# World Database of Happiness

## Correlational Findings on Happiness and PERSONALITY: CHANGE

### Subject Code: P2

© on data collection: [Ruut Veenhoven](http://worlddatabaseofhappiness.eur.nl), Erasmus University Rotterdam

### Classification of Findings

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Description</th>
<th>Nr of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>P2</td>
<td>PERSONALITY: CHANGE</td>
<td>0</td>
</tr>
<tr>
<td>P2.1</td>
<td>Change in personality</td>
<td>1</td>
</tr>
<tr>
<td>P2.1.1</td>
<td>Change in personality organization</td>
<td>0</td>
</tr>
<tr>
<td>P2.1.2</td>
<td>Change in personality traits</td>
<td>0</td>
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<tr>
<td>P2.1.2.2</td>
<td>Change in ambitiousness</td>
<td>0</td>
</tr>
<tr>
<td>P2.1.2.9</td>
<td>Change in approval seeking</td>
<td>0</td>
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<tr>
<td>P2.1.2.30</td>
<td>Change in dominance</td>
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<tr>
<td>P2.1.2.58</td>
<td>Change in control orientation</td>
<td>3</td>
</tr>
<tr>
<td>P2.2</td>
<td>Current stage of development</td>
<td>5</td>
</tr>
<tr>
<td>P2.3</td>
<td>Course of development</td>
<td>1</td>
</tr>
</tbody>
</table>

Appendix 1 Happiness Items used

Appendix 2 Statistics used

Appendix 3 About the World Database of Happiness

Appendix 4 Further Findings in the World Database of Happiness

Appendix 5 Related Subjects

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

Correlational finding on Happiness and Change in personality
Subject code: P2.1

Study  LICHT 1980/1

Reported in: Lichter S.; Haye, K.; Kamman, R
Increasing Happiness through Cognitive Retraining.
New Zealand Psychologist, 1980, Vol.9, 57 - 64
Page in Report: 60

Population: Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978

Sample:
Non-Response: 15%
N: 23

Correlate

Authors label: Beliefs about self (2)
Our classification: Change in personality, code P2.1
Measurement: 28-item index with 4 response categories. Typical items are:
- I choose my emotions and feelings
- I believe my personality is fixed
- I am ready to try out new experiences
Assessed at the start (T1) and the end (T2) of a course on happiness and mental health.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/b</td>
<td>r=+.80</td>
<td>T1 LEVEL of beliefs to T1 LEVEL of happiness</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BK/cm/mq/v/5/b</td>
<td>r=+.75</td>
<td>T1-T2 CHANGE in beliefs to T1-T2 CHANGE in happiness</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
## Correlational finding on Happiness and Change in control orientation

**Subject code: P2.1.2.58**

<table>
<thead>
<tr>
<th>Study</th>
<th>ARNOL 2006</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population:</td>
<td>COPD patients, before and after 20 week rehabilitation programme, Netherlands, 2001-2002</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability purposive sample</td>
</tr>
<tr>
<td>N:</td>
<td>65</td>
</tr>
</tbody>
</table>

### Correlate

**Authors label:** Mastery

**Our classification:** Change in control orientation, code P2.1.2.58

**Measurement:** Selfreport on 7 questions such as:
- I have little control over the things that happen to me
- I can do just anything I really set my mind to do

Pearlin and Schooler (1978) Mastery Scale. Range 7-35

**Measured Values:** Range: 7-35; T1: M = 22.6, SD = 5.1; T2: M = 21.2, SD = 4.7

**Remarks:** Assessed before (T1) and after (T2) 20 week rehabilitation program T1-T2 change: ns

### Observed Relation with Happiness

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

Findings on Happiness and PERSONALITY: CHANGE

C-BW/c/sq/l/11/a  \( r = +.06 \) ns  T1 control belief by T2 happiness

C-BW/c/sq/l/11/a  Beta = -13
ns

Beta controled for:
- age, gender
- T1 happiness (indicating CHANGE in happiness)

C-BW/c/sq/l/11/a  \( r = +.24 \) ns  T1-T2 CHANGE in control belief by T2 happiness

C-BW/c/sq/l/11/a  Beta = +.33
p<.054

Beta controled for
- age
- gender
- T1 happiness (indicating CHANGE in happiness)

T1-T2: before-after 20 week rehabilitation program

Correlational finding on Happiness and Change in control orientation
Subject code: P2.1.2.58

Study  ARNOL 2006


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

Sample:  Non-probability purposive sample

Non-Response:  21

N:  65

Correlate

Authors label:  Self efficacy: control symptoms

Our classification:  Change in control orientation, code P 2.1.2.58
Findings on Happiness and PERSONALITY: CHANGE

**Measurement:** Self report on six questions such as:
- How confident are you that you can control your breathlessness by taking your medications?

Subscale of Sullivan 1998 self efficacy scale

**Measured Values:** Range 0-24; T1: M = 17.8 SD = 3.2 T2: M = 19.7 SD = 2.9

**Remarks:** Assessed before (T1) and after (T2) 20 week rehabilitation program
T1–T2 change p<.002

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.06</td>
<td>T1 symptom control by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beta=+.03</td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>- gender</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness (indicating CHANGE in happiness)</td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.15</td>
<td>T1–T2 CHANGE in symptom control by T2 happiness</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beta=+.25</td>
<td>Beta's controled for:</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>- age</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- gender</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- T1 happiness (indicating CHANGE in happiness)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1–T2: before–after 20 week rehabilitation program</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Change in control orientation**

**Subject code:** P2.1.2.58

**Study** | ARNOL 2006
Findings on Happiness and PERSONALITY: CHANGE


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

Sample: Non-probability purposive sample

Non-Response: 21 N: 65

Correlate

Authors label: Self efficacy: maintain function

Our classification: Change in control orientation, code P2.1.2.58

Measurement: Self report on three questions such as:
- How confident are you that you cab get regular exercise?
- Maintain function subscale of Sullivan (1998) self efficacy scale

Measured Values: Range: 0-12; T1: M = 7,2, SD = 2,4; T2: M = 8,0, SD = 2,6

Remarks: Assessed before (T1) and after (T2) 20 week rehabilitation program T1=T2 change ns

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>r=+.29 ns</td>
<td>T1 maintain function by T2 happiness</td>
</tr>
<tr>
<td>C-BW/c/sq/l/11/a</td>
<td>Beta=+32 p&lt;.073</td>
<td>- age - gender - T1 happiness (indicating CHANGE in happiness)</td>
</tr>
</tbody>
</table>

Findings on Happiness and PERSONALITY: CHANGE

C-BW/c/sq/l/11/a  r=+.19  
ns  

C-BW/c/sq/l/11/a  B=+.27  
ns  

Betass controled for:
- age
- gender
- T1 happiness (indicating CHANGE in happiness)

T1-T2: before-after 20 week rehabilitation program

Correlational finding on Happiness and Current stage of development
Subject code: P2.2

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: 52-57

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

Sample:

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

N: 952

Correlate

Authors label: Psycho-social development. (1)

Our classification: Current stage of development, code P 2.2
**Measurement:** 60-item inventory describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crises of Erikson's stages of psycho-social development (adapted from Wessman & Ricks; see last pages).

1a. Successful first stage: basic trust

1b. Unsuccessful first stage: basic mistrust.

2a. Successful second stage: autonomy.

2b. Unsuccessful second stage: shame and doubt.

3a. Successful third stage: initiative.

3b. Unsuccessful third stage: guilt.

4a. Successful fourth stage: industry.

4b. Unsuccessful fourth stage: inferiority.

5a. Successful fifth stage: identity.

5b. Unsuccessful fifth stage: identity diffusion.

6a. Successful sixth stage: intimacy.

6b. Unsuccessful sixth stage: isolation
Remarks: Analysis on the basis of the 16 most happy and 16 least happy Ss in each of the 8 sex/class groups (N-256). The same items as in the Wessman & Ricks study were used. In this study each item was rated on a 7-point scale ranging from 'definitely most uncharacteristic of you' to 'definitely most characteristic of you'. Significance and elaboration were based on Analysis of Variance.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>DM=+</td>
<td>Unaffected by sex and stage of study.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>DM=-</td>
<td>Lower in junior years, esp. among males.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td>In senior years stronger among females.</td>
</tr>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>DM=ns</td>
<td>Slightly negative among males.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Slightly positive among females.</td>
</tr>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>DM=-</td>
<td>Stronger among females than among males.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td>Unaffected by stage of study.</td>
</tr>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>DM=+</td>
<td>Unaffected by sex and stage of study.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>DM=-</td>
<td>Among males stronger in freshman years.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td>Among females strongest in senior years and lowest in junior years.</td>
</tr>
</tbody>
</table>
Findings on Happiness and PERSONALITY: CHANGE

A-AOL/cy/sq/v/10/a  DM=  Unaffected by sex and stage of study.
   p<.01

A-AOL/cy/sq/v/10/a  DM=  Unaffected by sex and study.
   p<.01

A-AOL/cy/sq/v/10/a  DM=+  Among males strongest in sophomore years and
   lowest in senior years.
   p<.01
   Among females stronger in senior years.

A-AOL/cy/sq/v/10/a  DM=-  Unaffected by sex and stage of study.
   p<.01

Correlational finding on Happiness and Current stage of development
Subject code: P2.2

Study  CONSTIT 1970

Reported in: Constantinople, A.P.
Some Correlates of Average Level of Happiness among College Students.
Paper, 1970 based on unpublished doctoral dissertation, 1965, University of
Rochester, USA
Page in Report: 10

Population: Undergraduate college students, University of Rochester, USA, followed 12 months,
1965-68

Sample:
Non-Response: 50% return of mailed questionnaire.

N: 581

Correlate

Authors label: Psycho-social development. (1)

Our classification: Current stage of development, code P2.2

Measurement: 60-item Inventory of Psycho-Social Development.

1a. Successful first stage: basic trust
1b. Unsuccessful first stage: basic mistrust.
2a. Successful second stage: autonomy.
2b. Unsuccessful second stage: shame and doubt.
3a. Successful third stage: initiative.
3b. Unsuccessful third stage: guilt.
4a. Successful fourth stage: industry.
4b. Unsuccessful fourth stage: inferiority.
5a. Successful fifth stage: identity.
5b. Unsuccessful fifth stage: identity diffusion.
6a. Successful sixth stage: intimacy.
6b. Unsuccessful sixth stage: isolation.

Remarks: These data concern all Ss from the Constantinople (1965) sample (see above). In this analysis N = 581.

Observed Relation with Happiness

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

Findings on Happiness and PERSONALITY: CHANGE

A-AOL/cy/sq/v/10/a  r=+  1a: basic trust
freshman males : r = +.34 (01)
senior males : r = +.48 (01)
freshman females : r = +.33 (01)
senior females : r = +.43 (01)

A-AOL/cy/sq/v/10/a  r=  1b: basic mistrust
freshman males : r = -.37 (01)
senior males : r = -.58 (01)
freshman females : r = -.21 (01)
senior females : r = -.42 (01)

A-AOL/cy/sq/v/10/a  r=+  2a: autonomy
freshman males : r = +.12 (ns)
senior males : r = +.18 (05)
freshman females : r = +.10 (ns)
senior females : r = +.12 (ns)

A-AOL/cy/sq/v/10/a  r=  2b: shame and doubt
freshman males : r = -.10 (ns)
senior males : r = -.21 (05)
freshman females : r = -.07 (ns)
senior females : r = -.25 (01)

A-AOL/cy/sq/v/10/a  r=+  3a: initiative
freshman males : r = +.19 (05)
senior males : r = +.38 (01)
freshman females : r = +.36 (01)
senior females : r = +.24 (01)

A-AOL/cy/sq/v/10/a  r=  3b: guilt
freshman males : r = -.32 (01)
senior males : r = -.46 (01)
freshman females : r = -.18 (05)
senior females : r = -.24 (01)

A-AOL/cy/sq/v/10/a  r=+  4a: industry
freshman males : r = +.14 (ns)
senior males : r = +.25 (01)
freshman females : r = +.09 (ns)
senior females : r = +.16 (ns)
### Findings on Happiness and PERSONALITY: CHANGE

<table>
<thead>
<tr>
<th>Correlation</th>
<th>Stage</th>
<th>Group</th>
<th>Correlation Coefficient</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>4b: inferiority</td>
<td>freshman males</td>
<td>$r = -0.13$ (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior males</td>
<td>$r = -0.21$ (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>freshman females</td>
<td>$r = -0.15$ (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior females</td>
<td>$r = -0.23$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5a: identity</td>
<td>freshman males</td>
<td>$r = +0.18$ (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior males</td>
<td>$r = +0.48$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>freshman females</td>
<td>$r = +0.35$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior females</td>
<td>$r = +0.42$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5b: identity diffusion</td>
<td>freshman males</td>
<td>$r = -0.12$ (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior males</td>
<td>$r = -0.10$ (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>freshman females</td>
<td>$r = -0.01$ (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior females</td>
<td>$r = -0.21$ (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6a: intimacy</td>
<td>freshman males</td>
<td>$r = +0.14$ (ns)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior males</td>
<td>$r = +0.39$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>freshman females</td>
<td>$r = +0.19$ (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior females</td>
<td>$r = +0.20$ (05)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6b: isolation</td>
<td>freshman males</td>
<td>$r = -0.22$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior males</td>
<td>$r = -0.36$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>freshman females</td>
<td>$r = -0.27$ (01)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>senior females</td>
<td>$r = -0.36$ (01)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current stage of development

**Subject code: P2.2**

**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:** 107-109

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

Findings on Happiness and PERSONALITY: CHANGE

**Sample:** Non-probability chunk sample

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

**N:** 17

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**Correlate**

**Authors label:** Psycho-social stages of development (1)

**Our classification:** Current stage of development, code P2.2

**Measurement:**

60-item Q sort, describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crisis of Erikson's stages of psycho-social development (see Erikson, 1959). There were 5 items indicative of successful and 5 items indicative of unsuccessful resolution for each of the six stages. The subject was instructed to fit the set of items into a forced, seminormal distribution on a 7-point scale ranging from 'least characteristic' to 'most characteristic'.

1A. Successful oral sensory:

- basic trust.
  - Placid and untroubled / accessible to new ideas / imperturbable optimist / able to take things as they come / deep, unshakable faith in himself.

1B. Unsuccessful oral sensory:

- basic mistrust.
  - Incapable of absorbing frustration and everything frustrates him / can't share things with anybody / pessimistic, little hope / dim nostalgia for lost paradise / never gets what he really wants.

2A. Successful muscular anal:

- autonomy.
  - Values independence above security / free and spontaneous / stands on his own two feet / quietly goes his own way / good judge of when to comply and when to assert himself.
2B. Unsuccessful muscular anal: shame and doubt.
An automatic response to all situations / meticulous and over-organized / cautious, hesitant, doubting / feels as if he were being followed / always in the wrong, apologetic.

3A. Successful locomotor genital: initiative.
Adventuresome / dynamic / ambitious / inventive, delights in finding new solutions to new problems / sexually aware.

3B. Unsuccessful locomotor genital: guilt.
Sexually blunted / afraid to impotence / thinks too much about the wrong things / big smoke but no fire / inhibited and self-restricted.

4A. Successful latency: industry.
Conscientious and hard working / interested in learning and likes to study / serious, has high standards / accomplishes much, truly productive / excels in his work.

4B. Unsuccessful latency: inferiority.
Can't fulfill his ambitions / doesn't apply himself fully / fritters away his time / ineffective, doesn't amount to much / a playboy, always 'hacking' around.

5A. Successful puberty adolescence: identity.
Confidence is brimming over / natural and genuine / poised / knows who he is and what he wants out of life / pride in his own character and values.

5B. Unsuccessful puberty and adolescence: role diffusion.
A poseur, all facade and pretence / spreads himself thin / attempts to appear at ease / never knows he feels / afraid of commitment.

6A. Successful young adulthood: intimacy.
Candid, not afraid to expose himself / warm and friendly / has sympathetic concern for others / tactful in interpersonal relations / comfortable in intimate relationships.

6B. Unsuccessful young adulthood: isolation.
Little regard for the rest of the world / pre-occupied with himself / very lonely / cold and remote / secretly oblivious of the opinions of others.

Remarks: Self-description made both in very elated and in very depressed moods. ('an accurate picture of yourself as your honestly feel and believe you are'.)

Observed Relation with Happiness

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<tbody>
<tr>
<td>A-ARE/md/sqr/v10/</td>
<td>r=+.21</td>
<td>1A.Basic trust: in elation</td>
</tr>
<tr>
<td>a</td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and PERSONALITY: CHANGE

1A. Autonomy: in elation

\[ r = +.44 \text{ ns} \]

1B. Basic mistrust: in elation

\[ r = -.56 \text{ p<.05} \]

2A. Autonomy: in elation

\[ r = +.03 \text{ ns} \]

2B. Shame and doubt: in elation

\[ r = -.45 \text{ ns} \]

\[ r = -.74 \text{ p<.05} \]
Findings on Happiness and PERSONALITY: CHANGE

3A. Initiative: in elation
r = +.63  p < .05
in depression

3B. Guilt: in elation
r = -.28  ns
in depression

4A. Industry: in elation
r = +.48  p < .05
in depression

4B. Inferiority: in elation
r = -.62  p < .05
in depression
Findings on Happiness and PERSONALITY: CHANGE

5A. Identity: in elation
A-ARE/md/sqr/v/10/ a
r=+.42 ns

6A. Intimacy: in elation
A-ARE/md/sqr/v/10/ a
r=+.69 p<.05

5B. Role diffusion: in elation
A-ARE/md/sqr/v/10/ a
r=-.23 ns

6B. Isolation: in elation
A-ARE/md/sqr/v/10/ a
r=-.66 p<.05

Correlational finding on Happiness and Current stage of development
Subject code: P2.2
Study | WESEM 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: 112/113

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: | Psycho-social development (1)
Our classification: | Current stage of development, code P2.2
Measurement: | Analysis of individual items from a 60-item Q sort, filled out both in very elated and in very depressed moods for both self-concept ('an accurate picture of yourself as you honestly feel and believe you are') and ideal-concept ('the picture of the sort of person you have hoped to become or fancied yourself to be').

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/a</td>
<td>r= + p&lt;.05</td>
<td>The unhappy men were more concerned, in both their real-self and ideal-self, with Erikson's fourth development crisis Industry vs Inferiority, while the happy men were more concerned with the sixth stage Intimacy vs Isolation. (See also 'Congruency between Real and Ideal Self-Image', and 'Content of Self-Image'; S2.1.1 and S2.2).</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current stage of development
Subject code: P2.2
Findings on Happiness and PERSONALITY: CHANGE

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: 124

*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:* Psycho-sexual stages of development (1)

*Our classification:* Current stage of development, code P 2.2

*Measurement:* Composite clinical rank order on symptomatic characteristics indicative of degree of fixation at or regression to the various psycho-sexual stages.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/ a</td>
<td>r=ns</td>
<td>1. Oral receptive</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/ a</td>
<td>r=ns</td>
<td>2. Oral aggressive</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/ a</td>
<td>r=ns</td>
<td>3. Anal expulsive</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/ a</td>
<td>r=-.44</td>
<td>4. Anal rententive</td>
</tr>
<tr>
<td></td>
<td>p&lt;.10</td>
<td></td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Course of development
Subject code: P2.3

Study STECA 2004


Page in Report:

Population: Elementary school students followed 10 years, Italy, 199?

Sample: Non-probability purposive sample

Non-Response: 76/114

N: 306

Correlate

Authors label: Developmental pathways

Our classification: Course of development, code P 2.3

Measurement: Development since T1

A. Positive-stable
   from well-adapted to well-adapted
B. Negative-stable:
   passing from ill-adapted to ill-adapted
C. Worsening:
   from well-adapted clusters to ill-adapted
D. Improvement:
   from ill-adapted clusters to well-adapted

Measured Values:

T1: N(male, female) 1=93(37,56), 2=22(21,1), 3=54(23,31), 4=84(59,25), irregular=53
T2: N(male, female) 1=75(27,48), 2=12(only male), 3=40(17,23), 4=61(42,19)
T3: N(male, female) 1=64(21,43), 2=9(only male), 3=29(14,15), 4=54(36,18)
Remarks: Adapted clusters are measured by Prosocial behavior scale in self report and teacher rating, Emotional instability scale in self report and teacher rating, Physical and verbal aggression scale in self report and teacher rating, and social efficacy with peer nomination relative to popularity and refuse in the class.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| A-BW/?/mq/?/0/a    | DM=+       | T2 happiness T3 happiness  
|                   |            | A: M=1.47, SD=.83  M=1.56, SD=1.22  
|                   |            | B: M=0.96, SD=.75  M=1.42, SD=1.03  
|                   |            | C: M=0.80, SD=.91  M=1.13, SD=1.09  
|                   |            | D: M=1.63, SD=.62  M=1.78, SD=.86  
|                   | BMCT=      | At T2: A, B > C  
|                   | p<.01      |                     |
| A-BW/?/mq/?/0/a    | BMCT=      | At T3  
|                   | ns         |                     |

Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
</table>
| A-AOL/cy/sq/v/10/a  | Selfreport on single question:  
|                     | "In thinking over the past year, indicate how elated or depressed, happy or unhappy you have felt...?"  
|                     | 10 Complete elation, rapturous joy and soaring ecstasy  
|                     | 9 Very elated and in very high spirits. Tremendous delight and buoyancy.  
|                     | 8 Elated and in high spirits.  
|                     | 7 Feeling very good and cheerful.  
|                     | 6 Feeling pretty good, "OK".  
|                     | 5 Feeling a little bit low. Just so-so.  
|                     | 4 Spirits low and somewhat "blue".  
|                     | 3 Depressed and feeling very low. Definitely "blue".  
|                     | 2 Tremendously depressed.  

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Feeling terrible, really miserable, "just awful".
1 Utter depression and gloom. Completely down.
All is black and leaden. Wish it were all over.

Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"On the average, how happy or unhappy did you feel today....?"
2 Very unhappy. Depressed. Spirits very low.
3 Pretty unhappy. Somewhat 'blue'. Spirits down.
4 Mildly unhappy. Just a little low.
5 Barely unhappy. Just this side of neutral.
6 Barely happy. Just this side of neutral.
7 Mildly happy. Feeling fairly good and somewhat cheerful.

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

Selfreport on 48 questions:

SENTENCES
Each of the sentences below describes a FEELING. Mark HOW OFTEN you had that feeling during the past few weeks.

A Nothing goes right with me
B I feel close to people around me
C I feel as though the best years of my life are over
D I feel my life is on the right track
E I feel loved and trusted
F My work gives me a lot of pleasure
G I don't like myself
H I feel very tense
I I feel life isn't worth living
J I am content with myself
K My past life is filled with failure
L Everything I do seems worthwhile
M I amn'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 few weeks;
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
Findings on Happiness and PERSONALITY: CHANGE

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 month
A-BW/?/mq/?/0/a  Selfreport on 20 questions:
       Lead item not reported.
       A nervous
       B distressed
       C afraid
       D jittery
       E irritable
       F upset
       G scared
       H exited
       I ashamed
       J guilty
       K hostile
       L active
       M determined
       N inspired
       O enthusiastic
       P alert
       Q attentive
       R proud
       S strong
       T interested

Negative affect score (NAS): A to K
Positive affect score (PAS): L to T
Affect Balance Score (ABS): PAS - NAS

Name: Watson's PANAS version not reported

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

"Here is a picture of a ladder. Suppose we say that the top of the ladder represents the best possible life for you and the bottom represents the worst possible life for you. Where on the ladder do you feel you personally stand at the present time?"

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

Preceded by 1) open questions about what the respondent imagines as the best possible life and the worst possible life. 2) ratings on the ladder of one's life five years
ago and where on the ladder one expects to stand five years from now.

Name: Cantril's self anchoring ladder rating of life (original)
Appendix 2: Statistics used

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| B      | REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS)  
Type: test statistic  
Measurement level: Correlate: metric, Happiness: metric  
Theoretical range: unlimited  
Meaning:  
B > 0 A higher correlate level corresponds with, on an average, higher happiness rating.  
B < 0 A higher correlate level corresponds with, on an average, lower happiness rating.  
B = 0 Not any correlation with the relevant correlate. |
| Beta   | (β) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS)  
Type: test statistic.  
Measurement level: Correlates: all metric, Happiness: metric.  
Range: [-1 ; +1]  
Meaning:  
 beta > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
 beta < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
 beta = 0 « no correlation.  
 beta = +1 or -1 « perfect correlation.  
Remark:  
Mean of observations is subtracted from all observations if standardized. |
| BMCT   | BONFERRONI's MULTIPLE COMPARISON TEST  
Type: statistical procedure  
Measurement level: Correlate: nominal, Happiness: metric  
Meaning: if the correlate is measured at c levels, the c mean happiness values can be ranked from low to high. A multiple comparison procedure judges for each of the \( \frac{1}{2}c(c-1) \) pairs whether or not they differ significantly. A convenient way to represent the results is by ranking the c means and by underlining them in such a way that means which have a common underlining do NOT differ significantly.  
When added by us, this test is performed at the 95% confidence level for all the differences together. |
Findings on Happiness and PERSONALITY: CHANGE

DIFFERENCE of MEANS
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness: metric
Range: depending on the happiness rating scale of the author; range symmetric about zero.

Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.

PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient' or simply 'correlation coefficient')
Type: test statistic.
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

Meaning:
\[ r = 0 \] « no correlation ,
\[ r = 1 \] « perfect correlation, where high correlate values correspond with high happiness values, and
\[ r = -1 \] « perfect correlation, where high correlate values correspond with low happiness values.

Appendix 3: About the World Database of Happiness

Structure of the collections

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

World literature on Happiness
Selection on subject

Bibliography and Directory

Selection of empirical studies
Selection on valid measurement: Item Bank
### Appendix 4 Further Findings in the World Database of Happiness

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<th>Main Subjects</th>
<th>Subject Description</th>
<th>Number of Studies</th>
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</thead>
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<td>A1</td>
<td>ACTIVITY: LEVEL (how much one does)</td>
<td>58</td>
</tr>
<tr>
<td>A2</td>
<td>ACTIVITY: PATTERN (what one does)</td>
<td>32</td>
</tr>
<tr>
<td>A3</td>
<td>AFFECTIVE LIFE</td>
<td>48</td>
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<td>A4</td>
<td>AGE</td>
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<td>AGGRESSION</td>
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<td>A6</td>
<td>ANOMY</td>
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<td>A7</td>
<td>APPEARANCE (good looks)</td>
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<tr>
<td>A8</td>
<td>ATTITUDES</td>
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<td>A9</td>
<td>AUTHORITARIANISM</td>
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<td>B1</td>
<td>BIRTH CONTROL</td>
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<td>B2</td>
<td>BIRTH HISTORY (own birth)</td>
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<td>CHILDREN: WANT FOR (Parental aspirations)</td>
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<td>CHILDREN: HAVING (parental status)</td>
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<td>CHILDREN: CHARACTERISTICS OF ONE’S CHILDREN</td>
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<td>CHILDREN: RELATION WITH ONE’S CHILDREN</td>
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<td>C6</td>
<td>CHILDREN: REARING OF ONE’S CHILDREN (parental behavior)</td>
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<td>CREATIVENESS</td>
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<td>CULTURE (Arts and Sciences)</td>
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<td>DAILY JOYS &amp; HASSLES</td>
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<td>FAMILY OF PROCREATION</td>
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<td>H3</td>
<td>HAPPINESS: VIEWS ON HAPPINESS</td>
<td>49</td>
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<td>H4</td>
<td>HAPPINESS: DISPERSION OF HAPPINESS</td>
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<td>H5</td>
<td>HAPPINESS: CAREER</td>
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<td>HAPPINESS OF OTHERS</td>
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<td>H8</td>
<td>HAPPINESS: REPUTATION OF HAPPINESS</td>
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Findings on Happiness and PERSONALITY: CHANGE

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### Findings on Happiness and PERSONALITY: CHANGE

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Appendix 5: Related Subjects

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<td>P2.1.2.30 Change in dominance</td>
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A report of the World Database of Happiness, Correlational Findings