World Database of Happiness

Correlational Findings on Happiness and SLEEP
Subject Code: S4

© on data collection: Ruut Veenhoven,
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Classification of Findings

Subject Code	Description	Nr of Studies on this Subject
S4	SLEEP	0
S4.1	Sleep career	0
S4.1.1	Earlier sleep	0
S4.1.2	Change in sleep	0
S4.1.3	Later sleep	0
S4.2	Current sleep-pattern	2
S4.2.1	Amount of sleep	5
S4.2.2	Quality of sleep	3
S4.3	Attitudes to sleep	0
S4.3.1	Satisfaction with amount of sleep	6
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 SLEEP World Database of Happiness, Correlational Findings Internet: worlddatabaseofhappiness.eur.nl Erasmus University Rotterdam, 2009, Netherlands	

Correlational finding on Happiness and Current sleep-pattern
Subject code: S4.2

Study	ABDEL 2006A/2
Reported in:	Abdel-Khalek, A.M. Measuring Happines by a Single Item Scale. Social Behavior and Personality, 2006, Vol. 34, 139 - 150. ISSN 0301 2212 Page in Report: 21
Population:	University undergraduates, Kuwait 2002
Sample:	Non-probability chunk sample
Non-Response:	
N:	503

Correlate

Authors label:	Insomnia
Our classification:	Current sleep-pattern, code S4.2
Measurement:	The Insomnia Scale (Abdel-Khalek 2004). It comprised 12 items answered on a 5-point scale. This scale is composed of two factors, i.e.difficulty in initiating and maintaining sleep, and consequences of insomnia
Error Estimates:	Cronbach alpha = .86

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
M-FH/g/sq/ol/11/a	r=-.40 p<.001	All males : r = -.41 (001) females: r = -.39 (001)

Correlational finding on Happiness and Current sleep-pattern
Subject code: S4.2

Study

LINN 1986

Reported in: Linn, L.S.;Yager, J.; Dennis, W.;Cope, W.; Leake, B.
Factors Associated With Life Satisfaction Among Practicing Internist.
Medical Care, 1986, Vol. 24, 830 - 837. ISSN p 0125 7079; ISSN e 1537 1948
Page in Report: 834

Population: Physicians, California, USA, 1984

Sample: Probability simple random sample

Non-Response:

N: 211

Correlate

Authors label: Sleeping

Our classification: Current sleep-pattern, code S4.2

Measurement: Selfreported of typical behavices in the past 6 month to
make one feel better:
- Getting an adequate amount of sleep
rated: never(1) to daily (6)

Measured Values: M = 5.15

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sq/v/7/a	r=-.09 ns	

Correlational finding on Happiness and Amount of sleep
Subject code: S4.2.1

Study   BAKKE 1974

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

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

Sample:

Non-Response: 34% refusal and unattainable.

N: 1552

Correlate

Authors label: Amount of sleep. (1)

Our classification: Amount of sleep, code S4.2.1

Measurement: Difference between the time one usually goes to sleep and the time one usually awakes.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-HP/g/sq/ol/7/a	G=±.0 ns	

Correlational finding on Happiness and Amount of sleep
Subject code: S4.2.1

Study   GORMA 1971

Reported in: Gorman, B.S.
A Multivariate Study of the Relationship of Cognitive Control and Cognitive Style Principles to Reported Daily Mood Experiences.
Unpublished doctoral dissertation, 1971, City University of New York, USA
Page in Report: 216/222

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

Sample:

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

Correlate

Authors label:	Amount of sleep (1)
Our classification:	Amount of sleep, code S4.2.1
Measurement:	`Repeated closed question on amount of sleep last night;` `during one month: much less than average / less than` `average / average amount / more than average / much more` `than average.`

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
C-BW/c/sq/l/11/b	r=+.16 ns	
A-ARE/md/sqr/v/10/b	r=+.16 ns	

Correlational finding on Happiness and Amount of sleep
Subject code: S4.2.1

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:	Amount of sleep, code S4.2.1
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

Happiness Measure	Statistics	Elaboration/Remarks
O-SQL/c/sq/v/5/b	DM=- p<.00000	no complaints M = 3,82 CI95[3,70; 3,94] severe insomania M = 3,05 CI95[2,94; 3,16] difference DM = -0,77 CI95[-0.93; -0,61] P2=4,9E-20

Correlational finding on Happiness and Amount of sleep
Subject code: S4.2.1

Study	LEPPE 1997
Reported in:	Lepper, H.S. Use of other Reports to Validate Subjective Well-Being Measures. Social Indicators Research, 1998, Vol. 44, 367 - 379. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006872027638 Page in Report: 372,377
Population:	Retirees followed 9 months, Southern California, USA, 199?
Sample:	Non-probability chunk sample
Non-Response:	
N:	971

Correlate

Authors label: Sleep disturbances

Our classification: Amount of sleep, code S4.2.1

Measurement:
```
Self report on 3 questions:
How much of the time during the previous weeks
a enough sleep was obtained in order to feel rested upon
waking
b had trouble falling asleep
c got the amount of sleep needed
```

Error Estimates: Correlation between self and other reports (only spouses): N=803, r=+.53, p<.0001) For the other-reporters, only spouses or "significant" others were asked to complere their items in order to ensure that the reporters had sufficient knowledge about the target's sleep quality. Test for difference in mean ns (t.=-1.71)

Remarks:
```
Only measured in wave 1.
```

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	r=+.31 p<.0001	
O-HL/*/mq/v/16/a	r=+.35 p<.0001	
M-AO/*/mqr/*/0/a	r=+.36 p<.0001	

Correlational finding on Happiness and Amount of sleep
Subject code: S4.2.1

Study   WESSM 1966/2

Reported in: Wessman, A.E.;Ricks, D.F.
Mood and Personality.
Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
Page in Report: 283

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

Sample: Non-probability chunk sample

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

N: 17

Correlate

Authors label: Amount of sleep (1)

Our classification: Amount of sleep, code S4.2.1

Measurement: Repeated direct question on number of hours sleep last night; during 6 weeks.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-ARE/md/sqr/v/10/a	r=+.25 ns	

Correlational finding on Happiness and Quality of sleep
Subject code: S4.2.2

Study | CLEME 1980/4

Reported in: Clement, F.J.
De la Variation de Quelques Traits de Personalité en Fonction, notamment, de l'Age, du Sexe et du Niveau Intellectuel. (The Variation of Certain Personality Traits in Relation to Age, Sex, and Intelligent Level).
Psychologie Francaise, 1980, Vol. 25, 95 - 113
Page in Report: 103-107

Population: 50-69 aged women, France, 1975

Sample:

Non-Response:

N: 747

Correlate

Authors label:	Sleep quality (1)
Our classification:	Quality of sleep, code S4.2.2
Measurement:	Single direct question;
	o more or less disturbed
	1 normal

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks		
M-FH/u/sq/ol/9/a	DM=+ p<.001	More or less disturbed Normal	M=6. M=6,87	Mt'=6,3 Mt'=7,3
O-HL/u/sq/ol/9/a	DM=+ p<.05	more or less disturbed normal	M=6,80 M=7,15	Mt'=7,3 Mt'=7,7
O-SP/u/sq/ol/9/a	DM=+ p<.001	More or less disturbed Normal	M=6,21 M=6,54	Mt'=6,5 Mt'=6,9

Correlational finding on Happiness and Quality of sleep
Subject code: S4.2.2

Study	KAHNE 2006
Reported in:	Kahneman, D.;Krueger, A. B. Developments in the Measurement of Subjective Well-Being. Journal of Economics Perspective, 2006, Vol. 20, 3 -24. ISSN 0895 3309 DOI:10.1257/089533006776526030 Page in Report: 17
Population:	Adults, female, employed, USA (Texas)
Sample:	Non-probability purposive sample
Non-Response:	

N:	909

Correlate

Authors label:	Sleep Quality
Our classification:	Quality of sleep, code S4.2.2
Measurement:	`Self report on single question`

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-SLW/c/sq/v/4/a	r=+.29	
A-AB/yd/mq/n/7/a	r=+.30	

Correlational finding on Happiness and Quality of sleep
Subject code: S4.2.2

Study	LEPPE 1997
Reported in:	Lepper, H.S. Use of other Reports to Validate Subjective Well-Being Measures. Social Indicators Research, 1998, Vol. 44, 367 - 379. ISSN p 0303 8300; ISSN e 1573 0921 DOI:10.1023/A:1006872027638 Page in Report: 372,377
Population:	Retirees followed 9 months, Southern California, USA, 199?
Sample:	Non-probability chunk sample
Non-Response:	
N:	971

Correlate

Authors label:	Sleep disturbances
Our classification:	Quality of sleep, code S4.2.2

Measurement: Self report on 3 questions:
How much of the time during the previous weeks
a enough sleep was obtained in order to feel rested upon
waking
b had trouble falling asleep
c got the amount of sleep needed

Error Estimates: Correlation between self and other reports (only spouses): N=803, r=+.53, p<.0001)
For the other-reporters, only spouses or "significant" others were asked to complere their items in order to ensure that the reporters had sufficient knowledge about the target's sleep quality. Test for difference in mean ns (t.=-1.71)

Remarks: Only measured in wave 1.

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
A-BB/cm/mq/v/2/a	r=+.31 p<.0001	
O-HL/*/mq/v/16/a	r=+.35 p<.0001	
M-AO/*/mqr/*/0/a	r=+.36 p<.0001	

Correlational finding on Happiness and Satisfaction with amount of sleep
Subject code: S4.3.1

Study	ANDRE 1976/3

Reported in: Andrews, F.M.; Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1
Page in Report: 112

Population: 18+ aged, general public, non institutionalized, USA, 1972/11

Sample:

Non-Response: 38%

N:	1072

Correlate

Authors label:	Satisfaction with amount of sleep (1)
Our classification:	Satisfaction with amount of sleep, code S4.3.1
Measurement:	Closed question: "How do you feel about the sleep you get?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	E²=+.31	

Correlational finding on Happiness and Satisfaction with amount of sleep
Subject code: S4.3.1

Study	ANDRE 1976/3
Reported in:	Andrews, F.M.; Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 Page in Report: 112
Population:	18+ aged, general public, non institutionalized, USA, 1972/11
Sample:	
Non-Response:	38%
N:	1072

Correlate

Authors label:	Satisfaction with amount of sleep (2)
Our classification:	Satisfaction with amount of sleep, code S4.3.1

Measurement:	Closed question: "How do you feel about the sleep you get?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

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Observed Relation with Happiness

Happiness Measure	*Statistics*	*Elaboration/Remarks*
O-DT/u/sqt/v/7/a	E²=+.31	

Correlational finding on Happiness and Satisfaction with amount of sleep
Subject code: S4.3.1

Study	ANDRE 1976/3
Reported in:	Andrews, F.M.; Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 Page in Report: 112
Population:	18+ aged, general public, non institutionalized, USA, 1972/11
Sample:	
Non-Response:	38%
N:	1072

Correlate

Authors label:	Satisfaction with the amount of sleep (1)
Our classification:	Satisfaction with amount of sleep, code S4.3.1
Measurement:	Closed question: "How do you feel about the sleep you get?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

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Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	E²=+.31	

Correlational finding on Happiness and Satisfaction with amount of sleep
Subject code: S4.3.1

Study	ANDRE 1976/5
Reported in:	Andrews, F.M.; Withey, S.B. Social Indicators of Well-being: Americans' Perceptions of Life Quality Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1 Page in Report: 112
Population:	18+ aged, general public, non-institutionalized, USA, 1973/7
Sample:	
Non-Response:	
N:	222

Correlate

Authors label:	Satisfaction with amount of sleep (1)
Our classification:	Satisfaction with amount of sleep, code S4.3.1
Measurement:	Closed question: "How do you feel about the sleep you get?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	r=+.24	

Correlational finding on Happiness and Satisfaction with amount of sleep
Subject code: S4.3.1

Study ANDRE 1976/5

Reported in: Andrews, F.M.; Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1
Page in Report: 112

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

Sample:

Non-Response:

N: 222

Correlate

Authors label: Satisfaction with amount of sleep (2)

Our classification: Satisfaction with amount of sleep, code S4.3.1

Measurement: Closed question: "How do you feel about the sleep you get?"
Rated on a 7-point scale: terrible/ unhappy/
mostly dissatisfied/ mixed/ mostly satisfied/ pleased/
delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	r=+.24	

Correlational finding on Happiness and Satisfaction with amount of sleep
Subject code: S4.3.1

Study ANDRE 1976/5

Reported in: Andrews, F.M.; Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA. ISBN 0 306 30935 1
Page in Report: 112

Population:	18+ aged, general public, non-institutionalized, USA, 1973/7
Sample:	
Non-Response:	
N:	222

Correlate

Authors label:	Satisfaction with amount of sleep (3)
Our classification:	Satisfaction with amount of sleep, code S4.3.1
Measurement:	Closed question: "How do you feel about the sleep you get?" Rated: 1 terrible 2 unhappy 3 mostly dissatisfied 4 mixed 5 mostly satisfied 6 pleased 7 delighted

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
O-DT/u/sqt/v/7/a	r=+.24	

Appendix 1: Happiness Items used

Happiness Item Code	Full Text

A-AB/yd/mq/n/7/a   Selfreport on yesterdays activities using a diary format.

Nine affects were rated for each episode:
A happy
B warm, friendly
C enjoying myself
D frustrated, annoyed
E depressed, blue
F hassled, puushed around
G angry, hostile
H worried, anxious
I criticized, put down

Rating: 0 'not at all' to 6 'very much'

Computation: (A+B+C)/3 - (D+E+F+H+H+I)/6

Name: Kahneman's Net Affect
.
.
6

A-ARE/md/sqr/v/10/
a   Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"On the average, how happy or unhappy did you feel today....?"
1 Extremely unhappy. Utterly depressed. Completely down.
2 Very unhappy. Depressed. Spirits very low.
3 Pretty unhappy. Somewhat 'blue'. Spirits down.
4 Mildly unhappy. Just a little low.
5 Barely unhappy. Just this side of neutral.
6 Barely happy. Just this side of neutral.
7 Mildly happy. Feeling fairly good and somewhat cheerful.
8 Pretty happy. Spirits high. Feeling good.
9 Very happy. Feeling really good. Elated.
10 Extremely happy. Feeling ecstatic, joyous, fantastic.

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

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

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

"On average; how elated or depressed, happy or unhappy you felt today....?
10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous
delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good , "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat 'blue'
3 Depressed and feeling very low.
Definitely 'blue'
2 Tremendously depressed.
Feeling terrible, really miserable, "just awful"
1 Utter depression and gloom. Completely down.
All is black and leaden. Wish it were all over.

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

A-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)

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

"Above you see a numbered ladder. Consider the top of the ladder as the best possible life and the bottom of the ladder as the worst possible life.
A Please place an X where you feel you are now.
B Place an Y at the point where you were five years ago.
C Please place a Z at the point that you feel you will be at five years from now.
[10] best possible life
[9]
[8]
[7]
[6]
[5]
[4]
[3]
[2]
[1]
[0] worst possible life

Question A is the case question.

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

M-AO/*/mqr/*/0/a   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

M-FH/g/sq/ol/11/a   Selfreport on single question:

Do you feel happy in general?
0 minimum score
1
2
3
4
5
6
7
8
9
10 maximal score
Numbers presented on a horizontal line scale.

M-FH/u/sq/ol/9/a   Selfreport on single question:

Place a cross on the line on the place you estimate to be what corresponds best with your state.
1 | I don't feel very well in my skin
2 |
3 |
4 |
5 | I don't feel too well in my skin
6 |
7 |
8 |
9 | I feel very well in my skin

Scoring: rated on open horizontal line scale divided afterwards in 9 sections.

O-DT/u/sq/v/7/a   Selfreport on single question:

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

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

O-DT/u/sqt/v/7/a   Selfreport on single question, asked twice in interview:

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

Summation: arithmetic mean

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

O-HL/*/mq/v/16/a   Self report on three questions:

A During the past 4 weeks..... Have you been a happy person?
6 all of the time
5 most of the time
4 a good bit of the time
3 some of the time
2 a little of the time
1 none of the time
B Considering your life as a whole, would you describe it as...?"
1 very unhappy
2 unhappy
3 unhappy
4 mixed
5 happy
6 happy
7 very happy
C Taking all together, how would you say things are these days?
3 very happy
2 pretty happy
1 not too happy

O-HL/u/sq/ol/9/a   Selfreport on single question:

Place a cross, on each line, on the place you estimate to be that which corresponds best with your state
1 I am not very happy
2 |
3 |
4 |
5 | I am not too happy
6 |
7 |
8 |
9 I am quite happy

Scoring: rated on an open horizontal line scale, divided afterwards in 9 sections.

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-SLW/c/sq/v/4/a   Selfreport on single question:

In general, how satisfied are you with your life these days? Would you way that you are....?
4 very satisfied
3 somewhat satisfied
2 somewhat dissatisfied
1 very dissatisfied

O-SP/u/sq/ol/9/a   Selfreport on single question:

Place a cross on the line below, on the spot you estimate that corresponds best with your state.
1 | I am not very satisfied
2 |
3 |
4 |
5 | I am not too satisfied
6 |
7 |
8 |
9 I am very satisfied

Scoring: rated on an open horizontal line scale divided afterwards in 9 sections.

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

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

Numbering reversed in original rating scale

Appendix 2: Statistics used

| Symbol	Explanation
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.
E^2	CORRELATION RATIO (Elsewhere sometimes called h^2 or ETA) Type: test statistic Measurement level: Correlate: nominal or ordinal, Happiness: metric Range: [0; 1] Meaning: correlate is accountable for E^2 x 100 % of the variation in happiness. E^2 = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating. E^2 = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating
G	GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happinessl: ordinal Range: [-1; +1] Meaning: G = 0 « no rank correlation G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings. G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.
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.

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
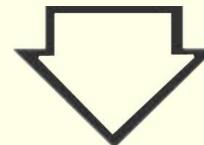
Bibliography   and   Directory

Selection of empirical studies   Selection on valid measurement: Item
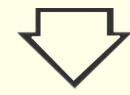
Bank

Abstracting and classification of findings

How happy people are, distributional findings   What goes together with happiness
Happiness in Nations , Happiness in Publics   Correlational Findings

Listing of comparable findings in Nations

States of Nations , Trends in Nations

Size of the collections
1226 Happiness measures (Item Bank)
4258 Nations surveys in 206 Nations
149 Distinguished publics in 1199 studies
12032 Correlational findings in 1196 studies

Appendix 4 Further Findings in the World Database of Happiness

Main Subjects	Subject Description	Number of Studies
A1	ACTIVITY: LEVEL (how much one does)	58
A2	ACTIVITY: PATTERN (what one does)	32
A3	AFFECTIVE LIFE	48
A4	AGE	400
A5	AGGRESSION	12
A6	ANOMY	32
A7	APPEARANCE (good looks)	15
A8	ATTITUDES	6
A9	AUTHORITARIANISM	4
B1	BIRTH CONTROL	1
B2	BIRTH HISTORY (own birth)	201
B3	BODY	77
C1	CHILDREN	1
C2	CHILDREN: WANT FOR (Parental aspirations)	6
C3	CHILDREN: HAVING (parental status)	195
C4	CHILDREN: CHARACTERISTICS OF ONE'S CHILDREN	25
C5	CHILDREN: RELATION WITH ONE'S CHILDREN	8
C6	CHILDREN: REARING OF ONE'S CHILDREN (parental behavior)	26
C7	COMMUNAL LIVING	9
C8	CONCERNS	18
C9	COPING	43
C10	CREATIVENESS	6
C11	CULTURE (Arts and Sciences)	8
D1	DAILY JOYS & HASSLES	5
E1	EDUCATION	302
E2	EMPLOYMENT	363
E3	ETHNICITY	98
E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58
F3	FAMILY OF RELATIVES	157
F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	152
G1	GENDER	370
G2	GRIEF	1
H1	HABITS	1
H2	HANDICAP	25

M10	MIGRATION: MIGRANT WORK	3
M11	MILITARY LIFE	7
M12	MODERNITY	6
M13	MOOD	246
M14	MOTIVATION	7
N1	NATION: NATIONALITY	29
N2	NATION: ERA (temporal period)	41
N3	NATION: NATIONAL CHARACTER (modal personality)	29
N4	NATION: CONDITION IN ONE'S NATION	430
N5	NATION: POSITION OF ONE'S NATION	1
N6	NATION: ATTITUDES TO ONES NATION	152
N7	NATION: LIVABILITY OF ONE'S NATION	17
N8	NATION i: ATTITUDES IN	1
N9	REGION IN NATION	59
N10	NUTRITION	23
N21	ERA	0
O1	OCCUPATION	178
O2	ORGAN TRANSPLANTATION	17
P1	PERSONALITY: HISTORY	48
P2	PERSONALITY: CHANGE	10
P3	PERSONALITY: CURRENT ORGANIZATION	7
P4	PERSONALITY: CURRENT TRAITS	462
P5	PERSONALITY: LATER	23
P6	PHYSICAL HEALTH	427
P7	PLANNING	11
P8	POLITICAL BEHAVIOUR	231
P9	POPULARITY	26
P10	POSSESSIONS	60
P11	PRISON	1
P12	PROBLEMS	25
P13	PSYCHO-SOMATIC COMPLAINTS	62
P14	PETS	3
R1	RELIGION	251
R2	RESOURCES	9
R3	RETIREMENT	89
R4	ROLES	23
S1	SCHOOL	129
S2	SELF-IMAGE	237
S3	SEX-LIFE	61

S4	SLEEP	16
S5	SOCIAL MOBILITY	17
S6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	69
S7	SOCIAL PARTICIPATION : VOLUNTARY ASSOCIATIONS	131
S8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	34
S9	SOCIO-ECONOMIC STATUS	154
S10	SOCIAL SUPPORT: RECEIVED	62
S11	SOCIAL SUPPORT: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8
S15	SUMMED DETERMINANTS	92
T1	TIME	53
T2	THERAPY	38
T3	TOLERANCE	37
V1	VALUES: CAREER	8
V2	VALUES: CURRENT PREFERENCES (own)	73
V3	VALUES: CLIMATE (current values in environment)	7
V4	VALUES: SIMILARITY (current fit with others)	12
V5	VICTIM	14
W1	WAR	5
W2	WISDOM	2
W3	WORK: CAREER	2
W4	WORK: CONDITIONS	68
W5	WORK: ATTITUDES	347
W6	WORK: PERFORMANCE (current)	29
W7	WORRIES	31
XX	UNCLASSIFIED	25

Appendix 5: Related Subjects

Subject		Related Subject(s)	
S4.2	Current sleep-pattern	P12.2	Current problems
S4.2.1	Amount of sleep	A2.2	Current activity pattern
S4.2.2	Quality of sleep	M13.3.4	Feeling energetic (vs lethargic, tired)
S4.2.2	Quality of sleep	P6.2.3.1	. fatigue

A report of the World Database of Happiness, Correlational Findings