### World Database of Happiness

#### Correlational Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Subject Code: P13

© on data collection: Ruut Veenhoven, Erasmus University Rotterdam

<table>
<thead>
<tr>
<th>Subject Code</th>
<th>Description</th>
<th>Nr of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>P13</td>
<td>PSYCHO-SOMATIC COMPLAINTS</td>
<td>0</td>
</tr>
<tr>
<td>P13.1</td>
<td>Psycho-somatic career</td>
<td>0</td>
</tr>
<tr>
<td>P13.1.1</td>
<td>Earlier psycho-somatic complaints</td>
<td>4</td>
</tr>
<tr>
<td>P13.1.2</td>
<td>Change in psycho-somatic complaints</td>
<td>0</td>
</tr>
<tr>
<td>P13.1.3</td>
<td>History of current complaints</td>
<td>1</td>
</tr>
<tr>
<td>P13.1.4</td>
<td>Later psycho-somatic complaints</td>
<td>3</td>
</tr>
<tr>
<td>P13.2</td>
<td>Current psycho-somatic complaints</td>
<td>34</td>
</tr>
<tr>
<td>P13.2.1</td>
<td>Current physical complaints</td>
<td>2</td>
</tr>
<tr>
<td>P13.2.2</td>
<td>Current mental complaints</td>
<td>18</td>
</tr>
<tr>
<td>P13.3</td>
<td>Attitudes to psycho-somatic complaints</td>
<td>0</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 PSYCHO-SOMATIC COMPLAINTS
World Database of Happiness, Correlational Findings
Internet: worlddatabaseofhappiness.eur.nl
Erasmus University Rotterdam, 2009, Netherlands
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Correlational finding on Happiness and Earlier psycho-somatic complaints
Subject code: P13.1.1

Study

BACHM 1978/2

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

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

Sample:

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

N: 2213

Correlate

Authors label: Somatic symptoms (1)

Our classification: Earlier psycho-somatic complaints, code P13.1.1

Measurement: Mean based on an 18-item checklist of physical complaints, including such questions as: "Have you ever had spells of dizziness?", "Are you ever bothered by nightmares?"
Scale: 1.00 = never to 5.00 = always.
Assessed at T1, T2, T3, and T4

Observed Relation with Happiness

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

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

<table>
<thead>
<tr>
<th></th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
<th>T4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness tau</td>
<td>-.33</td>
<td>-.26</td>
<td>-.22</td>
<td>-.21</td>
</tr>
<tr>
<td>T2</td>
<td>-.28</td>
<td>-.35</td>
<td>-.27</td>
<td>-.26</td>
</tr>
<tr>
<td>T3</td>
<td>-.22</td>
<td>-.31</td>
<td>-.40</td>
<td>-.30</td>
</tr>
<tr>
<td>T4</td>
<td>tau</td>
<td>-.24</td>
<td>-.28</td>
<td>-.30</td>
</tr>
<tr>
<td></td>
<td>All tau's significant (p &lt; .001)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


Correlational finding on Happiness and Earlier psycho-somatic complaints
Subject code: P13.1.1

Study

COSTA 1980/2

Reported in: Costa, P.T.; McCrae, R.R.
Influence of Extraversion and Neuroticism on Subjective Well-Being: Happy and Unhappy People.
Page in Report: 675

Population: 25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76

Sample:

Non-Response: N: 234

Correlate

Authors label: Neuroticism (1)

Our classification: Earlier psycho-somatic complaints, code P13.1.1

Measurement: Cattell (1973) Sixteen Personality Factor Questionnaire Assessed at T1 (10 years ago)

Observed Relation with Happiness

<table>
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<th>Happiness Measure</th>
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</table>

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

A-BB/cy/mq/v/2/a r=.30 p<.001
Hedonic level assessed at T2
NAS: r = +.39 (001)
PAS: r = -.08 ns

Correlational finding on Happiness and Earlier psycho-somatic complaints
Subject code: P13.1.1

Study COSTA 1981

Reported in: Costa, P.T.; McCrae, R.R.; Morris, A.H.
Personal Adjustment to Aging: Longitudinal Prediction from Neuroticism and Extraversion.

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

Sample:
Non-Response: Attrition 79% at T3, mostly among psychologically least adjusted
N: 117

Correlate

Authors label: Neuroticism (2)

Our classification: Earlier psycho-somatic complaints, code P13.1.1

Measurement: Factor-score derived from Guilford/ Zimmerman Temperament Survey (GZTS),
labeled 'Emotional Health' in Guilford et al 1976.
High loadings on: emotional stability, objectivity, friendliness and personal relationships.

Observed Relation with Happiness

Happiness Measure Statistics Elaboration/Remarks
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

C-A/h/sq/v/3/a  \( r = p < s \)  T1 neuroticism by T1 happiness:
- Young (18–49): \( r = -.17 \)  (001)
- Old (50–97): \( r = -.15 \)  (01)

C-A/h/sq/v/3/a  \( r = .19 \)  \( p < .01 \)  T1 neuroticism by T2 happiness (2–10 yrs later)

C-A/h/sq/v/3/a  \( r = -.11 \)  ns  T1 neuroticism by T3 happiness (10–17 yrs later)

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**Correlational finding on Happiness and Earlier psycho-somatic complaints**

**Subject code: P13.1.1**

**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: 350,250,60

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

*Sample:

  *Non-Response:* 18%
  *N:* 296

**Correlate**

*Authors label:* Neuroticism (1)

*Our classification:* Earlier psycho-somatic complaints, code P13.1.1
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Measurement:
14-item additive index about occurrence of neurotic symptoms. 0:'not often', 1:'often' or no answer.
Typical items are:
- Do you sometimes feel very unhappy without knowing why?
- Are you dizzy sometimes?
- Do your troubles often prevent you from falling asleep?
- Do you sometimes have the feeling that your life is senseless?
Assessed at T1(1970)

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r=-.40</td>
<td>T2 happiness by T1 neuroticism</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r=-.44</td>
<td>T3 happiness by T1 neuroticism.</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>ßL=.24</td>
<td>T2 happiness by T1 neuroticism. ßL path coefficient in a LISREL model, also involving self-esteem, internal control, intimacy with partner, adequacy of coping, self- and externally induced burdens.</td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>ßL=.36</td>
<td>T3 happiness bij T1 neuroticism. ßL path coefficient in a LISREL model, also involving self-esteem, internal control, intimacy with partner, quality of life and adequacy of coping.</td>
</tr>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>ßL=.32</td>
<td>T2 happiness by T1 neuroticism. ßL path coefficient in a LISREL model, also involving self-esteem, internal control, unhappy childhood and traumatic childhood experiences.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and History of current complaints  
**Subject code: P13.1.3**

**Study**  
**HOLLO 1999**

*Reported in:* Holloway, F. ; Carson, J.  
Subjective Quality of Life, Psychopathology, Satisfaction with Care and Insight: an Exploratory Study.  
Page in Report: 263

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

*Sample:* Non-probability purposive sample

*Non-Response:* 0

*N:* 70

**Correlate**

*Authors label:* SBS severe and moderate problems

*Our classification:* History of current complaints, code P13.1.3

*Measurement:* Rating of psychotic symptomatology or disability with severe mental illness by psychiatrist  
- Depression  
- Inappropriate sexual behaviour  
- Poor self care  
- Slowness  
- Underactivity  
- Poor attention span  
- Other behaviour

*Remarks:* Social Behavior Schedule (SBS) [Wykes & Sturt, 1986]

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r=-.01</td>
<td></td>
</tr>
</tbody>
</table>

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

O-DT/u/sqt/v/7/a  r= -.09  T1-T3 change in happiness by T1-T3 change symptoms
                 p<.57  (T1-T3 18 months)

O-DT/u/sqt/v/7/a  rpc= +04  rpc controled for depression as measured with
                 p<.70  subscale of comprehensive Psychitric Rating Scale

Correlational finding on Happiness and Later psycho-somatic complaints
Subject code: P13.1.4

Study  
BACHM 1977

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

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:  Somatic symptoms (1)

Our classification:  Later psycho-somatic complaints, code P13.1.4

Measurement:  Mean based on an 18-item checklist of physical complaints, including such questions as: "Have you ever had spells of dizziness?", "Are you ever bothered by nightmares?"  
Scale:  1.00 = never to 5.00 = always. Assessed at T1, T2, T3 and T4

Observed Relation with Happiness

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

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

<table>
<thead>
<tr>
<th></th>
<th>Somatic symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness</td>
<td>T1</td>
</tr>
<tr>
<td></td>
<td>tau = -0.33</td>
</tr>
<tr>
<td></td>
<td>tau = -0.28</td>
</tr>
<tr>
<td></td>
<td>tau = -0.22</td>
</tr>
<tr>
<td></td>
<td>tau = -0.24</td>
</tr>
</tbody>
</table>

All tau's significant (0.01)


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Correlational finding on Happiness and Later psycho-somatic complaints

Subject code: P13.1.4

Study

**Study**

*Reported in:* Brenner, B.
Depressed Affect as a Cause of Associated Somatic Problems.
Psychological Medicine, 1979, Vol. 9, 737 - 746 ISSN p. 0033 2917; ISSN e 1469 8978
Page in Report: 740-742

*Population:* 18+ aged, general public, Washington County, USA, 1973

*Sample:

Non-Response: Non-response: 23% Not selected for follow up: 36% Dropout: ±23%

*N:* 1755

Correlate

*Authors label:* Psychosomatic symptoms (1)

*Our classification:* Later psycho-somatic complaints, code P13.1.4
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Measurement: Three-item index:
1. 'I felt that everything I did was an effort.'
2. 'I did not feel like eating; my appetite was poor.'
3. 'My sleep was restless.'
Subjects were asked for each item to indicate how often they felt this way during the past week; 1: rarely or none of the time, 2: some or a little of the time, 3: occasionally or a moderate amount of time, 4: most or all of the time.
These categories were recoded in: rarely experiencing depressed affect (1), occasionally experiencing depressed affect (2+3), frequently experiencing depressed affect (4).
Items are drawn from the 20-item CES-D scale of depressive symptomatology (Comstock & Helsing, 1976; Radloff, 1977).

Observed Relation with Happiness

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<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BBr/cw/mg/v/4/b</td>
<td>G = -.32</td>
<td>Synchronic correlation at T1.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .001</td>
<td></td>
</tr>
<tr>
<td>A-BBr/cw/mg/v/4/b</td>
<td>Gs = -.06</td>
<td>Synchronic correlation at T1 controlled for happiness (AFF 2.2a).</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Later psycho-somatic complaints

Subject code: P13.1.4

Study: MCCRA 1990

Reported in: McCrae, R.R.; Costa, P.T.
Page in Report: 23/24

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

Sample: Non-Response:
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

N: 429

**Correlate**

**Authors label:** Neuroticism (1)

**Our classification:** Later psycho-somatic complaints, code P13.1.4

**Measurement:** Index of closed questions answered by Ss and spouse. NEO Personality Inventory (Costa et al. 1985). Typical characteristics of high scores are:
- worrying, nervous, emotional
- inadequate, insecure
- hypochondriacal
Assessed at T1 (1979), T2 (1981) and T3 (1986)

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mg/v/2/a</td>
<td>$r = -0.33$ $p &lt; 0.01$</td>
<td>T1 happiness (ABS) by T3 self-rated neuroticism</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>$r = -0.27$ $p &lt; 0.01$</td>
<td>T1 happiness (LS) by T3 self-rated neuroticism</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>$r = -0.32$ $p &lt; 0.01$</td>
<td>T2 happiness (LS) by T3 self-rated neuroticism</td>
</tr>
<tr>
<td>A-BB/cm/mg/v/2/a</td>
<td>$r = -0.37$ $p &lt; 0.01$</td>
<td>T2 happiness (ABS) by T3 self-rated neuroticism</td>
</tr>
<tr>
<td>A-BB/cm/mg/v/2/a</td>
<td>$r = -0.44$ $p &lt; 0.01$</td>
<td>T1 happiness (ABS) by T3 spouse-rated neuroticism</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>$r = -0.37$ $p &lt; 0.01$</td>
<td>T1 happiness (LS) by T3 spouse-rated neuroticism</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>$r = -0.38$ $p &lt; 0.01$</td>
<td>T2 happiness (LS) by T3 spouse-rated neuroticism</td>
</tr>
<tr>
<td>A-BB/cm/mg/v/2/a</td>
<td>$r = -0.33$ $p &lt; 0.01$</td>
<td>T2 happiness (ABS) by T3 spouse-rated neuroticism</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study

ALLAR 1973/1

Reported in: Allardt, E.
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: Anxiety (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: 10 questions on psychosomatic diseases; answer categories: 1=yes, 2=no, 3=can't say, no information

Observed Relation with Happiness

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

http://worlddatabaseofhappiness.eur.nl/hap_cor/top_sub.php?code=P13 (12 of 95)
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

O-HL/c/sq/v/4/a  rpc=-.30  Controlled for: Income, housing density, education, social status, chronic illness, 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 communities, interesting life, easyness of life, loneliness, 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 Current psycho-somatic complaints
Subject code: P13.2

Study  ALLAR 1973/2

Reported in: Allardt, E.
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: Anxiety (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: 10 questions on psychosomatic diseases; answer categories: 1=yes, 2=no, 3=can't say, no information
### Observed Relation with Happiness

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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc = .35</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, 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 communities, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current psycho-somatic complaints

**Subject code: P13.2**

**Study**

*Study*:

<table>
<thead>
<tr>
<th>Study Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALLAR 1973/3</td>
<td></td>
</tr>
</tbody>
</table>

*Reported in:*

Allardt, E.  
Research Group for Comparative Sociology, 1973, Report 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:*

Anxiety (1)  

*Our classification:*

Current psycho-somatic complaints, code P13.2
**Measurement:** 10 questions on psychosomatic diseases; answer categories: 1=yes, 2=no, 3=can't say, no information

**Observed Relation with Happiness**

<table>
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<tr>
<th>Happiness Measure</th>
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<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=-.27</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, 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 communities, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code:** P13.2

**Study**

ALLAR 1973/4


**Population:** 15-64 aged, general public, Sweden, 1972

**Sample:** Probability multistage stratified area sample

**Non-Response:**

\[ N: 1000 \]
Findings on Happiness and Psycho-somatic Complaints

Authors label: Anxiety (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: 10 questions on psychosomatic diseases; answer categories: 1=yes, 2=no, 3=can't say, no information

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
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</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc=-.25</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, freq. of meetings with relatives, no. of friends, opportunities to make personal contacts, no. of memberships in clubs and associations, possibilities to decide on matters concerning one's own personal life, interesting life, easyness of life, loneliness, gets sufficient attention, feeling of being liked, feeling of chance to succeed, feeling of being able to use knowledge and skills, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study BACHM 1970


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

Sample: Non-Response: 2.8% incomplete information in 1966

N: 1799
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Correlate

Authors label: Somatic symptoms (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: 18-item checklist of physical complaints containing nervousness, headaches, loss of appetite, upset stomach, trouble getting out of bed, work affected by ill health, shortness of breath, hard heart beating, dizziness, nightmares, losing weight, trembling hands, sweating hands, troubles to get going, bad health, having a cold, trouble falling asleep, absent from school because of illness (adapted from Gurin et al., 1960).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
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</thead>
<tbody>
<tr>
<td>O-HP/g/mq/v/5/a</td>
<td>r=-.28</td>
<td>Both variables assessed at T1. p&lt;.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study BAKKE 1974


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

N: 1552

Correlate

Authors label: Psycho-somatic complaints. (1)
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: 88-item inventory containing symptoms indicative of both physical bad health, and psycho-somatic and social problems.

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
---|---|---
O-HP/g/sq/ol/7/a | G = -.41, p < .05 | Unaffected by age and sex. Lowest among medium S.E.S. and strongest among lower S.E.S. Stronger among lower educated.

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study | BRADB 1965/1
---|---
Population: Adult, general public, 4 towns, varying in economic prosperity, Illinois, USA, 1962
Sample:
Non-Response: 
N: 2006

Correlate

Authors label: Anxiety (1)

Our classification: Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Measurement: 6-item index of closed questions on dizziness, general aches and pains, headaches, muscle twitches, nervousness, and rapid heart beat; during last week. (items from Stouffer et al. 1949)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mg/v/4/e</td>
<td>G = -</td>
<td>Index of Positive Affects: $G' = .02$ (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: $G' = .53$ (01)</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>G = .33</td>
<td>$p &lt; .01$</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study

DIENE 2002A


Population: Undergraduate students, US, 200?

Sample: Non-probability purposive sample

Non-Response:

N: 222

Correlate

Authors label: Hypochondriasis

Our classification: Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

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

Hypochondrias is neurotic concern over bodily functioning.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>$E^2=0.06$</td>
<td>Mean hypochondriasis</td>
</tr>
<tr>
<td>p&lt;.05</td>
<td>a 10% least happy 13.0</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b 27% close to average 13.7</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c 10% most happy 12.1</td>
<td></td>
</tr>
<tr>
<td>M-AO/<em>/mqr/</em>/0/a</td>
<td>MCT=</td>
<td>a &gt; b, c</td>
</tr>
<tr>
<td>p&lt;.05</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study HAAVI 1971


Page in Report: 590

Population: 15-64 aged, general public, Finland, 1966

Sample:

Non-Response: N: 948

Correlate

Authors label: Anxiety. (1)

Our classification: Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Measurement: Question on anxiousness about things, using a symptoms list, including nervousness, headache, insomnia, excessive appetite, nightmares, loneliness, chest pains, bad appetite, or trembling hands.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/?/sg/v3/b</td>
<td>r=</td>
<td></td>
</tr>
<tr>
<td>unmarried employed males</td>
<td>r = -.22 (ns)</td>
<td></td>
</tr>
<tr>
<td>unmarried employed females</td>
<td>r = -.29 (05)</td>
<td></td>
</tr>
<tr>
<td>married employed males</td>
<td>r = -.18 (05)</td>
<td></td>
</tr>
<tr>
<td>married employed females</td>
<td>r = -.10 (ns)</td>
<td></td>
</tr>
<tr>
<td>married non-employed females</td>
<td>r = +.07 (ns)</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study HAJAK 2001

Reported in: Hajak, G
Epidemiology of Severe Insomnia and Its Consequences in Germany. European Archives of Psychiatry and Clinical Neurosci, 2001, Vol. 251, 49 - 56. ISSN 0940 1334
Page in Report: 51,53,54

Population: 18+ aged, general public, Germany, 1997

Sample: Probability stratified sample

Non-Response:

N: 1913

Correlate

Authors label: Severe Insomnia

Our classification: Current psycho-somatic complaints, code P13.2
**Measurement:**
Self report
0: no sleep complaints
1: severe insomnia

**Measured Values:** N=206: severe sleep complaints; N=162: no sleep complaints (=control group) -55%: no sleep complaints during last month; 4% severe insomnia

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SQL/c/sq/v5/b</td>
<td>DM=</td>
<td>no complaints M = 3,82 CI95[ 3,70; 3,94]</td>
</tr>
<tr>
<td></td>
<td>p&lt;.00000</td>
<td>severe insomania M = 3,05 CI95[ 2,94; 3,16]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>difference DM = -0,77 CI95[-0.93; -0.61]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>P2=4,9E-20</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code: P13.2**

<table>
<thead>
<tr>
<th>Study</th>
<th>LEWIS 1996</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>Lewis, C.A.; Joseph, S; McCollam, P</td>
</tr>
<tr>
<td></td>
<td>Convergent Validity of the Depression-Happiness Scale with the Crown-Crisp Experiental Index.</td>
</tr>
<tr>
<td></td>
<td>Psychological Reports, 1996, Vol. 78, 497 - 498</td>
</tr>
<tr>
<td>Page in Report:</td>
<td>498</td>
</tr>
</tbody>
</table>

| Population: | University Students, UK, 1994 |
| Sample:     | Non-probability chunk sample |
| Non-Response: | 0 |

| N: | 40 |

**Correlate**

<table>
<thead>
<tr>
<th>Authors label:</th>
<th>Somatic anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification:</td>
<td>Current psycho-somatic complaints, code P13.2</td>
</tr>
</tbody>
</table>
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Measurement: Somatic anxiety subscale of Crown-Crisp (1979) Experiential Index
Items not reported.

Measured Values: Mean:4.0; SD:2.4

Error Estimates: Cronbach alpha .38

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BMc/cw/mq/v/4/a</td>
<td>r=.56</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study

Reported in: Meleis, A.I.
Page in Report:

Population: 17-40 aged females, Kuwait, 1982

Sample:

Non-Response:

N: 248

Correlate

Authors label: Psychosomatic complaints (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement:
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-H/?/oq/?/0/a</td>
<td>r=-.50</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
<tr>
<td>O-H/?/oq/?/0/a</td>
<td>r=-.50</td>
<td></td>
</tr>
<tr>
<td>O-H/?/oq/?/0/a</td>
<td>tb=-.11</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.02</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study

<table>
<thead>
<tr>
<th>MOSER 1969</th>
</tr>
</thead>
<tbody>
<tr>
<td>Report in:</td>
</tr>
<tr>
<td>Moser-Peters, C.M. Achtergronden van Geluksgevoelens. (Backgrounds of Happiness Feelings). Nederlands Institut voor Preventieve Geneeskunde (TNO), 1969, Leiden, Netherlands</td>
</tr>
<tr>
<td>Page in Report: 36</td>
</tr>
<tr>
<td>Population:</td>
</tr>
<tr>
<td>Adult, general public, Utrecht, city, The Netherlands, 1967</td>
</tr>
<tr>
<td>Sample:</td>
</tr>
<tr>
<td>Non-Response: 14% unattainable etc.</td>
</tr>
<tr>
<td>N: 300</td>
</tr>
</tbody>
</table>

Correlate

| Authors label: | Psycho-somatic complaints. (1) |
| Our classification: | Current psycho-somatic complaints, code P13.2 |
| Measurement: | 21-item index of psycho-somatic complaints |
| | 1: no complaints |
| | 2: some complaints |
| | 3: a lot of complaints |
| Remarks: | VOEG scale (Dirken 1967) |
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/c</td>
<td>G = -0.10</td>
<td>U-shaped curve: Ss with some complaints being most happy.</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/c</td>
<td>DM = -</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p &lt; 0.05</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study MOSER 1969

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


Sample:

Non-Response: 14% unattainable etc.

N: 300

Correlate

Authors label: Nervousness. (2)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement:

Direct question: Have you taken 'something against the nerves' during the last 14 days?

0: Nothing

1: Swallowed something
Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/c</td>
<td>G = -.41</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

**Subject code: P13.2**

**Study**

NEUBE 1978


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

*Sample:*

*Non-Response:*

*N: 106*

**Correlate**

*Authors label:* Nervousness (2)

*Our classification:* Current psycho-somatic complaints, code P13.2

*Measurement:* Index of direct questions about:
Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

### Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

O-SLS/c/sq/f7/a  \( r = -0.28 \)
\[ p < 0.05 \]

---

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code: P13.2**

**Study**

- **NEUBE 1978**

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

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

**Sample:**

**Non-Response:**

- \( N: 106 \)

---

**Correlate**

- **Authors label:** Nervousness (1)
- **Our classification:** Current psycho-somatic complaints, code P13.2
- **Measurement:** Index of direct questions about:
  Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
  Part of 114 item Freiburger Persönlichkeits-Inventar
  (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f7/a</td>
<td>( r = -0.28 )</td>
<td>( p &lt; 0.05 )</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

<table>
<thead>
<tr>
<th>Study</th>
<th>NEUBE 1978/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>Neuberger, O.; Allerbeck, M.</td>
</tr>
<tr>
<td></td>
<td>Verlag Hans Huber, 1978, Bern, Switzerland</td>
</tr>
<tr>
<td>Page in Report</td>
<td>147</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sample:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Response:</td>
</tr>
<tr>
<td>N:</td>
</tr>
</tbody>
</table>

Correlate

<table>
<thead>
<tr>
<th>Authors label:</th>
<th>Nervousness (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our classification:</td>
<td>Current psycho-somatic complaints, code P13.2</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Index of direct questions about: Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated. Part of 114 item Freiburger Persönlichkeits Inventar (Freiburger Personality Inventory: Fahrenberg &amp; Selg, 1973, short form A).</td>
</tr>
</tbody>
</table>

Observed Relation with Happiness

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<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Study


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

Sample:
Non-Response:

N: 110

Correlate

Authors label: Nervousness (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Index of direct questions about: Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-SLS/c/sq/f/7/a | r=ns | 

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study

NEUBE 1978/3
Findings on Happiness and Psycho-Somatic Complaints

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

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

Sample:

Non-Response:

N: 84

Correlate

Authors label: Nervousness (2)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Index of direct questions about:
Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registered.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study

NEUBE 1978/3

Reported in: Neuberger, O.; Allerbeck, M.
Verlag Hans Huber, 1978, Bern, Switzerland
Page in Report: 147
Population: Employees, metal-industry, West-Germany, 1977

Sample:

Non-Response:

N: 84

Correlate

Authors label: Nervousness (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Index of direct questions about:
Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study NEUBE 1978/4


Population: Skilled labourers, West-Germany, 1976

Sample:

Non-Response:
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

N: 55

Correlate

Authors label: Nervousness (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Index of direct questions about:
Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

Happiness Measure | Statistics Elaboration/Remarks
--- | --- | ---
O-SLS/c/sq/f/7/a | $r = -0.34$ | $p < 0.05$

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study

NEUBE 1978/4

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

Population: Skilled labourers, West-Germany, 1976

Sample:

Non-Response:

N: 55
Findings on Happiness and PSYCHOSOMATIC COMPLAINTS

Correlate

Authors label: Nervousness (2)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Index of direct questions about: Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registered. Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>$r = -0.34$</td>
<td>$p &lt; 0.05$</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study

NEUBE 1978/5


Population: Administrative employees, General Sickfund, West-Germany, 1976

Sample:

Non-Response:

$N$: 60

Correlate

Authors label: Nervousness (2)
Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Index of direct questions about:
Psycho-somatic complaints, respectively the amount in which bodily symptoms are consciously registered.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

Subject code: P13.2

Study


Population: Administrative employees, General Sickfund, West-Germany, 1976

Sample:

Non-Response:

N: 60

Correlate

Authors label: Nervousness (1)

Our classification: Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Measurement: Index of direct questions about:
Psychosomatic complaints, respectively the amount in which
bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973,
short form A).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study

NEUBE 1978/7

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

Population: Employees, assembly-industry, West-Germany, 1976

Sample:

Non-Response:

N: 111

Correlate

Authors label: Nervousness (1)

Our classification: Current psycho-somatic complaints, code P13.2
**Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS**

**Measurement:**
Index of direct questions about:
Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits-Inventar
(Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r=-.37</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code: P13.2**

**Study**

*NEUBE 1978/7*

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

*Population:* Employees, assembly-industry, West-Germany, 1976

*Sample:*

*Non-Response:*

*N: 111*

---

**Correlate**

*Authors label:* Nervousness (2)

*Our classification:* Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:** Index of direct questions about: Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated. Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r=-.37</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints

**Subject code:** P13.2

**Study**

*NEUBE 1978/9*


**Population:** Young female employees, cure-clinic, West Germany, 1976

**Sample:**

**Non-Response:**

*N:* 150

**Correlate**

*Authors label:* Nervousness (2)

*Our classification:* Current psycho-somatic complaints, code P13.2
**Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS**

**Measurement:** Index of direct questions about:
Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registrated.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>( r = -0.23 )</td>
<td>( p &lt; 0.05 )</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code:** P13.2

**Study**

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

Population: Young female employees, cure-clinic, West Germany, 1976

Sample:

Non-Response:

\( N = 150 \)

Correlate

Authors label: Nervousness (1)

Our classification: Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:** Index of direct questions about: Psychosomatic complaints, respectively the amount in which bodily symptoms are consciously registred.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

---

**Observed Relation with Happiness**

<table>
<thead>
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<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLS/c/sq/f/7/a</td>
<td>r=-.23</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code:** P13.2

**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:* Health status. (1)

*Our classification:* Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:** 13-item index of physical and psychological symptoms; e.g. dizziness, headaches, upset stomach, nervousness.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mg/v/5/a</td>
<td>G = +.02</td>
<td>Index of Positive Affects: G = +.02</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: G = +.13</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code: P13.2**

**Study**

_SCHUL 1985B_


*Population:* Adults, non-institutionalized, Austria, 1984

*Sample:*

*Non-Response:* ?

*N:* 1776

---

**Correlate**

*Authors label:* Psychosomatic healthproblems (1)

*Our classification:* Current psycho-somatic complaints, code P13.2

*Measurement:* Five item index of direct questions on psychosomatic diseases (ulserpains, headaches, heart beatings, sleeplessness, sweating). Answer categories yes/no.
Observed Relation with Happiness

### Statistics

<table>
<thead>
<tr>
<th>Measure</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/c/mq/v/5/a</td>
<td>$r = -.34$, $\beta = -.16$, $p &lt; .05$ controlled for: gender, age, community size, education, professional status, marital status, income, body weight, healthy eating habits, weight control, alcohol consumption, physical fitness activity, illness and satisfaction with health.</td>
</tr>
</tbody>
</table>

---

Correlational finding on Happiness and Current psycho-somatic complaints

**Subject code:** P13.2

**Study**

TERBO 2002


*Page in Report:* 37,46

*Population:* 11-15 aged schoolchildren, the Netherlands, 2001

*Sample:* Probability multi-stage cluster sample

*Non-Response:* $N$: 7556

**Correlate**

*Authors label:* Psychosomatic complaints

*Our classification:* Current psycho-somatic complaints, code P13.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:** Self report on single question:
In the last 6 months how often have you had the following: Headache, Stomach-ache, Back-ache, Feeling low, Irritability or bad temper, Feeling nervous, Difficulties in getting to sleep, Feeling dizzy.
Response options were: About every day, More than once a week, About every week, About every month, Rarely or never.

0) Percentage reporting no complaints more than once a week
1) Percentage reporting psychosomatic complaints more than once a week

**Measured Values:** 0) 53.1%, 1) 47.9%

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-BW/c/sq/l11/a</td>
<td>DM=</td>
<td>0) No complaints: M=8.5</td>
</tr>
<tr>
<td></td>
<td>p&lt;.05</td>
<td>1) Complaints more than once a week: M=7.8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Difference -0.7</td>
</tr>
</tbody>
</table>

**Correlational finding on Happiness and Current psycho-somatic complaints**

**Subject code:** P13.2

**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: 202, 204

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

**Sample:** Nonprobability purposive sample

**Non-Response:** 39%

**N:** 1494
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Correlate

Authors label: type of health problems (1)

Our classification: Current psycho-somatic complaints, code P13.2

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


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>DMt</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>a: Mt=8.20</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt=6.59</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt=6.63</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d: Mt=6.46</td>
<td></td>
</tr>
<tr>
<td></td>
<td>e: Mt=6.51</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f: Mt=5.00</td>
<td></td>
</tr>
<tr>
<td></td>
<td>g: Mt=4.30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>h: Mt=4.86</td>
<td></td>
</tr>
<tr>
<td></td>
<td>i: Mt=3.44</td>
<td></td>
</tr>
<tr>
<td></td>
<td>j: Mt=5.86</td>
<td></td>
</tr>
<tr>
<td></td>
<td>k: Mt=5.21</td>
<td></td>
</tr>
<tr>
<td></td>
<td>l: Mt=5.79</td>
<td></td>
</tr>
<tr>
<td></td>
<td>m: Mt=6.89</td>
<td></td>
</tr>
<tr>
<td></td>
<td>n: Mt=6.91</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o: Mt=5.26</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

p: Mt=5.81
All Mt=7.55

O-SLu/c/sq/v/5/e        DMt=
    a: Mt=7.76
    b: Mt=6.68
    c: Mt=6.59
    d: Mt=6.63
    e: Mt=6.60
    f: Mt=6.00
    g: Mt=4.30
    h: Mt=4.93
    i: Mt=3.06
    j: Mt=5.90
    k: Mt=5.55
    l: Mt=5.46
    m: Mt=7.11
    n: Mt=7.13
    o: Mt=6.46
    p: Mt=5.78
All Mt=7.29

O-HL/c/sq/v/5/h        DMt=
    a: Mt=7.18
    b: Mt=6.56
    c: Mt=6.30
    d: Mt=6.59
    e: Mt=6.39
    f: Mt=5.75
    g: Mt=4.55
    h: Mt=4.86
    i: Mt=3.44
    j: Mt=6.05
    k: Mt=5.86
    l: Mt=5.74
    m: Mt=6.38
    n: Mt=6.64
    o: Mt=6.35
    p: Mt=6.15
All Mt=6.85

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study           VENTE 1995
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Reported in: Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark).
Forskningscentrets Forlag (The Quality of Life Research Center), København,
Page in Report: 224

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

Sample: Non-probability purposive sample

Non-Response: 39%

N: 1494

Correlate

Authors label: mental disorders (1)

Our classification: Current psycho-somatic complaints, code P13.2

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

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

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m</td>
<td>sq</td>
</tr>
<tr>
<td>a: no illnesses/disorders</td>
<td>Mt=8.18</td>
</tr>
<tr>
<td>b: nervous/mental disorders</td>
<td>Mt=5.33</td>
</tr>
<tr>
<td>c: anorexia/bulimia</td>
<td>Mt=5.31</td>
</tr>
<tr>
<td>d: mental depression</td>
<td>Mt=4.79</td>
</tr>
<tr>
<td>All</td>
<td>Mt=7.60</td>
</tr>
</tbody>
</table>
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

<table>
<thead>
<tr>
<th>O-SLu/c/sq/v/5/e</th>
<th>DMt=</th>
<th>a: no illnesses/disorders Mt=7.78</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>b: nervous/mental disorders Mt=5.08</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: anorexia/bulimia Mt=5.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>d: mental depression Mt=4.16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.21</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>O-HL/c/sq/v/5/h</th>
<th>DMt=</th>
<th>a: no illnesses/disorders Mt=7.19</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>b: nervous/mental disorders Mt=5.18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>c: anorexia/bulimia Mt=6.56</td>
</tr>
<tr>
<td></td>
<td></td>
<td>d: mental depression Mt=4.79</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=6.80</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current psycho-somatic complaints
Subject code: P13.2

Study

Verof 1962

Reported in: Veroff, J.,; Feld, S; Gurin, G.
Dimensions of Subjective Adjustment.
Journal of Abnormal and Social Psychology, 1962, Vol. 64, 192 - 205
Page in Report: 196

Population: 21+ aged, married, with children, USA, 1957

Sample:

Non-Response: -

N: 797

Correlate

Authors label: Psycho-somatic symptoms (1)

Our classification: Current psycho-somatic complaints, code P13.2

Measurement: Summary score of 16 symptoms indicative of psychological and psychosomatic symptom complaints: (10 ranks)
(adapted from McMillan, 1957).

Observed Relation with Happiness
### Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

#### Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>( t_b &lt; p &lt; .01 ) Males: ( \beta = -0.24 ) (01)</td>
</tr>
<tr>
<td></td>
<td>Females: ( \beta = -0.18 ) (01)</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current physical complaints

**Subject code: P13.2.1**

- **Study**: BEISE 1974


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

- **Sample**
  - **Non-Response**: 10%
  - **N**: 112

### Correlate

- **Authors label**: Psycho-physiological condition (1)
- **Our classification**: Current physical complaints, code P13.2.1
- **Measurement**: Number of psycho-psychological disorders reported, e.g. psychophysiological gastrointestinal reaction, asthma, hypertension, etc.

### Observed Relation with Happiness

#### Happiness Measure

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cg/mq/v/3/a</td>
<td>( r = - ) Index of Negative Affects: ( r = +0.37 ) (01) Unrelated to Index of Positive Affects</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Current physical complaints
Subject code: P13.2.1

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: Physical symptoms (1)

Our classification: Current physical complaints, code P13.2.1

Measurement: 55-item index of closed questions on general aches and pains, headaches, dizziness, rapid heart beat, and hands sweating and feeling damp and clammy; during the past few weeks (items from Stouffer et al., 1950).

Remarks: Data T1. Not computed for summed ABS.

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Index of Positive Affects:**
- Males: G = +.00
- Females: G = -.02

**Index of Negative Affects:**
- Males: G = +.47
- Females: G = +.45
- Stronger among those who are healthy than among those who are sick.
- Unaffected by expecting a nervous breakdown.

---

**Correlational finding on Happiness and Current mental complaints**

**Subject code: P13.2.2**

**Study**

**BACHM 1970**


*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 status (1)

*Our classification:* Current mental complaints, code P13.2.2

*Measurement:* 40-item index of closed questions on irritability (7 items), general anxiety (7 items), anxiety and tension (5 items), depression (6 items), anomie (8 items) and resentment (7 items).
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Correlational finding on Happiness and Current mental complaints**  
**Subject code: P13.2.2**

**Study**  
*Study: BOELH 1999*  
*Page in Report: 62*

**Population:** 18+ aged, general public, The Netherlands, 1974-1997

**Sample:** Probability sample (unspecified)

**Non-Response:**

*N: 3500*

**Correlate**

*Authors label: Score on VOEG (1)*

*Our classification: Current mental complaints, code P13.2.2*

*Measurement: Score for psychosomatic symptoms on a Dutch subjective health inventory (VOEG)*

1 Below average  
2 Above average

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/mq/v/5/a</td>
<td>r=-.51</td>
<td>Both variables assessed at T1. p&lt;.001</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1993
Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

Study

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

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

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

Correlate

Authors label: Psychological anxiety (1)
Our classification: Current mental complaints, code P13.2.2
Measurement: 3-item index of closed questions on nervousness or tenseness during the last weeks, having trouble getting to sleep at night, and having enough energy to do the things one would like to do.

Remarks: Data T1. Not computed for summed ABS.

Observed Relation with Happiness

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

O-HP/u/sq/v/5/a  r=-.25  1997  p<.05
Findings on Happiness and Psycho-Somatic Complaints

Index of Positive Affects:
- Males: G = +.04
- Females: G = +.02

Index of Negative Affects:
- Males: G = +.47
- Females: G = +.45
- Stronger among those who are healthy than among those who are sick.
- Unaffected by expecting a nervous breakdown.

Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

Study: BRENN 1970

Reported in: Brenner, B.
Social Factors in Mental Well-Being at Adolescence.
PhD Dissertation, The American University, 1970, Washington DC, USA
Page in Report: 71/272

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

Sample:
Non-Response: 1%
N: 5204

Correlate

Authors label: Anxiety symptoms (1)

Our classification: Current mental complaints, code P13.2.2

Measurement:
10-item index of closed questions on sleeping problems, trembling hands, nervousness, heart beating hard, pressures or pains in head, biting fingernails, shortness of breath, sweating hands, sick headaches, nightmares (see Rosenberg, 1965).

Observed Relation with Happiness
### Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/4/b</td>
<td>G = .28</td>
<td>After control for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- usual mood        : Gs = -.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- having fun in life: Gs = -.20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- frequency of low mood: Gs = -.18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- tending to be a discouraged person: Gs = -.20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- tending to be a lonely person : Gs = -.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: G = -.35</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Males : G = -.28</td>
</tr>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>G = .24</td>
<td>Females : G = -.32</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Males : G = -.23</td>
</tr>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>V = .11</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current mental complaints

**Subject code: P13.2.2**

**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: 352

**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:** Psycho-psychologic problems. (1)

**Our classification:** Current mental complaints, code P13.2.2
**Measurement:** 3-item index of closed questions on problems with energy, appetite, and/or sleep during past week rarely/ occasionally/ most days.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-TH/g/sq/v/5/b</td>
<td>( G = -0.43 ) ( p &lt; 0.001 )</td>
<td>When controlled for depressive affect: ( G_s = -0.31 )</td>
</tr>
</tbody>
</table>

### Correlational finding on Happiness and Current mental complaints

**Subject code: P13.2.2**

**Study**

*Reported in:* Covinsky, K.E.; Wu, A.W.; Landefeld, C.S.; Connors Jr., A.F. et al  
Health Status versus Quality of Life in Older Patients: Does the Distinction Matter?  
The American Journal of Medicine, 1999, Vol. 106, 435 - 440. ISSN 0002 9343  
Page in Report: 438

**Population:** 80+ aged cognitively intact patients interviewed 2 months after hospitalization, 1994, USA

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

**Non-Response:** 564

**N:** 493

### Correlate

**Authors label:** Psychological distress (1)

**Our classification:** Current mental complaints, code P13.2.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:** Selfreport on 14 questions about depression and anxiety during the prior week (McNair et.al Moods Profile). Psychological distress scores were calculated by summing the profiles of mood states, depression and anxiety scales:
1=lowest tertile (least distressed)
2=middle tertile
3=highest tertile (most distressed)

**Measured Values:** N: 1=151, 2=157, 3=154

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-QLS/c/sq/v/5/b</td>
<td>DM=</td>
<td>1. M=3.28 SD=.95</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2. M=2.96 SD=.90</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3. M=2.42 SD=.98</td>
</tr>
<tr>
<td></td>
<td>rs=-.38</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td>C=-.70</td>
<td>dichotomized global quality-of-life ratings &quot;good or better&quot; versus &quot;fair or worse&quot;</td>
</tr>
<tr>
<td></td>
<td>OR=05</td>
<td>Chance to be happy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: 3.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: 2.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: 1 (reference)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chance controled for</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- physical capacity</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- independence in daily activities</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- pain</td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Current mental complaints**

**Subject code: P13.2.2**

**Study**

ERDMA 1981/2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Reported in: Erdman, R.A.
Welbevinden bij Hartpatienten. (Well-Being of Heartpatients).
ISBN 90 265 0370 9
Page in Report: 103

Population: Heart patients, The Netherlands 1978-1979

Sample: Non-probability chunk sample

Non-Response: 6.0%

N: 1752

Correlate

Authors label: Disphoria

Our classification: Current mental complaints, code P13.2.2

Measurement: Factor derived from responses of the following statements:
-I can sit still
-I dislike busily streets
-I am afraid for (a new) hartatacke
-I still been irritable
-I take care of the future
-I am very often whining
-I am afraid of my finance position
-I am often out of mood
-I am often depressed
-I am very moody

Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
M-TH/g/sq/v/3/d | DM= - | disphoria score
p<.001 | -Happy (3) M= 16.08 SD = 4.53
| -Unhappy (1-2) M= 19.19 SD = 5.55
| difference M= -3.01 SD = 1.02

M-TH/g/sq/v/4/b | DM= - | -Happy (4) M = 16,17 SD= 4.55
p<.001 | -Unhappy (1-3) M = 22.21 SD= 4.89
| difference M = -6.04 SD = 0.34
Correlational finding on Happiness and Current mental complaints

Subject code: P13.2.2

Study

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

Page in Report:

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

Sample:

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

N: 137

Correlate

Authors label: Anxiety (1)

Our classification: Current mental complaints, code P13.2.2

Measurement:
Index of closed questions, rated on a 2-point scale, ranging from (0) True to (1) False. (order reversed)
1. No more nervous than most other people
2. Keyed up most of the time
3. Can't keep mind on one thing very long
4. Bothered by things not a bother to others
5. Worrying about something most of the time
6. Calm - don't get upset easily
7. Anxious about someone/somthing almost all of the time
8. Happy most of the time
9. Nervous some days - can't sit still very long
10. Hard time keeping mind on work/task
11. Don't worry about what other people think about me any more than most people
12. Take things hard (get hurt easily)
13. Life a strain much of the time
14. At times think I'm just no good at all
15. Lack faith in self
16. Feel useless at times
17. Things upset me easier than most people
18. So many problems feel couldn't handle
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

19. Feel about to go to pieces
20. Deny trouble/difficult problem

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sq/f/7/a</td>
<td>r=</td>
<td>T1: 1977</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2: 1979</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3: 1981</td>
</tr>
<tr>
<td>1.</td>
<td>+.03 (ns)</td>
<td>+.03 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>+.32 (01)</td>
</tr>
<tr>
<td>2.</td>
<td>-.18 (01)</td>
<td>-.45 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.40 (01)</td>
</tr>
<tr>
<td>3.</td>
<td>-.02 (ns)</td>
<td>-.02 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.06 (ns)</td>
</tr>
<tr>
<td>4.</td>
<td>-.05 (ns)</td>
<td>-.41 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.41 (05)</td>
</tr>
<tr>
<td>5.</td>
<td>-.26 (01)</td>
<td>-.24 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.34 (01)</td>
</tr>
<tr>
<td>6.</td>
<td>+.20 (01)</td>
<td>+.21 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>+.35 (01)</td>
</tr>
<tr>
<td>7.</td>
<td>-.10 (ns)</td>
<td>-.23 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.30 (01)</td>
</tr>
<tr>
<td>8.</td>
<td>+.43 (01)</td>
<td>+.35 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>+.44 (01)</td>
</tr>
<tr>
<td>9.</td>
<td>-.03 (ns)</td>
<td>+.01 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.23 (01)</td>
</tr>
<tr>
<td>10.</td>
<td>-.10 (ns)</td>
<td>-.08 (ns)</td>
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<tr>
<td></td>
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<td>-.19 (01)</td>
</tr>
<tr>
<td>11.</td>
<td>+.25 (01)</td>
<td>+.16 (05)</td>
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<tr>
<td></td>
<td></td>
<td>+.22 (01)</td>
</tr>
<tr>
<td>12.</td>
<td>-.23 (01)</td>
<td>-.18 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.24 (01)</td>
</tr>
<tr>
<td>13.</td>
<td>-.36 (01)</td>
<td>-.37 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.53 (01)</td>
</tr>
<tr>
<td>14.</td>
<td>-.34 (01)</td>
<td>-.16 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.34 (01)</td>
</tr>
<tr>
<td>15.</td>
<td>-.31 (01)</td>
<td>-.35 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.29 (01)</td>
</tr>
<tr>
<td>16.</td>
<td>-.34 (01)</td>
<td>-.17 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.33 (01)</td>
</tr>
<tr>
<td>17.</td>
<td>-.20 (01)</td>
<td>-.20 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.29 (01)</td>
</tr>
<tr>
<td>18.</td>
<td>-.17 (05)</td>
<td>-.23 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.42 (01)</td>
</tr>
<tr>
<td>19.</td>
<td>-.25 (01)</td>
<td>-.12 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.24 (01)</td>
</tr>
<tr>
<td>20.</td>
<td>+.02 (ns)</td>
<td>-.09 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>-.05 (ns)</td>
</tr>
</tbody>
</table>

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

Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

Study

GEHMA 1987


Population: Residents housing estates, Vienna, Austria, 1987

Sample:

Non-Response: ?

N: 218

Correlate

Authors label: Mental health (1)

Our classification: Current mental complaints, code P13.2.2

Measurement: Self report of nervous complaints:
1. every day very tense
2. never

Remarks: ß controled for age, sex, postmaterialism, physical health, education, occupational status and satisfactions (with housing, leisure, social contacts and activities).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/cm/sq/v/5/a</td>
<td>r=+.23</td>
<td></td>
</tr>
<tr>
<td>O-SLL/c/sq/v/5/b</td>
<td>r=+.24</td>
<td></td>
</tr>
<tr>
<td>M-FH/cm/sq/v/5/a</td>
<td>Beta=+.15</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

<table>
<thead>
<tr>
<th>Study</th>
<th>HARDE 1969</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Harder, J.M.</td>
</tr>
<tr>
<td></td>
<td>Self-Actualization, Mood, and Personality Adjustment in Married Women.</td>
</tr>
<tr>
<td></td>
<td>Unpublished Doctoral Dissertation, Teachers' College, Columbia University, 1969, USA</td>
</tr>
<tr>
<td>Page in Report:</td>
<td>50</td>
</tr>
<tr>
<td>Population:</td>
<td>Married females, USA, 196?</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>-</td>
</tr>
<tr>
<td>N:</td>
<td>62</td>
</tr>
</tbody>
</table>

Correlate

| Authors label: | Anxiety (1) |
| Our classification: | Current mental complaints, code P13.2.2 |
| Measurement: | Index of statements about feelings of nervousness, strain, distraction, embarrassment and fear. (Taylor Manifest Anxiety Scale; see Taylor, 1953). |

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>r=-.24 ns</td>
<td></td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Study LAI 2005

Page in Report: 1173-1178

Population: Elderly living in long-term care settings, Taiwan 2000

Sample: Probability simple random sample

Non-Response: 9%

N: 465

Correlate

Authors label: Psychological domain

Our classification: Current mental complaints, code P13.2.2

Measurement: Selfreport on 6 questions about psychological matters in the last four weeks:
   a. Positive feelings.
      Q5: How much do you enjoy life?
   b. Spirituality.
      Q6: To what extent do you feel your life to be meaningful?
   c. Thinking, learning, memory, and concentration.
      Q7: How well are you able to concentrate?
   d. Bodily image and appearance.
      Q11: Are you able to accept your bodily appearance?
   e. Self-esteem.
      Q19: How satisfied are you with yourself?
   f. Negative feelings.
      Q26: How often do you have negative feelings such as blue mood, despair, anxiety, depression?

Subscale of Taiwan's abbreviated version of the WHOQOL-BREF

Measured Values: Range 4-20 : Mean=11,20; SD=2,50; Median=11,33; Mode=12.
Error Estimates: Cronbach's alfa 0.78 > 0.70

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-QOL/cm/sq/v/5/a</td>
<td>r=+0.33</td>
<td>p&lt;0.001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mental complaints

Subject code: P13.2.2

Study LAI 2005

Page in Report: 1173-1176

Population: Elderly living in long-term care settings, Taiwan 2000

Sample: Probability simple random sample

Non-Response: 9%

N: 465

Correlate

Authors label: Social relationships domain

Our classification: Current mental complaints, code P13.2.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:** Selfreport on 3 questions about social relationships in the last four weeks:

a. Personal relationships.
   Q20: How satisfied are you with your personal relationships?

b. Sexual activity.
   Q21: How satisfied are you with your sex life?

c. Social support.
   Q22: How satisfied are you with the support you get from your friends?

Social relationships (TW) Domain
Subscale of Taiwan's abbreviated version of the WHOQOL-BREF

**Measured Values:** Range=4-20 : Mean=12.45; SD=2.37; Median=12; Mode=12.

**Error Estimates:** Cronbach;'s alfa: 0.78; >0.70

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-QOL/cm/sq/v5/a</td>
<td>r=+.19</td>
<td></td>
</tr>
<tr>
<td></td>
<td>p&lt;.001</td>
<td></td>
</tr>
</tbody>
</table>

---

**Correlational finding on Happiness and Current mental complaints**

**Subject code: P13.2.2**

**Study**

MAKAR 1962

**Reported in:** Makarczyk, W.
Factors affecting Life Satisfaction among People in Poland.
Page in Report: 115

**Population:** Adults, general public, students and peasants excluded, Poland, 1960

**Sample:**

**Non-Response:** 5%

**N:** 2387
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Correlate

Authors label: Nervousness (2)

Our classification: Current mental complaints, code P13.2.2

Measurement: Single question on being a nervous person: definitely no / rather no / rather yes/decidedly yes.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sq/v/5/a</td>
<td>T = .11</td>
<td>p &lt; .001</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mental complaints

Subject code: P13.2.2

Study

MITCH 1972/2


Page in Report: 39

Population: 18+ aged, general public, Hong Kong, South East Asia, 1967

Sample:

Non-Response: 21%

N: 3966

Correlate

Authors label: Emotional illness (1)

Our classification: Current mental complaints, code P13.2.2
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**Measurement:**
11 item index. Typical items are:
- Your hands sweat so that you feel damp and clammy.
- You have nightmares.
- You lose your appetite.

For each item, the respondent was asked if he experienced the symptom many times/sometimes/hardly ever/never. Many times or sometimes (score 1, hardly ever or never: score 0) were considered as an indicator of emotional strain (item analysis, fact validity of the answer categories). Those with four or more of these strains were labelled emotionally ill; those with three or less are considered to be healthy. Score range: 0 - 11.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>G = .32</td>
<td>Figures based on half of the sample.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td>linear</td>
</tr>
</tbody>
</table>

There is a stronger connection between illness and unhappiness when there is lower social involvement.

---

**Correlational finding on Happiness and Current mental complaints**

**Subject code: P13.2.2**

**Study**

VANSL 2004

**Reported in:**

Page in Report: 42, 62

---

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS


Sample: Probability stratified sample

Non-Response: 36.6% (baseline)

N: 836

Correlate

Authors label: Mental health

Our classification: Current mental complaints, code P13.2.2

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

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


Observed Relation with Happiness

Happiness Measure | Statistics | Elaboration/Remarks
--- | --- | ---
O-Sum/cy/mq/v/7/a | B= | B's indicate average difference between more and less healthy Ss over this 12 year period
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

$O-Sum/cy/mq/v/7/a \quad B=+.23 \quad p<.001$

B controlled for personal characteristics:
- age
- age$^2$
- gender
- education
- cohort 1965 vs cohort 1961
- cohort 1969 vs cohort 1961
- neuroticism
- extraversion

$O-Sum/cy/mq/v/7/a \quad B=+.22 \quad p<.001$

additional control for lifecourse transitions (happened or not):
- first job
- no job
- left parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

$O-Sum/cy/mq/v/7/a \quad B=+.22 \quad p<.001$

additional control for years since transition:
- first paid job
- no job
- leaving parental home
- living together/marriage first partner
- divorce from first partner
- living together/marriage second partner
- having first child

Unaffected by squaring of the above variables
Effect stronger among women

Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

Study VEROF 1962

Reported in: Veroff, J.; Feld, S; Gurin, G.
Dimensions of Subjective Adjustment.
Journal of Abnormal and Social Psychology, 1962, Vol. 64, 192 - 205
Page in Report: 196
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Population: 21+ aged, married, with children, USA, 1957

Sample:

Non-Response: -

N: 797

Correlate

Authors label: Physical Anxiety (1)

Our classification: Current mental complaints, code P13.2.2

Measurement: Factor containing direct questions on having ever been bothered by shortness of breath, and by one’s heart beating hard: never / hardly never / sometimes / many times (6 ranks).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>tb = - p &lt; 01</td>
<td>Males: b = -.12 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Females: b = -.15 (01)</td>
</tr>
</tbody>
</table>

Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

Study VEROF 1962

Reported in: Veroff, J.,; Feld, S; Gurin, G.
Dimensions of Subjective Adjustment.
Journal of Abnormal and Social Psychology, 1962, Vol. 64, 192 - 205
Page in Report: 196

Population: 21+ aged, married, with children, USA, 1957

Sample:

Non-Response: -
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

N: 797

Correlate

Authors label: Psychological anxiety (1)

Our classification: Current mental complaints, code P13.2.2

Measurement: Factor of closed questions on having trouble falling asleep or staying asleep and being bothered by nervousness, feeling fidgety and tense.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a    | \( t_b = -p < 0.01 \) | Males: \( b = -0.16 \) (01)  
Females: \( b = -0.19 \) (01) |

Correlational finding on Happiness and Current mental complaints
Subject code: P13.2.2

Study

VEROF 1962


Page in Report: 196

Population: 21+ aged, married, with children, USA, 1957

Sample:

Non-Response: -

N: 797
Our classification: Current mental complaints, code P13.2.2

Measurement: Factor containing direct questions on difficulties with getting up in the morning, and sweating hands (6 ranks).

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Measure</th>
<th>Statistics</th>
<th>Elaboration/Remarks</th>
</tr>
</thead>
</table>
| O-HL/u/sq/v/3/a    | \( t_b = - \) | Males: \( \beta = -0.12 \) (01)  
                     |             | Females: \( \beta = -0.02 \) (ns) |

Appendix 1: Happiness Items used

<table>
<thead>
<tr>
<th>Happiness Item Code</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/cy/sq/v/10/a</td>
<td>Selfreport on single question:</td>
</tr>
</tbody>
</table>

"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/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-BB/cm/mq/v/2/a Selfreport on 10 questions:

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

Answer options and scoring:
yes = 1
no = 0

Summation:
- Positive Affect Score (PAS): A+C+E+G+I
- Negative Affect Score (NAS): B+D+F+H+J
- Affect Balance Score (ABS): PAS minus NAS

Possible range: -5 to +5

Name: Bradburn's 'Affect Balance Scale' (standard version)
A-BB/cm/mq/v/5/a  Selfreport on 13 questions:

"During the past four weeks have you ever felt....?" (yes/no)

A  Pleased about having accomplished something.
B  Things going my way.
C  Proud because someone complimented me on something I had done.
D  Particularly excited or interested in something I had done.
E  On top of the world.
F  A deep sense of joy.
G  Pleased because my life feels orderly and secure.
H  Bored.
I  Very lonely and remote from other people.
J  Jealous of somebody.
K  Angry with someone.
L  Disappointed in myself..
M  Unhappy about the small number of times I have pleasant feelings and experiences.

Answer options:
0 no
yes
If yes: How often did you feel so?
5 every day
4 several times a week
3 once a week
2 2 or 3 times a month
1 once a month

Summation:
- Positive Affect Score (PAS): Average A to G
- Negative Affect Score (NAS): Average H to M
- Affect Balance Score (AB): PAS minus NAS
Possible range: +42 tot -30

Name: Bradburn's "Affected Balance Scale' (modified version)
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Selfreport on 10 questions:

"During the past few months, have you ever felt..... (often, sometimes, never?)

A Particularly exited or interested in something?
B So restless that you couldn't sit long in a chair?
C Proud because someone complimented you on something you had done?
D Very lonely or remote from other people?
E Pleased about having accomplished something?
F Bored?
G Depressed or very unhappy?
H That things were going your way?
I Upset because someone criticized you?

Answer options and scoring:
0 = no
if yes
3 often
2 sometimes
1 never

Summation:
-Positive Affect Score (PAS): A + C + E + I
-Negative Affect Score (NAS): B + D + F + H + J
-Affect Balance Score (ABS): PAS minus NAS
Possible range: -15 to +12
Name: Bradburn's 'Affect Balance Scale' (standard version)

Selfreport on 8 questions:

" In the past few weeks did you ever feel.....?"

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

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

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

Summation:
Positive Affect Score (PAS): summed scores on A, C, D, G
Negative Affect Score (NAS): summed scores on B, E, F, H
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Affect Balance Score (ABS): PAS minus NAS

Name: Bradburn's Affect Balance Scale (variant)

A-BB/cw/mq/v/4/e Selfreport on 9 questions:

We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

How often last week did you feel.....?
A On the top of the world
B Very lonely or remote from other people
C Particularly excited or interested in something
D Depressed or very unhappy
E Pleased about having accomplished something
F Bored
G Proud because someone complimented you on something you had done
H So restless you couldn't sit long in a chair
I Vaguely uneasy about something without knowing why

Answer options:
0 not at all
1 once
2 several times
3 often

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

Possible range: -15 tot +12

Name: Bradburn's `Affect Balance Scale' (modified version)

A-BB/cy/mq/v/2/a Selfreport on10 questions asked 4 times a year at 3 month intervals.

"During the past few weeks, did you ever feel.....?" (yes/no)
A Particularly exited, or interested in something?
B So restless that you could not sit long in a chair?
C Proud because someone complimented you on something you had done?
D Very lonely or remote from people?
E Pleased about having accomplished something?
F Bored?
G On top of the world?
H Depressed?
I That things were going your way?
J Upset because someone critized you?
Scoring: yes = 1, no = 0
Summation:
- Positive Affect Score (PAS): A+C+E+G+I
- Negative Affect Score (NAS): B+D+F+H+J
- Affect Balance Score (ABS): PAS minus NAS
Possible: range: -5 to +5

Name: Bradburn's 'Affect Balance Scale'

Selfreport on 2 questions:

"Please tell me how often you have felt this way during the past week...?"

A I enjoyed life
B I was happy

Answer options:
1 rarely or none of the time
2 some or a little of the time
3 occasionally or a moderate amount of time
4 most of the time

Summation: average score on A and B

Selfreport on 25 questions:

A number of statements that people have used to describe how they feel are given below. Read each one and circle the number that best describes how frequently that statement was true for you in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times in the past week.
A I felt sad
B I felt I had failed as a person
C I felt dissatisfied with my life
D I felt mentally alert
E I felt disappointed with myself
F I felt cheerful
G I felt life wasn't worth living
H I felt satisfied with my life
I I felt healthy
J I felt life crying
K I felt I had been successful
L I felt happy
M I felt I couldn't make decisions
N I felt unattractive
O I felt optimistic about the future
P I felt life was rewording
Q I felt cheerless
R I felt life has a purpose
S I felt too tired to do anything
T I felt pleased with the way I am
U I felt lethargic
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

V I found it easy to make decisions
W I felt life was enjoyable
X I felt life was meaningless
Y I felt run down

Answer options:
0 never
1 rarely
2 sometimes
3 often

Negative affect score (NAS): A, B, C, E, G, J, M, N, Q, S, U, X, Y.
Affect Balance Score (ABS): PAS - NAS + 39

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

C-A/h/sq/v/3/a Selfreport on single question:

"How do you feel about what you have accomplished in life...?"
3 well satisfied
2 reasonable satisfied
1 dissatisfied:

C-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)
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Various self reports and informant rating

A Selfreport on five questions repeated three times during semester:
- a In most ways my life is close to ideal
- b The conditions of my life are excellent
- c I am satisfied with my life
- d So far, I have gotten the important things I want in life
- e If I could live my life over, I would change nothing
Answers rated: 7 strongly agree ...1 strongly disagree
(Diener's Satisfaction With Life Scale, SWLS)

B Selfreport on 24 questions:
How much of each mood did you experience in the last month?
BA LOVE
- a Affection
- b love
- c caring
- d fondness
BB JOY
- a joy
- b happiness
- c contentment
- d pride
BC FEAR
- a fear
- b worry
- c anxiety
- d nervous
BD ANGER
- a anger
- b irritation
- c disgust
- d rage
BE SHAME
- a shame
- b guilt
- c regret
- d embarrassment
BF SADNES
- a sadness
- b loneliness
- c unhappiness
- d depression
Rated: 0 = not at all ...6 extremely much
Summation: balance score (BA + BB)/2 - (BC + BD + BE + BF)/4

C Rating of B by five informants

D Selfreport of daily affect on B

Summation: z-scores

http://worlddatabaseofhappiness.eur.nl/hap_cor/top_sub.php?code=P13 (77 of 95)
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**M-FH/cm/sq/v/5/a** Selfreport on single question:

How would you rate the last month of your life. Was it a happy or an unhappy time for you......?
- 5 very happy time
- 4 fairly happy time
- 3 happy nor unhappy
- 2 rather unhappy time
- 1 very unhappy time

**M-TH/g/sq/v/3/d** Selfreport on single question:

I feel......
- 3 rarely unhappy
- 2 rather often unhappy
- 1 very often unhappy.

**M-TH/g/sq/v/4/b** Selfreport on single question:

Moments that I feel happy I have......
- 4 often
- 3 not too often
- 2 seldom
- 1 never

**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/u/sq/f/7/a** Selfreport on single question:

Which face comes closest to expressing feeling about life as a whole?
- 7 delighted
- 6 nvery satisfying
- 5 satisfying
- 4 mixed
- 3 dissatisfying
- 2 very dissatisfying
- 1 terrible
- No opinion

Name: Andrews & Withey's "Delighted-Terrible Scale" (modified version)
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Selfreport on single question:

How do you feel about your life as a whole.....?
7 delighted
6 pleased
5 mostly satisfied
4 mixed
3 mostly dissatisfied
2 unhappy
1 terrible

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

Selfreport on single question, 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'

Selfreport on single question:

Open question on happiness.
Text not reported.

Selfreport on single question:

Taken all together, how would you say things are these days? Would you say that you are....?
3 very happy
2 pretty happy
1 not too happy

Selfreport on single question:

Do you feel your life at present is.....?
4 very happy
3 quite happy
2 quite unhappy
1 very unhappy
Selfreport on single question:

"Taking all things together, how would you say you are these days.....?"
5 extremely happy
4 very happy
3 happy
2 pretty happy
1 not too happy

Selfreport on single question

'How happy are you now?'
5 very happy
4 happy
3 neither happy nor unhappy
2 unhappy
1 very unhappy

Original text in Danish:
'Hvor lykkelig er du for tiden?'
5 meget lykkelig
4 lykkelig
3 hverken eller
2 ullykklig
1 meget ullykkelig

Selfreport on single question:

"Taking all together: how happy would you say you are? Would you say you are.....?"
3 very happy
2 pretty happy
1 not too happy

Selfreport on single question:

On the whole, how happy would you say you are.....?
4 very happy
3 fairly happy
2 not very happy
1 very unhappy
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

O-HP/g/mq/v/5/a Selfreport on 6 questions:

"Describe the kind of person you are. Please read each sentence, then mark how often it is true for you"

1 I feel like smiling
2 I generally feel in good spirits
3 I feel happy
4 I am very satisfied with life
5 I find a good deal of happiness in life
6 I feel sad

Response options:
5 almost always true
4 often true
3 sometimes true
2 seldom true
1 never true

Summation: average
Possible range: 1 to 5

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

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

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

O-HP/u/sq/v/5/a Selfreport on single question

To what extend do you consider yourself a happy person....? 
5 very happy
4 happy
3 neither happy nor unhappy
2 not very happy
1 unhappy

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

'How would you rate the quality of your life at present? Would you say it is ..
5 excellent
4 very good
3 good
2 fair
1 poor
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

O-QOL/cm/sq/v/5/a  Selfreport on single question:

We ask you to think about your life in the last two weeks....

How would you rate your quality of life?
1 very poor
2 poor
3 neither poor nor good
4 good
5 very good

Item 1 in WHOQOL-Bref

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

How satisfied are you with the life you lead these days.......?
5 very satisfied
4 fairly satisfied
3 neither satisfied nor dissatisfied
2 rather dissatisfied
1 very dissatisfied

O-SLS/c/sq/f/7/a  Selfreport on single question:

When you're not only thinking of your job, but of your total present situation (house, prices, health, love, politics, neighbors, etc.), how satisfied are you with your life as-a-whole? Please mark the appropriate face below.

Rated on pictorial scale, consisting of seven smilies, expressing variations from very dissatisfied (a) to very satisfied (g) (Kunin's 'Faces scale'). Pictures not reproduced here).
1 unhappy face
.
.
4 neutral face
.
.
7 happy face

Item in the "Arbeitsbeschreibungsbogen" (job-description questionnaire).
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Selfreport on single question:

'How satisfied are you with your life now?'
5 very satisfied
2 satisfied
3 neither satisfied nor dissatisfied
2 dissatisfied
1 very dissatisfied

Original text in Danish:
'Hvor tilfreds er du med dit liv for tiden?'
5 meget tilfreds
4 tilfreds
3 hverken tilfreds eller utilfreds
2 utilfreds
1 meget utilfreds

Selfreport on single question:

".....satisfaction with overall life....."
(Full questions not reported)
3 very satisfied
2 fairly satisfied
1 not satisfied
- NA

Selfreport on single question:

"On the whole, are you satisfied with your life.....?"
5 definitely yes
4 rather yes
3 don't know
2 rather no
1 definitely no
- no reply

Selfreport on single question:

How satisfied are you the quality of your life these days?
1 very dissatisfied
2 dissatisfied
3 neither nor
4 satisfied
5 very satisfied

Numbering reversed in original rating scale
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

Selfreport on 3 questions:

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

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

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

Summation: The summed scores were divided in three strata: low, medium and high quality of life

Selfreport on four questions:

Using the 1-7 scale below, indicate how much each of the following statements applies for you in the last 18 months.

A In most ways my life is close to ideal
B The conditions of my life are excellent
C I am satisfied with my life
D So far, I have gotten the important things I want in life

Answers rated:
- 7 applies completely
- 6 applies
- 5 applies slightly
- 4 neither applies nor does not apply
- 3 slightly not applicable
- 2 not applicable
- 1 applies not at all

Computation: A + B + C + D divided by 4

Name: Shortened Diener's Satisfaction with Life Scale (SWLS), last years version (In the original scale item 5 reads: 'If I could live my life over, I would change nothing').
This item is left out in this selection because a positive answer to this question does not necessarily mean that the respondent doesn't like the life he/she actually lives.)
## 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, Happinessl: metric.  
Range: [-1 ; +1]  
Meaning:  
β > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
β < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
β = 0 « no correlation.  
β = +1 or -1 « perfect correlation.  
Remark:  
Mean of observations is subtracted from all observations if standardized. |
| C      | Pearson's CONTINGENCY COEFFICIENT  
Type: test statistic  
Measurement level: Correlate: nominal, Happinessl: ordinal  
Range: [0; SQRT(1-1/s)], where s = the lesser of c and r, the number of columns and rows respectively.  
Meaning:  
C = 0 « no association.  
C = SQRT( 1-1/s) « strongest possible association |
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

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

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

DMt  
**DIFFERENCE of MEANS AFTER TRANSFORMATION**
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness: metric
Theoretical range: [-10; +10]

Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.

E²  
**CORRELATION RATIO (Elsewhere sometimes called h² or ETA)**
Type: test statistic
Measurement level: Correlate: nominal or ordinal, Happiness: metric
Range: [0; 1]

Meaning: correlate is accountable for $E^2 \times 100\%$ of the variation in happiness.
$E^2 = 0 \Leftrightarrow$ knowledge of the correlate value does not improve the prediction quality of the happiness rating.
$E^2 = 1 \Leftrightarrow$ knowledge of the correlate value enables an exact prediction of the happiness rating.

G  
**GOODMAN & Kruskal's GAMMA**
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: [-1; +1]

Meaning:
$G = 0 \Leftrightarrow$ no rank correlation
$G = +1 \Leftrightarrow$ strongest possible rank correlation, where high correlate values correspond with high happiness ratings.
$G = -1 \Leftrightarrow$ strongest possible rank correlation, where high correlate values correspond with low happiness ratings.

Gs  
**PARTIAL GAMMA. See: GAMMA**
Range: [-1, +1].
Seldom used in happiness research. See excerpted report.

MCT  
**Multiple Comparison Test, variant not specified.**
Possible variants: Scheffé, Tukey, Student/Newman/Keuls, Bonferoni (BMCT)
**Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS**

**OR**
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness level: dichotomous
Range: nonnegative unlimited

Meaning:
OR = 1 « no association at all;
OR = 0 or infinite « at least one level of the correlate allows an error-free prediction of the happiness.

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

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

**rpc**
PARTIAL CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.
Under that conditions
.rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
.rpc < 0 « a higher correlate level corresponds with a lower happiness rating,

**rs**
SPEARMAN'S RANK CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal.
Range: [-1; +1]

Meaning:
rs = 0 « no rank correlation
rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings
rs =-1 « perfect rank correlation, where high correlate values are associated with low happiness ratings
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

**T**

**TSCHUPROW'S T**
Type: test statistic.
Measurement level: Correlate: nominal, Happiness: ordinal
Range: \([0; \sqrt{\frac{\min(r,c)-1}{\max(r,c)-1}}]\), \(c\) and \(r\) being the numbers of columns resp. rows in a cross tabulation.

Meaning:
- \(T = 0\) « no association
- \(T \to 1\) « strongest possible association.

**NOTE:** sometimes the square value is reported instead!

**tau**

**GOODMAN & Kruskal's TAU**
Type: descriptive statistic only.
Measurement level: Correlate: nominal, Happiness: ordinal
Range: \([0; +1]\)

Meaning:
- \(\tau = 0\) « knowledge of the correlate value does not improve the prediction quality of the happiness rating.
- \(\tau = 1\) « knowledge of the correlate value enables a perfect (error-free) prediction of the happiness rating.

**tb**

**KENDALL'S RANK CORRELATION COEFFICIENT TAU-B**
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: \([-1; +1]\)

Meaning:
- \(tb = 0\) « no rank correlation
- \(tb = 1\) « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.
- \(tb = -1\) « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

**V**

**CRAMÉR's V**
Type: test statistic
Measurement level: Correlate: nominal, Happiness: ordinal
Range: \([0; 1]\)

Meaning:
- \(V = 0\) « no association
- \(V = 1\) « strongest possible association
Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

ZZZZZ

CRAMéR's V
Type: test statistic
Measurement level: Correlate: nominal, Happiness: ordinal
Range: [0; 1]

Meaning:
V = 0 « no association
V = 1 « strongest possible association

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

Abstracting and classification of findings

How happy people are, distributional findings
Happiness in Nations, Happiness in Publics

What goes together with happiness
Correlational Findings

Listing of comparable findings in Nations
States of Nations, Trends in Nations

Size of the collections
1226 Happiness measures (Item Bank)

Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

4258 Nations surveys in 206 Nations
149 Distinguished publics in 1199 studies
12032 Correlational findings in 1196 studies

Appendix 4 Further Findings in the World Database of Happiness

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<th>Main Subjects</th>
<th>Subject Description</th>
<th>Number of Studies</th>
</tr>
</thead>
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<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>
</tr>
<tr>
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Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

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### Findings on Happiness and PSYCHO-SOMATIC COMPLAINTS

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**A report of the World Database of Happiness, Correlational Findings**