radcliffe, USA, 1957
<i>Sample:</i>	
<i>Non-Response:</i>	16%
<i>N:</i>	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.
3. Considerable insecurity. Very troubled by significant worries, fears, uncertainties.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/b	<u>$r = +$</u> <u>$p < .05$</u>	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 : $r = +.66$ (05) Daily average : $r = +.89$ (05) Daily lowest : $r = +.76$ (05)

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

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: Tranquility vs anxiety (1)

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

Measurement: See WESSM 1966/1

Observed Relation with Happiness

Happiness Measure

Statistics

Elaboration/Remarks

[A-ARE/md/sqr/v/10/a](#)

$r = + p < .05$

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.

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

ZELLEN 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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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 **ZELLEN 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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	mr=-.04	Average happy mood of the moment by average quit mood of the moment

Correlational finding on Happiness and Feeling cheerful (vs gloomy)

Subject code: M13.3.2

<i>Study</i>	<i>ABDEL 2006A/2</i>
<i>Reported in:</i>	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: 20
<i>Population:</i>	University undergraduates, Kuwait 2002
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	
	N: 503

Correlate

Authors label: positive affect

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

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

Happiness Measure	Statistics	Elaboration/Remarks
<u>M-FH/g/sq/ol/11/a</u>	<u>r=+.34</u> <u>p<.001</u>	All males : r = +.37 females: r = +.32

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

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 (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

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HP/g/mq/v/5/a</u>	<u>r=-.51 p<.001</u>	Both variables assessed at T1.

Correlational finding on Happiness and Feeling cheerful (vs gloomy)

Subject code: M13.3.2

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: Uneasy (1)

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

Measurement: Question: "During the past week, did you ever feel vaguely uneasy about something?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/c/sq/v/3/a</u>	<u>Q=-.60</u>	

Correlational finding on Happiness and Feeling cheerful (vs gloomy)

Subject code: M13.3.2

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=+.50</u> <u>p<.01</u>	
<u>O-SLW/c/sq/v/7/d</u>	<u>r=+.52</u> <u>p<.01</u>	

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

Happiness Measure	Statistics	Elaboration/Remarks
O-HL/c/sq/v/3/aa	$r=+.38$ $p<.001$	When controlled for "negative affect" and "long-term satisfaction": $r = +.31$ (.001)

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/f	r=+.24	
C-BW/c/sq/l/11/a	r=+.24	

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

Study LEVY 1988

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BB/cm/mq/v/2/a	r=+ p<.s	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

Reported in: McCrae, R.R.; Costa, P.T.
 Adding 'Liebe und Arbeit': The Full Five Factor Model and Well-Being.
 Personality and Social Psychology Bulletin, 1991, Vol. 17, 227 - 232. ISSN 0146 1672
 Page in Report: 22

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-DT/u/sq/v/7/a	$r=+.38$ $p<.01$	T1 happiness (LS: HAPP 2.1) by T1 positive affect
A-BB/cm/mq/v/2/a	$r=+.73$ $p<.01$	T1 happiness (full ABS) by T1 positive affect (part ABS).
O-DT/u/sq/v/7/a	$r=+.40$ $p<.01$	T2 happiness (LS: HAPP 2.1) by T2 positive affect
A-BB/cm/mq/v/2/a	$r=+.74$ $p<.01$	T2 happiness (full ABS) by T2 positive affect (part ABS)

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

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:* 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*Happiness Measure**Statistics**Elaboration/Remarks*O-HL/c/sq/n/7/ar=+.34**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

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

Error Estimates: Cronbach alpha = .70

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>M-FH/g/sq/ol/11/a</u>	<u>r=-.49</u> <u>p<.001</u>	males : r = -.52 (001) females: r = -.47 (001)

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

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HP/g/mq/v/5/a</u>	<u>r=-.51 p<.001</u>	Both variables assessed at T1.

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

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/aa	$r = -.44$ $p < .001$	When controlled for "pleasure involvement" and "long-term satisfaction": $r = -.30$ (.001)

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

Study	BRENN 1970
<i>Reported in:</i>	Brenner, B. Social Factors in Mental Well-Being at Adolescence. PhD Dissertation, The American University, 1970, Washington DC, USA Page in Report: 262/263
<i>Population:</i>	Highschool pupils, New York State, USA, 1960
<i>Sample:</i>	
<i>Non-Response:</i>	1%
	<i>N:</i> 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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O-HL/u/sq/v/4/bG=-.56

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

A-AOL/g/sq/v/5/aG=-.49

Unaffected by sex

O-HL/u/sq/v/4/bV= .31 p<.01A-AOL/g/sq/v/5/aV= .27 p<.01

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	Elaboration/Remarks
<u>O-HL/c/sq/v/3/aa</u>	<u>G=-.46</u> p<.001	Unaffected by sex, age and educational level. When enjoying life and usual affect (question on spirits) are held constant: Gs = -.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.
Journal of Community Psychology, 1975, Vol. 3, 346 - 357
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	Elaboration/Remarks
<u>M-TH/g/sq/v/5/b</u>	<u>G=-.57</u> <u>p<.001</u>	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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/f	r=-.20	
C-BW/c/sq/l/11/a	r= ±0	

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

Subject code: M13.3.2.2

Study **FORDY 1972**

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-TH/md/mq/th%/0/a	<u>$r = -p < .01$</u>	% happy mood : $r = -.33$ (.01) % unhappy mood : $r = +.49$ (.01) % neutral mood : $r = +.07$ (ns)
A-ARE/md/sqr/v/10/a	<u>$r = -.49$ $p < .01$</u>	

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

Correlate

Authors label: Depression (1)

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

Measurement:

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLW/c/sq/v/5/d</u>	<u>Beta=-.19</u>	β controled for sex, age, education, work status and home ownership.

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report: 74

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

Sample:

Non-Response: 52%

N: 112

Correlate

Authors label: Felt down (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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-BK/cm/mq/v/5/a r=-.67
p<.01

M-FH/c/sq/v/7/a r=-.57
p<.01

M-FH/c/sq/v/7/a r=-.43
p<.01

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.76</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.69</u> <u>p<.01</u>	

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BMc/cw/mq/v/4/a	<u>$r=-.78$</u> <u>$p<.01$</u>	

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

Subject code: M13.3.2.2

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HP/c/sq/v/3/a	Q=-.73	

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

Subject code: M13.3.2.2

Study MCCRA 1990

Reported in: McCrae, R.R.; Costa, P.T.
Adding 'Liebe und Arbeit': The Full Five Factor Model and Well-Being.
Personality and Social Psychology Bulletin, 1991, Vol. 17, 227 - 232. ISSN 0146 1672
Page in Report: 22

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-DT/u/sq/v/7/a	r=-.42 p<.01	T1 happiness (LS: HAPP 2.1) by T1 negative affect

<u>A-BB/cm/mq/v/2/a</u>	<u>r=-.74</u> <u>p<.01</u>	T1 happiness (full ABS) by T1 negative affect (part ABS)
<u>O-DT/u/sq/v/7/a</u>	<u>r=-.51</u> <u>p<.01</u>	T2 happiness (LS: HAPP 2.1) by T2 negative affect
<u>A-BB/cm/mq/v/2/a</u>	<u>r=-.79</u> <u>p<.01</u>	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

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

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

Subject code: M13.3.2.2

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.43</u> <u>p<.01</u>	
<u>O-SLW/c/sq/v/7/d</u>	<u>r=-.48</u> <u>p<.01</u>	

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

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: 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	<u>mr=-.13</u>	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 ABDEL 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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-FH/g/sq/ol/11/a	<u>r=-.45</u> <u>p<.001</u>	All 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

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.43</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.35</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	<u>$r=+.61$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=+.64$</u> <u>$p<.01$</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	<u>$r=+.61$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=+.64$</u> <u>$p<.01$</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	<u>$r=-.68$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=-.54$</u> <u>$p<.01$</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report:

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

Sample:

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	r=-.68 p<.01	
M-FH/c/sq/v/7/a	r=-.54 p<.01	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 Page in Report:

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.57</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.47</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-BK/cm/mq/v/5/a r=+.57
p<.01

M-FH/c/sq/v/7/a r=+.47
p<.01

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.67</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.67</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report:

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	<u>$r=-.71$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=-.61$</u> <u>$p<.01$</u>	

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
Page in Report: 35/36

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

Happiness Measure

Statistics

Elaboration/Remarks

[A-BK/cm/mq/v/5/a](#)

r=+.61

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

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

Subject code: M13.3.2.4

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: Frustrated

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

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 95CI(.98, 1.27) SD=.67

Remarks: Assessed 3 times a day during 28 days

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	<u>mr=-.08</u>	Average happy mood of the moment by average frustrated mood of the moment

Correlational finding on Happiness and . feeling disgusted

Subject code: M13.3.2.5

Study ZELLEN 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: Disgusted

Our classification: . feeling disgusted, code M13.3.2.5

Measurement: Selfreport 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	mr=+.05	Average happy mood of the moment by average disgusted mood of the moment

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.
 Comparing Child Well-Being in OECD Countries: Concepts and Methods.
 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 close (vs remote), code M13.3.3

Measurement: Self report on single question:
 I feel like an outsider (or left out of things)

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/11/a	$r = -.44$ $p < .05$	% happy in nation by % feeling an outsider

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.
Comparing Child Well-Being in OECD Countries: Concepts and Methods.
Innocenti Working Paper no. 2006-3, Unicef Research Centre, 2006, Florence, Italy. ISSN: 1014 7837
Page in Report: 70, 72, 73

Population: 15 yearaged, 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 = 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

Remarks: Data: PISA 2003

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	r=-.10 ns	% happy in nation by %feeling awkward

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

Study	CONST 1965
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Happiness and Unhappiness in College Students. Unpublished Doctoral Dissertation, 1965, University of Rochester, USA. Page in Report: 59
<i>Population:</i>	College students, University of Rochester, USA, 1965
<i>Sample:</i>	
<i>Non-Response:</i>	30% (take home questionnaire).
<i>N:</i>	952

Correlate

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

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	r=+ p<.05	Males : r= +.31 (05) Females: r= +.30 (05)

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

Study**GORMA 1971**

Reported in: Gorman, B.S.
 A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
 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*Happiness Measure**Statistics**Elaboration/Remarks*

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 = +.74 (01)

Daily average: r = +.80 (01)

Daily lowest : r = +.70 (01)

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 = +.38 (01)

Daily average: r = +.36 (01)

Daily lowest : r = +.31 (05)

Correlational finding on Happiness and Feeling close (vs remote)

Subject code: M13.3.3

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/b	<u>$r = +$</u> <u>$p < .01$</u>	The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale. Daily highest: $r = +.42$ (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 **KAMMA 1983/2**

Reported in: Kammann, R.; Flett, R.
Sourcebook for Measuring Well-Being with Affectometer 2.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report: 74

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

Sample:

Non-Response: 52%

N: 112

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.50</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.27</u> <u>p<.01</u>	

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

Study	WESSM 1966/2
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

Authors label: Companionship vs being isolated (1)

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/nd/sqr/v/10/a</u>	<u>r=+.43 ns</u>	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 = +.38 (ns) Daily average : r = +.43 (ns) Daily lowest : r = +.08 (ns)

Correlational finding on Happiness and . feeling lonely (vs not)

Subject code: M13.3.3.1

Study

ALLAR 1973/1

Reported in: Allardt, E.
About Dimensions of Welfare: An Explanatory Analysis of a Comparative Scandinavian Survey. Research Group for Comparative Sociology, 1973, Research Report Nr. 1, University of Helsinki, Finland
Page in Report:

Population: 15-64 aged, general public, Denmark, 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*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*Happiness Measure**Statistics**Elaboration/Remarks*O-HL/c/sq/v/4/arpc=-.38

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.

Correlational finding on Happiness and . feeling lonely (vs not)

Subject code: M13.3.3.1

Study**ALLAR 1973/2***Reported in:* Allardt, E.
About Dimensions of Welfare: An Explanatory Analysis of a Comparative Scandinavian Survey.
Research Group for Comparative Sociology, Research, 1973, Report nr. 1, University of Helsinki, Finland
Page in Report:*Population:* 15-64 aged, general public, Finland, 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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/4/a	rpc=-.38	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.

Correlational finding on Happiness and . feeling lonely (vs not) Subject code: M13.3.3.1

Study **ALLAR 1973/3**

Reported in: Allardt, E.
About Dimensions of Welfare: An Explanatory Analysis of a Comparative Scandinavian Survey. Research Group for Comparative Sociology, 1973, Reprort nr. 1, University of Helsinki, Finland
Page in Report:

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/4/a</u>	<u>rpc=-.29</u>	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.

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.

Observed Relation with Happiness

*Happiness Measure**Statistics**Elaboration/Remarks*O-HL/c/sq/v/3/fr=-.50p<.001

Those who claimed to have a friend in the convent with whom they can discuss their deepest feelings tend also to avow greater happiness.

Correlational finding on Happiness and . feeling lonely (vs not)

Subject code: M13.3.3.1

Study**BRADS 2006**

Reported in: Bradshaw, J.; Hoelscher, P.; Richardson, D.
Comparing Child Well-Being in OECD Countries: Concepts and Methods.
Innocenti Working Paper no. 2006-3, Unicef Research Centre, 2006, Florence, Italy. ISSN: 1014 7837
Page in Report: 4, 70, 75

Population: 15 yearaged, 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*C-BW/c/sq/l/11/ar=-.42 ns

% happy in nation by % feeling lonely

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

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	$r = \pm 0$	
O-HL/c/sq/v/3/f	$r = \pm 0$	

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 Kuopio University Publications, 1998, Finland. ISBN 951 781 821 1 ISBN 951-781-821-1
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

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**

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/c/sq/v/5/g</u>	<u>r=-.16</u>	during the last year
<u>O-SLu/c/sq/v/5/g</u>	<u>r=-.17</u>	ever in your life
<u>O-SLu/c/sq/v/5/g</u>	<u>DM=-</u>	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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.41</u> <u>p<.01</u>	
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.49</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 Page in Report:

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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.61</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.54</u> <u>p<.01</u>	

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

Study KOIVU 1998

Reported in: Koivumaa-Honkanen, H.
Life Satisfaction as a Health Predictor.
Kuopio University Publications, 1998, Finland. ISBN 951 781 6634
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

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.44 ns</u>	Total

<u>O-HL/c/sq/v/5/j</u>	<u>r=+.45</u>	Men
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.43</u>	Women
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.39</u>	Healthy
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.47</u>	Sick
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.42</u>	Age 18-24
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.46</u>	Age 25-34
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.45</u>	Age 35-44
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.46</u>	Age 45-54
<u>O-HL/c/sq/v/5/j</u>	<u>r=+.42</u>	Age 55-64

Correlational finding on Happiness and . feeling lonely (vs not)
Subject code: M13.3.3.1

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: Lonely or remote (1)

Our classification: . feeling lonely (vs not), code M13.3.3.1

Measurement: Question: "During the past week, did you ever feel very lonely or remote from other people?" no vs yes (Item in Affect Balance Scale: AFF 2.3)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/c/sq/v/3/a</u>	<u>Q=-.70</u>	

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-SLu/g/sq/v/3/a</u>	<u>r=-.33</u> <u>p<.001</u>	
<u>O-SLu/g/sq/v/3/a</u>	<u>tb=-.29</u> <u>p<.001</u>	
<u>O-SLu/g/sq/v/3/a</u>	<u>Dyx=-.31</u> <u>p<.001</u>	
<u>O-SLu/g/sq/v/3/a</u>	<u>Beta=-.17</u>	Beta controled for: - self-rated health - marital status - adjustment to retirement - number of friends in city.

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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/m/sq/v/5/a	<u>r=-.43</u> <u>p<.00</u>	1: Mt=8.24 2: Mt=7.00 3: Mt=5.64 All Mt=7.79
O-SLu/c/sq/v/5/e	<u>r=-.45</u> <u>p<.00</u>	1: Mt=7.94 2: Mt=6.55 3: Mt=5.21 All Mt=7.46

<u>O-HL/c/sq/v/5/h</u>	<u>r=-.42</u>	1: Mt=7.38
	<u>p<.00</u>	2: Mt=6.01
		3: Mt=5.11
		All Mt=6.95

Correlational finding on Happiness and . feeling lonely (vs not)

Subject code: M13.3.3.1

Study **VENTE 1996**

Reported in: Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).

Forskningssenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>

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

Measured Values: N: All:4573; 1:3483; 2:518; 3:572

Remarks: in the original text the answer was reversed and the correlation was wrongly positive

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-AOL/m/sq/v/5/a</u>	<u>r=-.43</u>	1: Mt=8.24
	<u>p<.00</u>	2: Mt=6.78
		3: Mt=5.73

O-SLu/c/sq/v/5/e r=-.42 1: Mt=7.98
 p<.00 2: Mt=6.33
 3: Mt=5.06

O-HL/c/sq/v/5/h r=-.45 1: Mt=7.51
 p<.00 2: Mt=5.89
 3: Mt=5.01

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
 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: 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

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

Correlational finding on Happiness and . feeling love (vs not)

Subject code: M13.3.3.2

Study

GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/b</u>	<u>r= +p<.05</u>	Analysis on the basis of the mean lowest, average and highest daily scores. Daily highest: r = +.22 (ns) Daily average: r = +.30 (05) Daily lowest : r = +.31 (05)

[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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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	<u>$r = +.57$</u> <u>$p < .01$</u>	
M-FH/c/sq/v/7/a	<u>$r = +.35$</u> <u>$p < .01$</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

Happiness Measure	Statistics	Elaboration/Remarks
A-BK/cm/mq/v/5/a	<u>$r=+.64$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=+.38$</u> <u>$p<.01$</u>	

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.
9. Tremendous gratification, delight, love, and trust.
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.
4. Little feeling of relationships. Considerable indifference. Moderately 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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[A-ARE/md/sqr/v/10/b](#)r= + ns

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

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: 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

Elaboration/Remarks

[A-ARE/md/sqr/v/10/a](#)r= + p<.05

See Wessm 1966/1

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	<u>r=+</u> 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

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 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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-ARE/mi/sqr/n/7/a</u>	<u>r=+.47</u> <u>p<.05</u>	
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=+.16</u> <u>p<.001</u>	Beta controlled for: - other moods - feeling strong - feeling good about self - feeling excited - feeling proud - feeling active - socio-demographic - age - gender - social class - grade level

Correlational finding on Happiness and . feeling sociable (vs withdrawn) Subject code: M13.3.3.3

Study GORMA 1971

Reported in: Gorman, B.S.
 A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
 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: 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

Happiness Measure	Statistics	Elaboration/Remarks
<u>C-BW/c/sq/l/11/b</u>	<u>r= + p<.01</u>	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)
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.01</u>	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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report: 75

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

Sample:

Non-Response: 52%

N: 112

Correlate

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.44</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.28</u> <u>p<.01</u>	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-BK/cm/mq/v/5/a</u>	<u>r=-.63</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=-.53</u> <u>p<.01</u>	

Correlational finding on Happiness and . feeling sociable (vs withdrawn) Subject code: M13.3.3.3

Study	WESSM 1966/1
<i>Reported in:</i>	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
<i>Population:</i>	Female college students, followed 6 weeks, Radcliffe, USA, 1957
<i>Sample:</i>	
<i>Non-Response:</i>	16%
<i>N:</i>	21

Correlate

<i>Authors label:</i>	Own sociability (vs withdrawal) (1)
<i>Our classification:</i>	. feeling sociable (vs withdrawn), code M13.3.3.3
<i>Measurement:</i>	Repeated closed question on 'how so- cially outgoing or withdrawn you felt today', rated on a 10-point scale: <ol style="list-style-type: none"> 10. Immensely sociable and outgoing. 9. Highly outgoing, congenial and friendly. 8. Very sociable and involved in things. 7. Companionable. Ready to mix with others. 6. Fairly sociable. More or less accessible. 5. Not particularly outgoing. Feel a little bit unsociable. 4. Retiring, would like to avoid people. 3. Feel detached and withdrawn. A great distance between myself and others. 2. Self-contained and solitary. 1. Completely withdrawn. Want no human contact.

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

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/md/sqr/v/10/b	$r = + p < .05$	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)

Correlational finding on Happiness and . feeling sociable (vs withdrawn) Subject code: M13.3.3.3

Study	WESSM 1966/2
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

<i>Authors label:</i>	Own sociability (vs withdrawal) (1)
<i>Our classification:</i>	. feeling sociable (vs withdrawn), code M13.3.3.3
<i>Measurement:</i>	See WESSM 1966/1

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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[A-ARE/md/sqr/v/10/a](#)r= + p<.05

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report:

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

Happiness Measure

Statistics

Elaboration/Remarks

[M-FH/c/sq/v/7/a](#)

r=+.40

p<.01

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	<u>r=+</u> p<.05	Males : r= +.41 (05) Females: r= +.44 (05)

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

Correlate

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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-ARE/mi/sqr/n/7/a</u>	<u>r=+.53</u> <u>p<.05</u>	
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=-.05</u> <u>p<.003</u>	Beta controlled for: - 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

DEMER 2005

Reported in: Demerouti, E.; Bakker, A.B.; Schaufeli, W.B.
 Spillover and Crossover of Exhaustion and Life Satisfaction among Dual-Earning Parents.
 Journal of Vocational Behavior, 2005, Vol. 67, 266 - 289. (Also Paper, Utrecht University, Department of Social & Organizational Psychology, 2004, Utrecht, Netherlands), ISSN 0001 8791.
 Page in Report: 274,275

Population: Dual-earning parents of young children, the Netherlands, 2000

Sample: Non-probability chunk sample

Non-Response: 59 %

N: 382

Correlate

Authors label: Exhaustion*Our classification:* Feeling energetic (vs lethargic, tired), code M13.3.4

Measurement: Self report o 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 =.78 Women M= 1,76 SD =1.01

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-SLu/g/sq/n/10/a</u>	<u>r=-.32</u> <u>p<.01</u>	Men
<u>O-SLu/g/sq/n/10/a</u>	<u>r=-.27</u> <u>p<.01</u>	Women

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired) Subject code: M13.3.4

Study

GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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: Energy vs fatigue (1)*Our classification:* Feeling energetic (vs lethargic, tired), code M13.3.4

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.01</u>	<p>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</p> <p>Daily highest: r = +.65 (01) Daily average: r = +.85 (01) Daily lowest : r = +.61 (01)</p>
<u>C-BW/c/sq/l/11/b</u>	<u>r= + p<.05</u>	<p>Analysis on the basis of the mean lowest, average and highest daily scores.</p> <p>Daily highest: r = +.34 (01) Daily average: r = +.28 (05) Daily lowest : r = +.06 (ns)</p>

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired) Subject code: M13.3.4

Study	HARDE 1969
<i>Reported in:</i>	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
<i>Population:</i>	Married females, USA, 196?
<i>Sample:</i>	
<i>Non-Response:</i>	-
<i>N:</i>	62

Correlate

<i>Authors label:</i>	Satisfaction with role (1)
<i>Our classification:</i>	Feeling energetic (vs lethargic, tired), code M13.3.4
<i>Measurement:</i>	Closed question on i.e. career combined with homemaking or full-time housewives: very dissatisfied / mildly dissatisfied / satisfied / very satisfied.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	r=+.24 ns	

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

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: 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

Happiness Measure	Statistics	Elaboration/Remarks
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 = +.71 (01) Daily average: r = +.81 (01) Daily lowest : r = +.73 (01)

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

Study KAMMA 1983/2

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-BK/cm/mq/v/5/a	<u>$r=+.45$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=+.25$</u> <u>$p<.01$</u>	

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

Study LAM 1998

Reported in: Lam, C.L.; Gandek, B.; Ren, X.S.; et al.
Tests of Scaling Assumptions and Construct Validity of the Chinese (HK) Version of the SF - 36 Health Survey.
Journal of Clinical Epidemiology, 1998, Vol. 51, 1139 - 1147. ISSN 0895 4356. DOI:10.1016/S0895-4356(98)00105-X
Page in Report: 1142-1145

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

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.

a. Feel full of pep

b. Have a lot of energy

c. Feel worn out

d. 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-TH/cm/sq/v/6/a	r=+.33	

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HP/c/sq/v/3/a</u>	<u>Q=-.53</u>	

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

Study PAYNE 1974

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

Population: Employed males, supervising jobs, England, 197?

Sample:

Non-Response: 4% incomplete.

N: 192

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-BB/cm/mq/v/5/aG=Index of Positive Affects: $G = -.45$ (!)Index of Negative Affects: $G = -.27$

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: $G = -.39$ Index of Negative Affects: $G = +.13$

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).

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: 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

Measured Values: N: all:1398, 1:1, 2:13, 3:103, 4:712, 5:569

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.60</u> <u>p<.00</u>	1: Mt=- 2: Mt=2.50 3: Mt=5.26 4: Mt=7.45 5: Mt=8.90 All Mt=7.83
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.60</u> <u>p<.00</u>	1: Mt=- 2: Mt=2.11 3: Mt=4.76 4: Mt=7.06 5: Mt=8.64 All Mt=7.49
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.56</u> <u>p<.00</u>	1: Mt=- 2: Mt=2.89 3: Mt=4.79 4: Mt=6.54 5: Mt=8.08 All Mt=7.00

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)

Subject code: M13.3.4

<i>Study</i>	WESSM 1966/1
<i>Reported in:</i>	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
<i>Population:</i>	Female college students, followed 6 weeks, Radcliffe, USA, 1957
<i>Sample:</i>	
<i>Non-Response:</i>	16%
<i>N:</i>	21

Correlate

<i>Authors label:</i>	Energy vs fatigue (1)
<i>Our classification:</i>	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:

10. Limitless zeal. Surging with energy. Vitality spilling over.
9. Exuberant vitality, tremendous energy, great zest for activity.
8. Great energy and drive.
7. Very fresh, considerable energy.
6. Fairly fresh. Adequate energy.
5. Slightly tired, indolent. Somewhat lacking in energy.
4. Rather tired. Lethargic. Not much energy.
3. Great fatigue. Sluggish. Can hardly keep going. Meager resources.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/b</u>	<u>r = + p < .05</u>	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 = +.76 (05) Daily lowest : r = +.48 (05)

Correlational finding on Happiness and Feeling energetic (vs lethargic, tired)
Subject code: M13.3.4

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: Energy vs fatigue (1)

Our classification: Feeling energetic (vs lethargic, tired), code M13.3.4

Measurement: See WESSM 1966/1

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/a	<u>$r = + p < .05$</u>	See WESSM 1966/1
	Daily highest	: $r = +.76$ (05)
	Daily average	: $r = +.75$ (05)
	Daily lowest	: $r = +.02$ (ns)

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/mi/sqr/n/7/a</u>	<u>r=+.47</u> <u>p<.05</u>	
<u>A-ARE/mi/sqr/n/7/a</u>	<u>Beta=+.23</u> <u>p<.001</u>	Beta controlled for: - other moods - feeling strong - feeling good about self - feeling sociable - feeling proud - feeling active - socio-demographic - age - gender - social class - grade level

Correlational finding on Happiness and . feeling excited

Subject code: M13.3.4.1

Study **ZELÉN 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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	mr=+.50	Average happy mood of the moment by average excited mood of the moment

Correlational finding on Happiness and Feeling free (vs restrained)

Subject code: M13.3.5

Study **HOLLO 1999**

Reported in: Holloway, F. ;Carson, J.
Subjective Quality of Life, Psychopathology, Satisfaction with Care and Insight: an Exploratory Study.
International Journal of Social Psychiatry, 1999, Vol. 45,.259 - 267. ISSN 0020 7640
Page in Report: 262

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

Sample: Non-probability purposive sample

Non-Response: 0

N: 70

Correlate

Authors label: 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
- Mealtimes 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

Happiness Measure	Statistics	Elaboration/Remarks
<u>O-DT/u/sqt/v/7/a</u>	<u>r=+.35</u> <u>p<.006</u>	
<u>O-DT/u/sqt/v/7/a</u>	<u>rpc=+.39</u> <u>p<.005</u>	rpc controled for depression as measured with Beck Depression Inventory

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

Measurement: Single direct question 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.31</u> <u>p<.01</u>	
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.41</u> <u>p<.01</u>	

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.
 Why Not? Foundation, 1983, Dunedin, New Zealand.
 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'

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.49</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.36</u> <u>p<.01</u>	

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.12 ns</u>	

[O-SLW/c/sq/v/7/d](#)[r=-.02 ns](#)

Correlational finding on Happiness and . feeling free from inner restraints

Subject code: M13.3.5.1

Study	CONST 1965
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Happiness and Unhappiness in College Students. Unpublished Doctoral Dissertation, 1965, University of Rochester, USA. Page in Report: 59
<i>Population:</i>	College students, University of Rochester, USA, 1965
<i>Sample:</i>	
<i>Non-Response:</i>	30% (take home questionnaire).
<i>N:</i>	952

Correlate

<i>Authors label:</i>	Impulse expression vs self-restraint. (1)
<i>Our classification:</i>	. feeling free from inner restraints, code M13.3.5.1
<i>Measurement:</i>	Wessman & Ricks Impulse Expression vs Self-Restraint Scale, scored once for the current academic year.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	r=+	Males : r= +.07 (ns) Females: r= +.18 (05)

Correlational finding on Happiness and . feeling free from inner restraints

Subject code: M13.3.5.1

Study	GORMA 1971
<i>Reported in:</i>	Gorman, B.S. A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences. Unpublished doctoral dissertation, 1971, City University of New York, USA Page in Report: 216/222
<i>Population:</i>	Undergraduate students, Nassau Community College, USA, 1970
<i>Sample:</i>	

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/b</u>	<u>r = + p < .01</u>	<p>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</p> <p>Daily highest: r = +.53 (01) Daily average: r = +.69 (01) Daily lowest : r = +.65 (01)</p>
<u>C-BW/c/sq/l/11/b</u>	<u>r = + p < .01</u>	<p>Analysis on the basis of the mean lowest, average and highest daily scores.</p> <p>Daily highest: r = +.39 (01) Daily average: r = +.38 (01) Daily lowest : r = +.35 (01)</p>

Correlational finding on Happiness and . feeling free from inner restraints Subject code: M13.3.5.1

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, 1997

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/a	r=+.12 ns	
O-SLW/c/sq/v/7/d	r=+.14 ns	

Correlational finding on Happiness and . feeling free from inner restraints Subject code: M13.3.5.1

Study	WESSM 1966/2
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

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 expensive and impulsive or internally restrained and controlled you felt', rated on a 10-point scale:

10. Wild and complete abandon. No impulse denied.
9. Exhilarating sense of release. Say whatever I feel, and do just as I want.
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
1. Complete renunciation of all desires. Needs and impulses totally conquered.

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

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/md/sqr/v/10/a	$r = +$ $p < .05$	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 : $r = +.69$ (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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	<u>r=+</u>	Males : r= +.24 (.05) Females: r= +.11 (ns)

Correlational finding on Happiness and . feeling free from external restraints
Subject code: M13.3.5.2

Study

GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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)

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/b</u>	<u>r= + p<.05</u>	Analysis on the basis of the mean lowest, average and highest daily scores. Daily highest: r = +.28 (05) Daily average: r = +.28 (05) Daily lowest : r = +.30 (05)
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.01</u>	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	WESSM 1966/2
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

Authors label: Personal freedom vs external constraint (1)

Our classification: . feeling free from external restraints, code M13.3.5.2

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/a</u>	<u>r = + ns</u>	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 = +.36 (ns)
		Daily average : r = +.15 (ns)
		Daily lowest : r = -.18 (ns)

Correlational finding on Happiness and Feeling friendly (vs hostile) Subject code: M13.3.6

Study	CONST 1965
<i>Reported in:</i>	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: 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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	<u>r=+</u> <u>p<.05</u>	Males : r= +.17 (05) Females: r= +.24 (05)

Correlational finding on Happiness and Feeling friendly (vs hostile) Subject code: M13.3.6

Study

GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.01</u>	<p>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</p> <p>Daily highest: r = +.68 (01) Daily average: r = +.74 (01) Daily lowest : r = +.56 (01)</p>
<u>C-BW/c/sq//11/b</u>	<u>r= + p<.05</u>	<p>Analysis on the basis of the mean lowest, average and highest daily scores.</p> <p>Daily highest: r = +.30 (05) Daily average: r = +.27 (05) Daily lowest : r = +.16 (ns)</p>

Correlational finding on Happiness and Feeling friendly (vs hostile) Subject code: M13.3.6

Study

KAMMA 1983/2

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-BK/cm/mq/v/5/a</u>	<u>r=+.66</u> <u>p<.01</u>	
<u>M-FH/c/sq/v/7/a</u>	<u>r=+.44</u> <u>p<.01</u>	

Correlational finding on Happiness and Feeling friendly (vs hostile) Subject code: M13.3.6

Study LEVY 1988

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-BB/cm/mq/v/2/ar=-

- 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

Happiness Measure	Statistics	Elaboration/Remarks
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<u>O-HL/c/sq/v/3/a</u>	<u>r=-.31</u> <u>p<.01</u>	
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[O-SLW/c/sq/v/7/d](#)r=-.28p<.01

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

Happiness Measure

Statistics

Elaboration/Remarks

[O-HL/c/sq/v/3/a](#)r=-.42p<.01[O-SLW/c/sq/v/7/d](#)r=-.42p<.01

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.20</u> <u>p<.01</u>	
<u>O-SLW/c/sq/v/7/d</u>	<u>r=-.21</u> <u>p<.01</u>	

Correlational finding on Happiness and Feeling friendly (vs hostile)

Subject code: M13.3.6

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/b	$r = +$ $p < .05$	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	: $r = +.58$ (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	WESSM 1966/2
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

<i>Authors label:</i>	Harmony vs anger (1)
<i>Our classification:</i>	Feeling friendly (vs hostile), code M13.3.6
<i>Measurement:</i>	See WESSM 1966/1

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/10/a	<u>r = + ns</u>	See Wessm 1966/1 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	ZELEN 2000
<i>Reported in:</i>	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
<i>Population:</i>	University students, USA, followed 28 days, 2000

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(.35, .59) SD=.45

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=+.02

Average happy mood of the moment by average angry mood of the moment

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

Correlate

Authors label: Fullness vs empti- ness 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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	<u>r=+ p<.05</u>	Males : r= +.67 (05) Females: r= +.69 (05)

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

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 past year (see WESSM 1966/1)

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	<u>r=+.67 p<.01</u>	

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-AOL/cy/sq/v/10/a	$r=+.80$ $p<.$ <u>01</u>	
A-ARE/md/sqr/v/10/b	$r=+.80$ $p<.$ <u>01</u>	

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:

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

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/md/sqr/v/10/b	<u>r = + p < .01</u>	<p>The means of the lowest, average and highest daily scores were correlated with the mean average score on the Elation-Depression Scale.</p> <p>Daily highest: r = +.65 (01) Daily average: r = +.86 (01) Daily lowest : r = +.76 (01)</p>

Correlational finding on Happiness and Feeling full (vs empty)

Subject code: M13.3.7

Study	WESSM 1966/1
<i>Reported in:</i>	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
<i>Population:</i>	Female college students, followed 6 weeks, Radcliffe, USA, 1957
<i>Sample:</i>	
<i>Non-Response:</i>	16%
<i>N:</i>	21

Correlate

Authors label: Fulness vs emptinessof life (1)

Our classification: Feeling full (vs empty), code M13.3.7

Measurement: Repeated closed question on 'how emotionally satisfying, abundant or empty, your life felt today', rated on a 10-point scale:

10. Consummate fulfillment and abundance
9. Replete with life's abundant goodness.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/nd/sqr/v/10/b</u>	<u>r= + p<.05</u>	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. 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
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample

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

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/md/sqr/v/10/a	r= + p<.05	See WESSM 1966/1
		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.
Comparing Child Well-Being in OECD Countries: Concepts and Methods.
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)

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/11/a	<u>r=-.44</u> <u>p<.05</u>	% 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

Reported in: Bradshaw, J.; Hoelscher, P.; Richardson, D.
Comparing Child Well-Being in OECD Countries: Concepts and Methods.
Innocenti Working Paper no. 2006-3, Unicef Research Centre, 2006, Florence, Italy. ISSN: 1014 7837
Page in Report: 70, 72, 73

Population: 15 yearaged, 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

Remarks: Data: PISA 2003

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/a	r=-.10 ns	% happy in nation by %feeling awkward

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
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

Happiness Measure	Statistics	Elaboration/Remarks
A-BK/cm/mq/v/5/a	r=-.43 p<.01	
M-FH/c/sq/v/7/a	r=-.26 p<.01	

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.
Why Not? Foundation, 1983, Dunedin, New Zealand.
Page in Report:

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

Happiness Measure	Statistics	Elaboration/Remarks
A-BK/cm/mq/v/5/a	<u>$r=+.55$</u> <u>$p<.01$</u>	
M-FH/c/sq/v/7/a	<u>$r=+.44$</u> <u>$p<.01$</u>	

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-HL/c/sq/v/3/a	r=-.29 p<.01	
O-SLW/c/sq/v/7/d	r=-.42 p<.01	

Correlational finding on Happiness and . feeling receptive Subject code: M13.3.8.2

Study	CONST 1965
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Happiness and Unhappiness in College Students. Unpublished Doctoral Dissertation, 1965, University of Rochester, USA. Page in Report: 59
<i>Population:</i>	College students, University of Rochester, USA, 1965
<i>Sample:</i>	
<i>Non-Response:</i>	30% (take home questionnaire).

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

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/cy/sq/v/10/a	<u>r=+ p<.05</u>	Males : r= +.41 (05) Females: r= +.44 (05)

Correlational finding on Happiness and . feeling receptive
Subject code: M13.3.8.2**Study****GORMA 1971***Reported in:* Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>C-BW/c/sq/l/11/b</u>	<u>r = + p < .01</u>	Analysis on the basis of the mean lowest, average and highest daily scores. Daily highest: r = +.35 (01) Daily average: r = +.33 (01) Daily lowest : r = +.22 (ns)
<u>A-ARE/md/sqr/v/10/b</u>	<u>r = + p < .01</u>	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

<i>Study</i>	<i>WESSM 1966/1</i>
<i>Reported in:</i>	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
<i>Population:</i>	Female college students, followed 6 weeks, Radcliffe, USA, 1957
<i>Sample:</i>	
<i>Non-Response:</i>	16%
<i>N:</i>	21

Correlate

<i>Authors label:</i>	Receptivity towards the world (1)
<i>Our classification:</i>	. feeling receptive, code M13.3.8.2
<i>Measurement:</i>	Repeated closed question on 'how interested and responsive you felt to what was going on around you', rated on a 10-point scale: 10. Passionately absorbed in the world's excitement. My sensations and feelings incredibly intensified. 9. Tremendously stimulated. Enormously receptive. 8. Senses lively. Great interest and delight in everything around me. 7. Open and responsive to my world and

- its happenings.
6. Moderately interested and fairly responsive.
 5. Slightly disinterested and unresponsive.
 4. Bored. Life pretty monotonous and uninteresting.
 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

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-ARE/md/sqr/v/10/b</u>	<u>r= + p<.05</u>	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.
	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
<i>Reported in:</i>	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
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60
<i>Sample:</i>	Non-probability chunk sample
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.
<i>N:</i>	17

Correlate

Authors label: Receptivity towards the world (1)

Our classification: . feeling receptive, code M13.3.8.2

Measurement: See WESSM 1966/1

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>A-ARE/md/sqr/v/10/a</u>	<u>r= + p<.05</u>	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.
	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
<i>Reported in:</i>	Matlin, N. The Demography of Happiness. University of Puerto Rico, Health & Welfare Series 2, nr. 3, 1966, Puerto Rico Page in Report: 8
<i>Population:</i>	20+ aged, general public, Puerto Rico, 1963-64
<i>Sample:</i>	
<i>Non-Response:</i>	
	N: 1417

Correlate

<i>Authors label:</i>	Bored (1)
<i>Our classification:</i>	. feeling interested, code M13.3.8.3
<i>Measurement:</i>	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

Happiness Measure	Statistics	Elaboration/Remarks
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[O-HP/c/sq/v/3/a](#)[Q=-.73](#)

Correlational finding on Happiness and . feeling interested

Subject code: M13.3.8.3

Study **ZELLEN 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 **ZELLEN 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

*Happiness
 Measure*

Statistics

Elaboration/Remarks

[A-ARE/md/sqr/v/7/a](#)

[mr=+.01](#)

Average happy mood of the moment by average bored
 mood of the moment

Correlational finding on Happiness and . feeling enthusiastic

Subject code: M13.3.8.4

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	mr=+.55	Average happiness of the moment by average interested mood of the moment

Correlational finding on Happiness and Feeling secure (vs threatened)
Subject code: M13.3.9

Study **BRAY 1983**

Reported in: Bray, D.W.; Howard, A.
 The AT & T Longitudinal Studies of Managers.
 Schaie, K.W.; Ed.: "Longitudinal Studies of Adult Psychological Development", Guilford Press, 1983,
 New York, USA, 266 - 312 ISBN 0 898 621 313
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
M-PL/c/rc/v/5/a	$r=$	T5 feelings of crisis by T5 happiness. Analysis showed a significantly negative correlation.

Correlational finding on Happiness and Feeling secure (vs threatened) Subject code: M13.3.9

Study

HEADE 1992

Reported in: Headey, B.; Wearing, A.
 Understanding Happiness. A Theory of Subjective Well-Being.
 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: 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

Happiness Measure	Statistics	Elaboration/Remarks
M-FH/g/sq/n/11/a	r=-.23	

Correlational finding on Happiness and Feeling secure (vs threatened) Subject code: M13.3.9

Study	HEADE 1993
<i>Reported in:</i>	Headey, B.; Kelley, J.; Wearing, A.. 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
<i>Population:</i>	18-65 aged, Victoria, Australia, followed every 2 years from 1981 to 1987
<i>Sample:</i>	Probability stratified sample
<i>Non-Response:</i>	
	N: 419

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

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqrt/v/9/a	<u>r=-.33</u> <u>p<.05</u>	

Correlational finding on Happiness and Feeling secure (vs threatened)

Subject code: M13.3.9

Study HEINO 2004

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

Population: 25-65 aged, 5 regions, Finland, 1997

Sample: Probability stratified sample

Non-Response: 36%

N: 3838

Correlate

Authors label: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
O-QLS/cm/sq/ol/101/a	<u>$r = -.61$</u> <u>$p < .01$</u>	males
O-QLS/cm/sq/ol/101/a	<u>$Beta = -.33$</u> <u>$p < .001$</u>	
O-QLS/cm/sq/ol/101/a	<u>$r = -.59$</u> <u>$p < .01$</u>	females
O-QLS/cm/sq/ol/101/a	<u>$Beta = -.35$</u> <u>$p < .001$</u>	Beta's controled for <ul style="list-style-type: none"> - socio-demographics - age - education - employment - marital status - physical health <ul style="list-style-type: none"> - self rated health - number of diseases - functional well-being <ul style="list-style-type: none"> - self rated physical condition - ability to perform daily activities (ADL) - social well-being <ul style="list-style-type: none"> - social support - satisfaction with family - satisfaction with life-achievements

Correlational finding on Happiness and Feeling secure (vs threatened) Subject code: M13.3.9

Study

KALIT 2006

Reported in: Kaliterna Lipovcan, L.; Prizmic-Larsen, Z.
 What Makes Croats Happy? Predictors of Happiness in Representative Sample.
 Delle Fave, A.; Ed.: "Dimensions of Well-Being. Research and Intervention", Franco Angeli, 2006, Milano, Italy. 53 - 59. ISBN 978 88 464 7362 2
 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>M-FH/g/sq/v/10/a</u>	<u>Beta=+.06</u> <u>p<.05</u>	Beta controlled for satisfaction with: -standard of living, -health, -achievement in life, -relationship with family and friends, -acceptance by community

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

Happiness Measure	Statistics	Elaboration/Remarks
A-BMc/cw/mq/v/4/a	<u>r=-.63</u> <u>p<.01</u>	

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: 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

Happiness Measure	Statistics	Elaboration/Remarks
A-BMc/cw/mq/v/4/a	<u>r=-.56</u> <u>p<.01</u>	

Correlational finding on Happiness and Feeling secure (vs threatened)
Subject code: M13.3.9

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: 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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**

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: Anxiety

Our classification: Feeling secure (vs threatened), code M13.3.9

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>O-HL/c/sq/v/3/a</u>	<u>r=-.41</u> <u>p<.01</u>	
<u>O-SLW/c/sq/v/7/d</u>	<u>r=-.42</u> <u>p<.01</u>	

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.
 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: Anxious

Our classification: Feeling secure (vs threatened), code M13.3.9

Measurement: Selfreport 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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	mr=+.05	Average happy mood of the moment by average anxiousmood of the moment

Correlational finding on Happiness and Feeling secure (vs threatened) Subject code: M13.3.9

Study **ZELLEN 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: Afraid

Our classification: Feeling secure (vs threatened), code M13.3.9

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
A-ARE/md/sqr/v/7/a	<u>mr=.00</u>	Average happy mood of the moment average afraid mood of the moment

Correlational finding on Happiness and Mood in situations

Subject code: M13.4

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 in situations, code M13.4

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: 1:6, 2:26, 3:107, 4:464, 5:288

Remarks: Employed Ss only

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.78</u> <u>p<.00</u>	1: Mt=5.41 2: Mt=5.68 3: Mt=6.88 4: Mt=7.81 5: Mt=8.83 All Mt=7.95
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.39</u> <u>p<.00</u>	1: Mt=5.41 2: Mt=5.68 3: Mt=6.88 4: Mt=7.81 5: Mt=8.83 All Mt=7.95
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.37</u> <u>p<.00</u>	1: Mt=5.84 2: Mt=5.10 3: Mt=6.05 4: Mt=6.91 5: Mt=7.94 All Mt=7.09

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

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.50</u> <u>p<.00</u>	1: Mt=1.25 2: Mt=3.83 3: Mt=5.50 4: Mt=7.30 5: Mt=8.59 All Mt=7.78
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.54</u> <u>p<.00</u>	1: Mt=0.63 2: Mt=3.53 3: Mt=4.95 4: Mt=6.93 5: Mt=8.34 All Mt=7.45
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.52</u> <u>p<.00</u>	1: Mt=0.63 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.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).

Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>

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

Measured Values: N: All:4604; 1:13; 2:78; 3:323; 4:1930; 5:2260

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-AOL/m/sq/v/5/a	<u>r=+.56</u> <u>p<.00</u>	1: Mt=2.31 2: Mt=3.71 3: Mt=5.03 4: Mt=7.24 5: Mt=8.73
O-SLu/c/sq/v/5/e	<u>r=+.57</u> <u>p<.00</u>	1: Mt=2.11 2: Mt=3.10 3: Mt=4.41 4: Mt=6.91 5: Mt=8.46
O-HL/c/sq/v/5/h	<u>r=+.56</u> <u>p<.00</u>	1: Mt=2.50 2: Mt=3.48 3: Mt=4.69 4: Mt=6.41 5: Mt=8.03

Correlational finding on Happiness and Mood during leisure

Subject code: M13.4.2

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: 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

Measured Values: N: 1:3, 2:18, 3:99, 4:677, 5:654

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>$r=+.52$</u> <u>$p<.00$</u>	1: Mt=1.66 2: Mt=3.89 3: Mt=5.18 4: Mt=7.45 5: Mt=8.70 All Mt=7.80
<u>O-SLu/c/sq/v/5/e</u>	<u>$r=+.53$</u> <u>$p<.00$</u>	1: Mt=1.25 2: Mt=3.20 3: Mt=4.90 4: Mt=7.10 5: Mt=8.38 All Mt=7.45

<u>O-HL/c/sq/v/5/h</u>	<u>r=+.49</u>	1: Mt=2.50
	<u>p<.00</u>	2: Mt=3.89
		3: Mt=4.88
		4: Mt=6.55
		5: Mt=7.83
		All Mt=6.96

Correlational finding on Happiness and Mood during leisure

Subject code: M13.4.2

Study **VENTE 1996**

Reported in: Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).

Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>

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

Measured Values: N: All:4596; 1:6; 2:62; 3:413; 4:2112; 5:2003

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.54</u>	1: Mt=1.66
	<u>p<.00</u>	2: Mt=3.19
		3: Mt=5.28
		4: Mt=7.39
		5: Mt=8.78

O-SLu/c/sq/v/5/e r=+.57 1: Mt=1.66
 p<.00 2: Mt=2.50
 3: Mt=4.68
 4: Mt=7.06
 5: Mt=8.54

O-HL/c/sq/v/5/h r=+.52 1: Mt=1.66
 p<.00 2: Mt=3.55
 3: Mt=4.91
 4: Mt=6.59
 5: Mt=8.05

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: N: 1:6, 2:26, 3:107, 4:464, 5:288

Remarks: Employed Ss only

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.78</u> <u>p<.00</u>	1: Mt=5.41 2: Mt=5.68 3: Mt=6.88 4: Mt=7.81 5: Mt=8.83 All Mt=7.95
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.39</u> <u>p<.00</u>	1: Mt=5.41 2: Mt=5.68 3: Mt=6.88 4: Mt=7.81 5: Mt=8.83 All Mt=7.95
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.37</u> <u>p<.00</u>	1: Mt=5.84 2: Mt=5.10 3: Mt=6.05 4: Mt=6.91 5: Mt=7.94 All Mt=7.09

Correlational finding on Happiness and Mood during work

Subject code: M13.4.3

Study

VENTE 1996

Reported in: Ventegodt, S.

Livskvalitet hos 4500 31-33-årige. (The Quality of Life of 4500 31-33-Years-Olds).

Forskningscenter for Livskvalitet, Forskningscentrets Forlag, København 1996, ISBN 8790190068 <http://www.livskvalitet.org/t2/index.asp>

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

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/m/sq/v/5/a</u>	<u>r=+.38</u> <u>p<.00</u>	1: Mt=4.69 2: Mt=6.05 3: Mt=6.91 4: Mt=7.88 5: Mt=8.80
<u>O-SLu/c/sq/v/5/e</u>	<u>r=+.40</u> <u>p<.00</u>	1: Mt=4.06 2: Mt=5.59 3: Mt=6.45 4: Mt=7.56 5: Mt=8.56
<u>O-HL/c/sq/v/5/h</u>	<u>r=+.34</u> <u>p<.00</u>	1: Mt=5.54 2: Mt=5.73 3: Mt=6.26 4: Mt=7.05 5: Mt=8.00

Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
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.

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".

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.

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....?"

1 Extremely unhappy. Utterly depressed. Completely down.

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.

8 Pretty happy. Spirits high. Feeling good.

9 Very happy. Feeling really good. Elated.

10 Extremely happy. Feeling ecstatic, joyous, fantastic.

Name: Wessman & Ricks' "Elation - Depression Scale" (adapted version)

A-ARE/md/sqr/v/10/b

Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today....?"

10 Complete elation, rapturous joy and soaring ecstasy

9 Very elated and in very high spirits. Tremendous delight and buoyancy

8 Elated and in high spirits

7 Feeling very good and cheerful

6 Feeling pretty good , "OK"

5 Feeling a little bit low. Just so-so

4 Spirits low and somewhat 'blue'

3 Depressed and feeling very low. Definitely 'blue'

2 Tremendously depressed.

Feeling terrible, really miserable, "just awful"

1 Utter depression and gloom. Completely down.

All is black and leaden. Wish it were all over.

Name: Wessman & Ricks' `Elation - depression scale'

A-ARE/md/sqr/v/7/a

Selfreport on single question, asked twice with an interval of 16 days.

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

7 highly elated

6 moderately cheerful

5 mildly cheerful

4 indifferent

3 wildly depressed

2 moderately depressed

1 extremely gloomy

Summation: Average of 32 scores.

A-ARE/mi/sqr/n/7/a

Selfreport on single question repeated several times a day.

" .. mood .."

Full lead question not reported

7 happy

6

5

4

3

2

1 sad

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

Selfreport on 10 questions:

- During the past few weeks, did you ever feel? (yes/no)
- A Particularly excited or interested in something?
 - B So restless that you couldn't sit long in a chair?
 - C Proud because someone complimented you on something you had done?
 - D Very lonely or remote from other people?
 - E Pleased about having accomplished something?
 - F Bored?
 - G On top of the world?
 - H Depressed or very unhappy?
 - I That things were going your way?
 - J Upset because someone criticized you?

Answer options and scoring:

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

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 one something you had done

D That things are going your way

E So restless you couldn't sit long in a chair

F Unhappy or depressed

G Particularly interested in something

H Lonely and remote from other people

Response options:

0 not at all

1 sometimes

2 often

3 very often

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

Summation:

Positive Affect Score (PAS): summed scores on A, C, D, G

Negative Affect Score (NAS): summed scores on B, E, F, H

Affect Balance Score (ABS): PAS minus NAS

Name: Bradburn's Affect Balance Scale (variant)

A-BB/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

Reponse 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

A-BK/cm/mq/v/5/a

Selfreport on 40 questions:

"Over this time period (the last few weeks) I have had the feeling described by":

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

"Over this period (the last few weeks), "how often you felt..."

- U Satisfied
- V Lonely
- W Free-and-easy
- X Clear-headed
- Y Helpless
- Z Impatient
- AA Useful
- AB Depressed
- AC Loving
- AD Hopeless
- AE Optimistic
- AF Withdrawn
- AG Enthusiastic
- AH Good-natured
- AI Discontented
- AJ Confused
- AK Confident
- AL Tense
- AM Understood
- AN Insignificant

Answer options;

- 0 not at all
- 1 occasionally
- 2 some of the time
- 3 often
- 4 all the time

Summation:

- Positive Affect score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect balance score (ABS): PAS minus NAS

Possible range: -4 to +4

A-BK/cw/mq/v/5/a

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 be left alone when I don't want to be
- T I wish I could change some parts of my life
- U I seem to have no real drive to do anything
- V The future looks good
- W I become very lonely
- X I can concentrate well on what I'm doing
- Y I feel out of place
- Z I think clearly and creatively
- AA I feel alone
- AB I feel free and easy
- AC I smile and laugh a lot
- AD I feel things are going my way
- AE The world seems a cold and impersonal place
- AF I feel I've made a mess of things again
- AG I feel like hiding away
- AH I feel confident about decisions I make
- AI I feel depressed for no apparent reason
- AJ I feel other people like me
- AK I feel like a failure
- AL I feel I'm a complete person
- AM I'm not sure I'm done the right 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

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

A-BMc/cw/mq/v/4/a

Selfreport on 25 questions:

A number of statements that people have used to describe how they feel are given below. Read each one and circle the number that best describes how frequently that statement was true for you in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times in the past week.

- A I felt sad
- B I felt I had failed as a person
- C I felt dissatisfied with my life
- D I felt mentally alert
- E I felt disappointed with myself
- F I felt cheerful
- G I felt life wasn't worth living
- H I felt satisfied with my life
- I I felt healthy
- J I felt life crying
- K I felt I had been successful
- L I felt happy
- M I felt I couldn't make decisions
- N I felt unattractive
- O I felt optimistic about the future
- P I felt life was rewarding
- 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.

Positive affect score (PAS): D, F, H, I, K, L, O, P, R, T, V, W.

Affect Balance Score (ABS): PAS - NAS + 39

Name: McGreal & Joseph 'Depression-Happiness Scale' (DHS)

A-TH/md/mq/th%/0/a

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

C-BW/c/sq//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//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//9/a

Selfreport on single question:

"Here is a picture of a ladder. At the bottom of the ladder is the worst life you might reasonably expect to have. At the top is the best life you might expect to have. Of course, life from week to week falls somewhere in between. Where was your life most of the time during the past year?"

- [9] best life you might expect to have
- [8]
- [7]
- [6]
- [5]
- [4]
- [3]
- [2]
- [1] worst life you might expect to have

Name: Cantril's self anchoring ladder rating (modified version)

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

Selfreport on single question:

How would you rate yourself as to how successful or unsuccessful you have been in terms of achieving your own goals and aims in life? Think of the top of the ladder as being completely successful, the bottom being entirely unsuccessful

[10] completely successful

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] entirely unsuccessful

M-AO/u/sq/f/7/a

Selfreport on single question:

Which (of the faces) best described how you feel about your life as a whole?

7 completely happy

6

5

4 neither happy nor unhappy

3

2

1 completely unhappy

M-FH/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

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 extend 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)

M-TH/g/sq/v/5/b

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

O-DT/c/sq/v/7/b

Selfreport 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)

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

Selfreport on single question:

How do you feel about your life as a whole.....?

- 7 delighted
- 6 pleased
- 5 mostly satisfied
- 4 mixed
- 3 mostly dissatisfied
- 2 unhappy
- 1 terrible

Name: Andrews & Withey's 'Delighted-Terrible Scale' (original version)

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

Selfreport on single question, asked twice in interview:

How do you feel about your life as a whole.....?

- 7 delighted
- 6 pleased
- 5 mostly satisfied
- 4 mixed
- 3 mostly dissatisfied
- 2 unhappy
- 1 terrible

Summation: arithmetic mean

Name: Andrews & Withey's "Delighted-Terrible Scale" (original version)
Also known as Lehman's 'Global lifesatisfaction'

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

Selfreport on single question asked twice

'How do you feel about your life as a whole?'

- 1 terrible
- 2 very unhappy
- 3 unhappy
- 4 mostly dissatisfied
- 5 mixed feelings
- 6 mostly satisfied
- 7 pleased
- 8 very pleased
- 9 delighted

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

Selfreport on single question:

"Here are some circles that we can imagine represent the lives of different people. Circle eight has all pluses in it, to represent a person who has all the good things in his life. Circle zero has all minuses in it, to represent a person who has all the bad things in his life. Other circles are in between. Which circle do you think comes closest to matching your life?"

(circles not reproduced here)

- 8 + + + + + + + +
- 7 + + + + + + + -
- 6 + + + + + + - -
- 5 + + + + + - - -
- 4 + + + + - - - -
- 3 + + + - - - - -
- 2 + + - - - - - -
- 2 + - - - - - - -
- 0 - - - - - - - -

Name: Andrews & Withey's 'Circles Scale'

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

Selfreport on single question:

Here are some words and phrases. We would like you to use these in describing how you feel about your present life..

- 1 unhappy
- 2
- 3
- 4
- 5
- 6
- 7 happy

(originally presented horizontally)

Item in Campbell's semantic differential scale

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

Selfreport on single question:

Taking all together, how would you say things are these days? Would you say you are?

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