Findings on Happiness & HEALTH-BEHAVIOR

Correlate Code: H 8

<table>
<thead>
<tr>
<th>Classification of Findings</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Correlate Code</td>
<td>Correlate Name</td>
</tr>
<tr>
<td>H 8</td>
<td>HEALTH-BEHAVIOR</td>
</tr>
<tr>
<td>H 8.1</td>
<td>Health-behavior career</td>
</tr>
<tr>
<td>H 8.1.1</td>
<td>Earlier health-behavior</td>
</tr>
<tr>
<td>H 8.1.2</td>
<td>Change in health-behavior</td>
</tr>
<tr>
<td>H 8.1.4</td>
<td>Later health-behavior</td>
</tr>
<tr>
<td>H 8.2</td>
<td>Current healthy life-style</td>
</tr>
<tr>
<td>H 8.2.1</td>
<td>Health inspection</td>
</tr>
<tr>
<td>H 8.2.2</td>
<td>Hygiene</td>
</tr>
<tr>
<td>H 8.3</td>
<td>Current medical consumption</td>
</tr>
<tr>
<td>H 8.3.3</td>
<td>Use of medicaments</td>
</tr>
<tr>
<td>H 8.4</td>
<td>Attitudes to health-maintenance</td>
</tr>
</tbody>
</table>

Appendix 1: Happiness queries 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 Topics

Cite as: Veenhoven, R.: Findings on Happiness & HEALTH-BEHAVIOR
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
### Measured Correlate

**Class:** HEALTH-BEHAVIOR  
**Code:** H 8

**Measurement:** Family needs prioritized by Paired Comparisons. Out of four basic needs, subjects were asked to compare two at a time and to select, which they sought 'their family needs most'. Items were:
- food
- health
- employment
- leisure

This leads to six pairs of comparisons.

Score pro need can be:
0. not mentioned
1. once
2. twice
3. three times

Needs index is the mean number of times an item is chosen.

**Measured Values:**

<table>
<thead>
<tr>
<th>Score</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1,40%</td>
</tr>
<tr>
<td>1</td>
<td>19,7%</td>
</tr>
<tr>
<td>2</td>
<td>35,0%</td>
</tr>
<tr>
<td>3</td>
<td>30,8%</td>
</tr>
</tbody>
</table>

**M:** 14,5%

**Error Estimates:**

**Remarks:** Items for pairwise comparison were selected by participant observation and open interviews.

### Observed Relation with Happiness

**Happiness Query** | **Statistics** | **Remarks**
---|---|---
O-H?/?/sq/l/7/a | $r=+.11$ | ns  
O-SLu/?/sq/l/5/a | $r=-.00$ | ns  

**Remarks:** Items for pairwise comparison were selected by participant observation and open interviews.
Findings on Happiness & HEALTH-BEHAVIOR

Correlate Code: H 8

Study

BRINK 1997B

Reported in:
Brinkerhoff, M. & Fredell, K. & Frideres, J.
Basic minimum needs, Quality of life and selected correlates: explorations in villages
Social Indicators Research t 42 p. 245-281

Population:
Adult, general public, poor rural village, Bhopalpani, India 1991

Sample:
Non-probability purposive-quota sample

Non-Response:
108

N:
not rep

Measured Correlate

Class:
HEALTH-BEHAVIOR Code: H 8

Measurement:
Family needs prioritized by Paired Comparisons. Out of four basic needs
ss were asked to compare two at a time and to select, which they sought 'their family needs most'
Items were:
• food
• health
• employment
• leisure
This leads to six pairs of comparisons.
Score pro need can be:
0. not mentioned
1. once
2. twice
3. three times
Needs index is the mean number of times an item is chosen.

Measured Values:
0: 0,80; 1: 42,2; 2: 39,4; 3: 14,7; M: 3,7

Error Estimates:

Remarks:
Items for pairwise comparison were selected by participant observation and open interviews

Observed Relation with Happiness

Happiness Query
Statistics
Remarks
O-H/?/sq/l/7/a  r=-.07  ns

O-SLu/?/sq/l/5/a  r=-.0  ns

Items for pairwise comparison were selected by participant observation and open interviews
Study

**VENTE 1997**

*Reported in:* Ventegodt, S.

Livskvalitet og omstændigheder tidligt I livet (The quality of Life and Factors in Pregnancy, Birth and Infancy)

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

**Measured Correlate**

*Class:* Health-behavior career  Code: H 8.1

*Measurement:*

- Laundry of the child’s clothes
  - a: in machine
  - b: soap
  - c: detergent

*Measured Values:* N: 221, %:a:5, b:16, c:78

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>a: Mt = 8.54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt = 7.64</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt = 7.61</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>a: Mt = 8.34</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt = 7.15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt = 7.16</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>a: Mt = 8.54</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt = 7.23</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt = 7.73</td>
<td></td>
</tr>
</tbody>
</table>
Study: VENTE 1996

Reported in: Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

Population: Persons born at the University Hospital in Copenhagen 1959-1961
Sample: Non-probability purposive sample (unspecified)
Non-Response: 39%
N: 4500

Measured Correlate

Class: Current healthy life-style Code: H 8.2

Measurement:
Lifestyle and Quality of Life
1: very unhealthy lifestyle
2: unhealthy lifestyle
3: neither healthy, nor unhealthy lifestyle
4: healthy lifestyle
5: very healthy lifestyle

Measured Values:
N: All:4597; %;1:1.8; 2:15.6; 3:42.0; 4:35.0; 5:5.6

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.12 p&lt;.00</td>
<td>1: Ms=6.63 2: Ms=7.39 3: Ms=7.68 4: Ms=7.96 5: Ms=8.16</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.11 p&lt;.00</td>
<td>1: Ms=6.00 2: Ms=6.65 3: Ms=7.01 4: Ms=7.21 5: Ms=7.29</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.12 p&lt;.00</td>
<td>1: Ms=6.24 2: Ms=7.01 3: Ms=7.36 4: Ms=7.69 5: Ms=7.69</td>
</tr>
<tr>
<td>Study</td>
<td>SCHUL 1985B</td>
<td>Page in Report: 52,54</td>
</tr>
<tr>
<td>-------</td>
<td>------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Reported in:</td>
<td>Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H. Lebensqualität in Österreich (Quality-of-life in Austria) Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>Adults, non-institutionalized, Austria, 1984</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>?</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>1776</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Health inspection Code: H 8.2.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>Direct question: &quot;How often do you control your weight?&quot; Answer categories: never, less than once a week, at least weekly</td>
</tr>
<tr>
<td>Measured Values:</td>
<td></td>
</tr>
<tr>
<td>Error Estimates:</td>
<td></td>
</tr>
<tr>
<td>Remarks:</td>
<td></td>
</tr>
</tbody>
</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-QL?/c/mq/v/5/a</td>
<td>r=+.13</td>
<td>Beta=+.0 p&lt;.05 controlled for: gender, age, community size, education, professional status, marital status, income, body weight, healthy eating habits, alcohol consumption, physical fitness activity, psychosomatic complains, illness and satisfaction with health.</td>
</tr>
</tbody>
</table>
Findings on Happiness & HEALTH-BEHAVIOR

**Study**

**VENTE 1997**

*Reported in:* Ventegodt, S.
Livskvalitet og omstændigheder tidligt I livet(The quality of Life and Factors in Pregnancy, Birth and Infancy)
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130

*Population:* 31-33 aged, born at the university hospital, Denmark, 1993

*Sample:* Non-probability chunk sample

*Non-Response:* 36%

*N:* 4626

**Measured Correlate**

*Class:* Health inspection  Code: H 8.2.1

*Measurement:* investigator's impression of the child at the one-year examination
a: very pale, red blood
b: pale red blood
c: very pale
d: pale
e: stridor
f: mucus rattle
g: head cold
h: nasal congestion

*Measured Values:* N all:4161, %:a:4,4, b:69,3, c:0,3, d:9,7, e:0,1, f:1,1, g:10,2, h:4,8

*Error Estimates:*

*Remarks:*

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>a: Mt=7.78</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt=7.74</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt=7.31</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d: Mt=7.68</td>
<td></td>
</tr>
<tr>
<td></td>
<td>e: Mt=7.09</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f: Mt=7.84</td>
<td></td>
</tr>
<tr>
<td></td>
<td>g: Mt=7.70</td>
<td></td>
</tr>
<tr>
<td></td>
<td>h: Mt=7.63</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>a: Mt=6.98</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b: Mt=7.04</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c: Mt=6.66</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d: Mt=6.95</td>
<td></td>
</tr>
<tr>
<td></td>
<td>e: Mt=7.09</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f: Mt=6.89</td>
<td></td>
</tr>
<tr>
<td></td>
<td>g: Mt=6.98</td>
<td></td>
</tr>
<tr>
<td></td>
<td>h: Mt=6.73</td>
<td></td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness

Page 7 of 31
| O-SLu/c/sq/v/5/e | a: Mt = 7.55 | b: Mt = 7.43 | c: Mt = 7.31 | d: Mt = 7.38 | e: Mt = 7.50 | f: Mt = 7.28 | g: Mt = 7.36 | h: Mt = 7.18 |
Findings on Happiness & HEALTH-BEHAVIOR Correlate Code: H 8

Study VENTE 1997

Reported in: Ventegodt, S.
Livskvalitet og omstændigheder tidligt I livet(The quality of Life and Factors in Pregnancy, Birth and Infancy)
Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130

Population: 31-33 aged, born at the university hospital, Denmark, 1993
Sample: Non-probability chunk sample
Non-Response: 36%
N: 4626

Measured Correlate

Class: Health inspection Code: H 8.2.1
Measurement: the nurse's judgment of the infant, day 5
1: possible negative deviation
2: suspicious
3: nothing to remark
4: positive deviation

Measured Values: N all:3114, %:1:0,5, 2:7,8, 3:78,7, 4:13,0

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=-.01 ns  | 1: Mt =7.50  
|                 |            | 2: Mt =7.78  
|                 |            | 3: Mt =7.69  
|                 |            | 4: Mt =7.69  |
| O-HL/c/sq/v/5/h | r=-.02 ns  | 1: Mt =7.50  
|                 |            | 2: Mt =7.11  
|                 |            | 3: Mt =7.00  
|                 |            | 4: Mt =6.99  |
| O-SLu/c/sq/v/5/e| r=-.02 ns  | 1: Mt =7.16  
|                 |            | 2: Mt =7.51  
|                 |            | 3: Mt =7.41  
|                 |            | 4: Mt =7.29  |
Findings on Happiness & HEALTH-BEHAVIOR

Study

**BAKKE 1974**

*Reported in:* Bakker, P. & Berg, N. van de
Determinants and correlates of happiness.


*Sample:* 34% refusal and unattainable.

*N:* 1552

*Non-Response:* 1552

*Measured Correlate*

*Class:* Hygiene Code: H 8.2.2

*Measurement:* Closed question rated on a 6-point scale.

*Measured Values:* 

*Error Estimates:* 

*Remarks:* 

*Observed Relation with Happiness*

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/sq/ol/7/a</td>
<td>G=+.05 ns</td>
<td></td>
</tr>
</tbody>
</table>
Study **ORMEL 1980**

*Reported in:* Ormel, H.

Moeite met leven of een moeilijk leven (Difficulty in living or a difficult life)

Dissertation 1980, University of Groningen, the Netherlands, publisher: Konstapel, Groningen, the Netherlands.

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

*Sample:*

*Non-Response:* 18%

*N:* 296

**Measured Correlate**

*Class:* Current medical consumption  
Code: H 8.3

*Measurement:* Ss were confronted with a list of 16 symptoms and asked what they would do. Doing nothing vs self-medication/consulting a doctor. Additive index.

Assessed at T2 (1976)

*Measured Values:

*Error Estimates:

*Remarks:

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r = +.09, p &lt; .05</td>
<td>T2 happiness by T2 readiness to take action on symptoms.</td>
</tr>
<tr>
<td></td>
<td>r = +.07, ns</td>
<td>T3 happiness by T2 readiness to take action on symptoms.</td>
</tr>
</tbody>
</table>
**Study**  
**JOL** 1985  
*Reported in:* Jol, C.  
*Population:* 18+ aged, general public, The Netherlands, 1974-83  
*Sample:*  
*Non-Response:* 1974: 28%, 1983: 43%  

---

**Measured Correlate**  
*Class:* Use of medicaments  
*Measurement:*  
0 = uses no medicaments  
1 = uses medicaments  

---

**Observed Relation with Happiness**  
*Happiness Query*  
O-SLL/c/sq/v/5/a  
*Statistics*  
Beta=-.0 p<.05  
*Remarks*  
1983 only  
ß controlled for sex and age.  
Results not significantly different from 1974.
Findings on Happiness & HEALTH-BEHAVIOR

**Study**

**MOSER 1969**

**Reported in:** Moser - Peters, C.M.J.


**Population:** Adult, general public, Utrecht, city, The Netherlands, 1967

**Sample:**

**Non-Response:** 14% unattainable etc.

**N:** 300

---

**Measured Correlate**

**Class:** Use of medicaments  

**Code:** H 8.3.3

**Measurement:** Direct question on medicine use during the last two weeks.

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

**Happiness Query**

**Statistics**

SNR = ns

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 13 of 31
Study  
**MOSER 1969**

*Reported in:* Moser - Peters, C.M.J.

*Population:* Adult, general public, Utrecht, city, The Netherlands, 1967

*Sample:* 

*Non-Response:* 14% unattainable etc.

*N:* 300

---

**Measured Correlate**

*Class:* Use of medicaments  
*Code:* H 8.3.3

*Measurement:* Direct question: 'Have you taken something against the nerves during the last 14 days? Nothing vs swallowed something.'

*Measured Values:* 

*Error Estimates:* 

*Remarks:* 

---

**Observed Relation with Happiness**

*Happiness Query*  
*Statistics*  
*Remarks*

O-HL/c/sq/v/5/c  
$G = -0.41$  
p<.01
Study | ZUMA 1989
---|---
**Reported in:** | Zentrum fur Umfrageforschung MANnheim (ZUMA)
**Population:** | 18+ aged, general public, West-Germany, 1978-88
**Sample:** | 
**Non-Response:** | ?
**N:** | varies from about 2000 - 2300

**Measured Correlate**

**Class:** | Use of medicaments Code: H 8.3.3
**Measurement:** | Question: 'Do you have some lasting sickness or disablement that forced you to change your profession or your complete life?'
1 yes
2 no

**Measured Values:** | 
**Error Estimates:** | 
**Remarks:** | 

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/11/b</td>
<td>SNR=</td>
<td></td>
</tr>
<tr>
<td>1978</td>
<td>+.08</td>
<td>+.09</td>
</tr>
<tr>
<td>1988</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ß's controlled for age, gender, perceived class and marital status.
Findings on Happiness & HEALTH-BEHAVIOR

Question: 'Do you regularly use medicine?'
1 yes
2 no

ZUMA 1989

Reported in: Zentrum fur Umfrageforschung Mannheim (ZUMA)

Population: 18+ aged, general public, West-Germany, 1978-88

Sample: ?

N: varies from about 2000 - 2300

Measured Correlate

Class: Use of medicaments Code: H 8.3.3

Measurement: Question: 'Do you regularly use medicine?'
1 yes
2 no

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/b</td>
<td>SNR=</td>
<td>et a</td>
</tr>
<tr>
<td></td>
<td></td>
<td>G</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ß</td>
</tr>
<tr>
<td>1978</td>
<td>+.09</td>
<td>+.18</td>
</tr>
<tr>
<td>1980</td>
<td>+.12</td>
<td>+.25</td>
</tr>
<tr>
<td>1984</td>
<td>+.10</td>
<td>+.19</td>
</tr>
<tr>
<td>1988</td>
<td>+.09</td>
<td>+.06</td>
</tr>
</tbody>
</table>

ß's controlled for age, gender, perceived class and marital status.
Findings on Happiness & HEALTH-BEHAVIOR

KAINU 1998

Study

Reported in: Kainulainen, Sakari
Elämäntapahtumat ja elämään tyydyväisyys eri sosiaaliluokissa, (Life Events and Satisfaction with Life in Different Social Classes; in Finnish)
Kuopio University Publications (E Social Sciences 62), Kuopio, Finland.
ISBN 951-781-821-1


Sample: Probability sample (unspecified)
Non-Response: not rep
N: 2682

Measured Correlate

Class: Attitudes to health-maintenance Code: H 8.4
Measurement: Have you experienced difficulties in getting (medical) care (a) during the last year? (b) ever in your life?
Answers: No (=0) or Yes (=1).

Measured Values:

Never: N = 2291
Ever in your life: N = 146

Error Estimates:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLu/c/sq/v/5/g r=-.04 p<. during the last year
r=-.09 p<. ever in your life
DM=- p<. never: M = 3.88
Ever in your life: M = 3.57
95% CI for difference: [0.14 ; 0.48]
Appendix 1
Queries on Happiness used in reported Studies

Happiness Query Code Full Text

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

Original text in Danish:
'Hvordan har du det for tiden?'
5 meget godt
4 godt
3 hverken godt eller darligt
2 dårligt
1 meget dårligt

A-BB/cw/mq/v/4/c Selfreport on 8 questions:

" In the past few weeks did you ever feel.....?"
A Pleased about having accomplished something
B Upset because someone criticized you
C Proud because someone complimented you one something you had done
D That things are going your way
E So restless you couldn't sit long in a chair
F Unhappy or depressed
G Particularly interested in something
H Lonely and remote from other people

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

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

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

Name: Bradburn's Affect Balance Scale (variant)

O-H/?/sq/f/7/a Selfreport on single question:

Lead item not reported
Rated on a 7-step pictorial faces scale, presented on a card
(pictures not shown here)
7 smiling face, very happy
6
5
4
3
2
1 frowning face, very unhappy

O-HL/c/sq/v/4/b Selfreport on single question:

" Is your life at this moment ....?  
4 very happy
3 fairly happy
2 fairly unhappy
1 very unhappy

In German:
"Ist Ihr Leben im Augenblick....?"

d sehr glücklich

c ziemlich glücklich

b ziemlich unglücklich

a sehr unglücklich

O-HL/c/sq/v/5/c 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

In Dutch:
"Hoe gelukkig voelt u zich alles bij elkaar genomen op het ogenblik?"

e buitengewoon gelukkig

d zeer gelukkig

c gelukkig

b tamelijk gelukkig

a niet zo gelukkig

O-HL/c/sq/v/5/h 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:
'How happy are you now?'

5 meget lykkelig
4 lykkelig
3 hverken eller
2 ulykkelig
Findings on Happiness & HEALTH-BEHAVIOR

1  meget ullykkelig

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.

Original text in Dutch:
"Bent u over het algemeen een gelukkig mens?"

a  zeer ongelukkig
b
c
d
e
f
g  zeer gelukkig

O-QL?/c/mq/v/5/a  Selfreport on 3 questions:

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

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

C  " How do you feel right now? Is your well-being.....?"
5  very high
4  high
3  moderate
2  rather low
1  very low
   - DK/NA

Summation: The summed scores were divided in three strata: low, medium and

World Database of Happiness: www.eur.nl/fsw/research/happiness
high quality of life

In German:
A  "Wenn Sie ihr Leben jetzt alles in allem betrachten, sind Sie......?"
  e  sehr glücklich
  d  ziemlich glücklich
  c  eher glücklich
  b  eher unglücklich
  a  ziemlich unglücklich
   - keine Angabe

B  "Wenn Sie ihr Leben jetzt in allem betrachten, sind Sie.....?"
  e  sehr zufrieden
  d  ziemlich zufrieden
  c  eher zufrieden
  b  eher unzufrieden
  a  ziemlich unzufrieden
   - keine Angabe

C  "Wie wohl fühlen Sie sich derzeit? Ist Ihr Wohlbefinden....?"
  e  sehr gross
  d  gross
  c  mäszig
  b  eher gering
  a  sehr gering
   - keine Angabe

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

"How satisfying do you find the life you currently lead......?"
  1  very satisfied
  2  rather satisfied
  3  satisfied
  4  very satisfied
  5  extremely satisfied

In Dutch:
"In hoeverre bent u tevreden met het leven dat u lop het ogenblik leidt.....?".
  a  niet zo tevreden
  b  tamelijk tevreden
  c  tevreden
  d  zeer tevreden
  e  buitengewoon tevreden

O-SLu/?/sq/l/5/a  Selfreport on single question:

"..... satisfaction with life ......"
(full lead item not reported)

Rated on a wooden miniature ladder, handed to the respondent
[ 5 ]  very satisfied
[ 4 ]
[ 3 ]
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:

'How satisfying do you find your life at the moment.....?'

1 very dissatisfying
2 quite dissatisfying
3 not satisfying not dissatisfying
4 quite satisfying
5 very satisfying

In Finnish: 'Kuinka tyydyttäväksi koet elämäsi tällä hetkellä ?'

Selfreport on single question:

"What do you think, how satisfied are you at this moment- all in all - with your life ? 'If for instance you are totally satisfied with your life, please mark a '10’. If you are totally unsatisfied with your life, mark a '0’. If you are not completely unsatisfied nor totally satisfied range yourself somewhere between '1’ and '9’

10 completely satisfied
9
8
7
6
5
4
3
2
1
0 completely dissatisfied

Originall text in German:
"Was meinen Sie, wie zufrieden sind Sie gegenwärtig - alles in allem - heute mit Ihrem Leben? Wenn Sie zum Beispiel mit Ihrem Leben heute ganz und gar zufrieden sind, geben Sie bitte die '10' an. Wenn Sie mit Ihrem Leben heute ganz und gar unzufrieden sind, geben Sie '0' an. Wenn Sie weder ganz und gar zufrieden noch ganz und gar unzufrieden sind, dann ordnen Sie sich irgendwo zwischen '1' und '9' ein."

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.
## Appendix 2  Statistics used in reported studies

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| Beta   | (β) STANDARDIZED REGRESSION COEFFICIENT  
Type: test statistic.  
Measurement level: Correlates: all metric, Happiness: metric.  
Range: [-1 ; +1]  
Meaning:  
\( \beta > 0 \) « a higher correlate level corresponds with, on an average, higher happiness rating.  
\( \beta < 0 \) « a higher correlate level corresponds with, on an average, lower happiness rating.  
\( \beta = 0 \) « no correlation.  
\( \beta = +1 \) or \(-1\) « perfect correlation. |
| 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. |
| G      | GOODMAN & Kruskal's GAMMA  
Type: test statistic  
Measurement level: Correlate: ordinal, Happiness: 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. |
| SNR    | Statistic Not Reported |

On the web you will find a text explaining the statistics used in more detail. Go to:  
[www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm](http://www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm). This is the introductory text to the Catalog of
Correlational Findings. An overview of all statistics is in chapter 4.
Appendix 3: About the World Database of Happiness

The World Database of Happiness is an ongoing register of scientific research on subjective appreciation of life. It brings together findings that are scattered throughout many studies and provides a basis for synthetic analysis. The research literature is processed as follows:

- Literature on happiness
  - Selection on subject
  - Bibliography (1)
  - Directory (2)

- Selection of Empirical studies
  - Selection on valid measurement
  - Happiness Queries (3)
    - Testbank
      - Abstracting and classification of findings

- Distributional Findings
  - How happy people are
    - Happiness in Nations (4)
    - Happiness in Publics (6)

- Correlational Findings
  - What goes with happiness

---


2. DIRECTORY OF INVESTIGATORS Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.

3. CATALOG OF HAPPINESS QUERIES (testbank) Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.

4. CATALOG OF HAPPINESS IN NATIONS Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.

5. CATALOG OF HAPPINESS IN PUBLICS Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.

### Appendix 4  Further Findings in the World Database of Happiness

<table>
<thead>
<tr>
<th>Main Category's</th>
<th>Category Name</th>
<th>Number of Studies in this Category</th>
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<tbody>
<tr>
<td>A 1</td>
<td>ACTIVITY LEVEL (how much one does)</td>
<td>53</td>
</tr>
<tr>
<td>A 2</td>
<td>ACTIVITY PATTERN (what one does)</td>
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</tr>
<tr>
<td>A 3</td>
<td>AFFECTIVE LIFE</td>
<td>31</td>
</tr>
<tr>
<td>A 4</td>
<td>AGE</td>
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</tr>
<tr>
<td>A 5</td>
<td>AGGRESSION</td>
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<td>A 6</td>
<td>ANOMY</td>
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<td>APPEARANCE (good looks)</td>
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<td>AUTHORITARIANISM</td>
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<td>CHILDREN 1:</td>
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<td>CULTURE (Arts and Sciences)</td>
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<tr>
<td>C 2</td>
<td>CHILDREN: WANT FOR (Parental aspirations)</td>
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<td>CHILDREN: HAVING (parental status)</td>
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<td>CHILDREN's CHARACTERISTICS</td>
<td>19</td>
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<td>C 5</td>
<td>CHILDREN: RELATION WITH</td>
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<td>C 6</td>
<td>CHILDREN: REARING (parental behavior)</td>
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<td>COMMUNAL LIVING</td>
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<td>CONCERNS</td>
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<td>COPING</td>
<td>27</td>
</tr>
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<td>D 1</td>
<td>DAILY JOYS &amp; HASSLES</td>
<td>4</td>
</tr>
<tr>
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<td>EDUCATION</td>
<td>243</td>
</tr>
<tr>
<td>E 2</td>
<td>EMPLOYMENT</td>
<td>180</td>
</tr>
<tr>
<td>E 3</td>
<td>ETHNICITY</td>
<td>63</td>
</tr>
<tr>
<td>E 4</td>
<td>EXPRESSIVE BEHAVIOR</td>
<td>10</td>
</tr>
<tr>
<td>F 1</td>
<td>FAMILY OF ORIGIN (earlier family for adults, current for young)</td>
<td>195</td>
</tr>
<tr>
<td>F 2</td>
<td>FAMILY OF PROCREATION</td>
<td>42</td>
</tr>
<tr>
<td>F 3</td>
<td>FAMILY OF RELATIVES</td>
<td>145</td>
</tr>
<tr>
<td>F 4</td>
<td>FARMING</td>
<td>30</td>
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<td>F 5</td>
<td>FREEDOM</td>
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<td>H 10</td>
<td>HOPE</td>
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<td>HOUSEHOLD: COMPOSITION</td>
<td>90</td>
</tr>
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<td>HOUSEHOLD: WORK</td>
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</tr>
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<td>H 13</td>
<td>HOUSING</td>
<td>75</td>
</tr>
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<td>HANDICAP</td>
<td>13</td>
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<td>H 3</td>
<td>HAPPINESS: ATTITUDES</td>
<td>H 5</td>
</tr>
<tr>
<td>H 6</td>
<td>HAPPINESS: CURRENT LEVEL</td>
<td>H 8</td>
</tr>
<tr>
<td>H 9</td>
<td>HELPING</td>
<td>I 1</td>
</tr>
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<td>I 2</td>
<td>INSTITUTIONAL LIVING</td>
<td>I 3</td>
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<td>INTERESTS</td>
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<td>L 4</td>
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<td>L 5</td>
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</tr>
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<td>L 7</td>
<td>LIFE-GOALS</td>
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<td>LIFE STYLE</td>
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</tr>
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<td>M 11</td>
</tr>
<tr>
<td>M 12</td>
<td>MODERNITY</td>
<td>M 13</td>
</tr>
<tr>
<td>M 2</td>
<td>MARRIAGE: CURRENT MARITAL STATUS</td>
<td>M 3</td>
</tr>
<tr>
<td>M 4</td>
<td>MARRIAGE: PARTNER</td>
<td>M 5</td>
</tr>
<tr>
<td>M 6</td>
<td>MEDICAL TREATMENT</td>
<td>M 7</td>
</tr>
<tr>
<td>M 8</td>
<td>MIGRATION: OTHER COUNTRY</td>
<td>M 9</td>
</tr>
<tr>
<td>N 1</td>
<td>NATIONALITY</td>
<td>N 2</td>
</tr>
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<td>N 3</td>
<td>NATIONAL CHARACTER (modal personality)</td>
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</tr>
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</tr>
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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 28 of 31
<table>
<thead>
<tr>
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<tr>
<td>O 2</td>
<td>ORGAN TRANSPLANTATION</td>
<td>11</td>
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<tr>
<td>P 1</td>
<td>PERSONALITY: HISTORY</td>
<td>44</td>
</tr>
<tr>
<td>P 10</td>
<td>POSSESSIONS</td>
<td>26</td>
</tr>
<tr>
<td>P 12</td>
<td>PROBLEMS</td>
<td>20</td>
</tr>
<tr>
<td>P 13</td>
<td>PSYCHO-SOMATIC COMPLAINTS</td>
<td>53</td>
</tr>
<tr>
<td>P 2</td>
<td>PERSONALITY: CHANGE</td>
<td>7</td>
</tr>
<tr>
<td>P 3</td>
<td>PERSONALITY: CURRENT ORGANIZATION</td>
<td>7</td>
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<tr>
<td>P 4</td>
<td>PERSONALITY: CURRENT TRAITS</td>
<td>392</td>
</tr>
<tr>
<td>P 5</td>
<td>PERSONALITY: LATER</td>
<td>23</td>
</tr>
<tr>
<td>P 6</td>
<td>PHYSICAL HEALTH</td>
<td>286</td>
</tr>
<tr>
<td>P 7</td>
<td>PLANNING</td>
<td>7</td>
</tr>
<tr>
<td>P 8</td>
<td>POLITICS</td>
<td>197</td>
</tr>
<tr>
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<td>POPULARITY</td>
<td>22</td>
</tr>
<tr>
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<td>RELIGION</td>
<td>198</td>
</tr>
<tr>
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<td>RESOURCES</td>
<td>8</td>
</tr>
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<td>R 3</td>
<td>RETIREMENT</td>
<td>46</td>
</tr>
<tr>
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<td>ROLES</td>
<td>13</td>
</tr>
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<td>SCHOOL</td>
<td>92</td>
</tr>
<tr>
<td>S 10</td>
<td>SOCIAL SUPPORT: RECEIVED</td>
<td>26</td>
</tr>
<tr>
<td>S 11</td>
<td>SOCIAL SUPPORT: Provided</td>
<td>3</td>
</tr>
<tr>
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<td>SPORTS</td>
<td>32</td>
</tr>
<tr>
<td>S 13</td>
<td>STIMULANTS</td>
<td>33</td>
</tr>
<tr>
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<td>SUICIDE</td>
<td>4</td>
</tr>
<tr>
<td>S 15</td>
<td>SUMMED EFFECTS ON HAPPINESS</td>
<td>71</td>
</tr>
<tr>
<td>S 2</td>
<td>SELF-IMAGE</td>
<td>193</td>
</tr>
<tr>
<td>S 3</td>
<td>SEX-LIFE</td>
<td>54</td>
</tr>
<tr>
<td>S 4</td>
<td>SLEEP</td>
<td>10</td>
</tr>
<tr>
<td>S 5</td>
<td>SOCIAL MOBILITY</td>
<td>16</td>
</tr>
<tr>
<td>S 6</td>
<td>SOCIAL PARTICIPATION: PERSONAL CONTACTS</td>
<td>16</td>
</tr>
<tr>
<td>S 7</td>
<td>SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS</td>
<td>111</td>
</tr>
<tr>
<td>S 8</td>
<td>SOCIAL PARTICIPATION: TOTAL (personal + associations)</td>
<td>25</td>
</tr>
<tr>
<td>S 9</td>
<td>SOCIAL STATUS (Socio-Economic Status)</td>
<td>140</td>
</tr>
<tr>
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<td>TIME</td>
<td>27</td>
</tr>
<tr>
<td>T 2</td>
<td>THERAPY</td>
<td>9</td>
</tr>
<tr>
<td>T 3</td>
<td>TOLERANCE</td>
<td>37</td>
</tr>
<tr>
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<td>VALUE CAREER</td>
<td>8</td>
</tr>
<tr>
<td>V 2</td>
<td>VALUES: CURRENT PREFERENCES (own)</td>
<td>49</td>
</tr>
<tr>
<td>V 3</td>
<td>VALUES: CLIMATE (current values in environment)</td>
<td>4</td>
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<td>V 4</td>
<td>VALUES: SIMILARITY (current fit with others)</td>
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<td>VICTIM</td>
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<td>WORK CONDITIONS</td>
<td>34</td>
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<td>WORK-ATTITUDES</td>
<td>313</td>
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## Appendix 5  Related Topics

<table>
<thead>
<tr>
<th>This Topic</th>
<th>Related Topics</th>
</tr>
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<tbody>
<tr>
<td>Classification Page 1</td>
<td>In Subject List on Appendix 4</td>
</tr>
<tr>
<td>H 8</td>
<td>P 6</td>
</tr>
<tr>
<td>HEALTH-BEHAVIOR</td>
<td>PHYSICAL HEALTH</td>
</tr>
<tr>
<td>H 8.1</td>
<td>M 6.1</td>
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<tr>
<td>Health-behavior career</td>
<td>Medical career</td>
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<tr>
<td>H 8.1.1</td>
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<td>Earlier health-behavior</td>
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<td>H 8.1.2</td>
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<tr>
<td>Change in health-behavior</td>
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<td>H 8.1.4</td>
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<td>Later health-behavior</td>
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<td>H 8.2</td>
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<td>M 6.2.1</td>
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<td>Health inspection</td>
<td>Visits to doctor</td>
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<td>H 8.2.2</td>
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<td>Hygiene</td>
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<td>H 8.3</td>
<td>M 6</td>
</tr>
<tr>
<td>Current medical consumption</td>
<td>MEDICAL TREATMENT</td>
</tr>
<tr>
<td>H 8.3.3</td>
<td>S 13</td>
</tr>
<tr>
<td>Use of medicaments</td>
<td>STIMULANTS</td>
</tr>
<tr>
<td>H 8.4</td>
<td>V 2.1</td>
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<tr>
<td>Attitudes to health-maintenance</td>
<td>General value-principles</td>
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<td>V 1</td>
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<td>VALUE CAREER</td>
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<td>M 6.5</td>
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<td>Specific concerns</td>
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End of Report