



## World Database of Happiness

### Correlational Findings

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# Findings on Happiness & HEALTH-BEHAVIOR

## Correlate Code: H 8

### Classification of Findings

Correlate Code      Correlate Name

**Number of Studies  
on this Subject**

H 8	HEALTH-BEHAVIOR	2
H 8.1	Health-behavior career	1
H 8.1.1	Earlier health-behavior	0
H 8.1.2	Change in health-behavior	0
H 8.1.4	Later health-behavior	0
H 8.2	Current healthy life-style	1
H 8.2.1	Health inspection	3
H 8.2.2	Hygiene	1
H 8.3	Current medical consumption	1
H 8.3.3	Use of medicaments	5
H 8.4	Attitudes to health-maintenance	1

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

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World Database of Happiness. Internet: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
Erasmus University Rotterdam, 2003, Netherlands

<b>Study</b>	<b>BRINK 1997A</b>	<i>Page in Report:</i>	262
<i>Reported in:</i>	Brinkerhoff, M. & Fredell, K. & Frideres, J. Basic minimum needs, Quality of life and selected correlates: explorations in villages Social Indicators Research 42 p. 245-281		
<i>Population:</i>	Adult, general public, poor rural village, Barasi, India 1991		
<i>Sample:</i>	Non-probability purposive-quota sample		
<i>Non-Response:</i>	234		
<i>N:</i>	nr		

### Measured Correlate

<i>Class:</i>	HEALTH-BEHAVIOR Code: H 8		
<i>Measurement:</i>	<p>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.</p>		
<i>Measured Values:</i>	0: 1,40%; 1: 19,7%; 2: 35,0%; 3: 30,8% M: 14,5%		
<i>Error Estimates:</i>			
<i>Remarks:</i>	Items for pairwise comparison were selected by participant observation and open interviews		

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-H?/?/sq/f/7/a	r=+.11 ns	Items for pairwise comparison were selected by participant observation and open interviews
O-SLu/?/sq/l/5/a	r=-.00 ns	

<b>Study</b>	<b>BRINK 1997B</b>	<i>Page in Report:</i>	263
<i>Reported in:</i>	Brinkerhoff, M. & Fredell, K. & Frideres, J. Basic minimum needs, Quality of life and selected correlates: explorations in villages Social Indicators Research 42 p. 245-281		
<i>Population:</i>	Adult, general public, poor rural village, Bhopalpani, India 1991		
<i>Sample:</i>	Non-probability purposive-quota sample		
<i>Non-Response:</i>	108		
<i>N:</i>	not rep		

### Measured Correlate

<i>Class:</i>	HEALTH-BEHAVIOR Code: H 8
<i>Measurement:</i>	<p>Family needs prioritized by Paired Comparisons. Out of four basic needs</p> <p>ss were asked to compare two at a time and to select, which they sought 'their family needs most'</p> <p>Items were:</p> <ul style="list-style-type: none"> <li>-food</li> <li>-health</li> <li>-employment</li> <li>-leisure</li> </ul> <p>This leads to six pairs of comparisons.</p> <p>Score pro need can be:</p> <ol style="list-style-type: none"> <li>0. not mentioned</li> <li>1. once</li> <li>2. twice</li> <li>3. three times</li> </ol> <p>Needs index is the mean number of times an item is chosen.</p>
<i>Measured Values:</i>	0: 0,80; 1: 42,2; 2: 39,4; 3: 14,7; M: 3,7
<i>Error Estimates:</i>	
<i>Remarks:</i>	Items for pairwise comparison were selected by participant observation and open interviews

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-H?/?/sq/f/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

<b>Study</b>	<b>VENTE 1997</b>	<i>Page in Report:</i>	122
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

### Measured Correlate

<i>Class:</i>	Health-behavior career Code: H 8.1
<i>Measurement:</i>	Laundry of the child's clothes a: in machine b: soap c: detergent
<i>Measured Values:</i>	N: 221, %:a:5, b:16, c:78
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	a: Mt=8.54 b: Mt=7.64 c: Mt=7.81	
O-HL/c/sq/v/5/h	a: Mt=8.34 b: Mt=7.15 c: Mt=7.16	
O-SLu/c/sq/v/5/e	a: Mt=8.54 b: Mt=7.23 c: Mt=7.73	

<b>Study</b>	<b>VENTE 1996</b>	<i>Page in Report:</i>	462
<i>Reported in:</i>	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		
<i>Population:</i>	Persons born at the University Hospital in Copenhagen 1959-1961		
<i>Sample:</i>	Non-probability purposive sample (unspecified)		
<i>Non-Response:</i>	39%		
<i>N:</i>	4500		

### Measured Correlate

<i>Class:</i>	Current healthy life-style Code: H 8.2
<i>Measurement:</i>	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
<i>Measured Values:</i>	N: All:4597; %;1:1,8; 2:15,6; 3:42,0; 4:35,0; 5:5,6
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/m/sq/v/5/a	r=+.12 p<.00	1: MS=6.63 2: MS=7.39 3: MS=7.68 4: MS=7.96 5: MS=8.16
O-HL/c/sq/v/5/h	r=+.11 p<.00	1: MS=6.00 2: MS=6.65 3: MS=7.01 4: MS=7.21 5: MS=7.29
O-SLu/c/sq/v/5/e	r=+.12 p<.00	1: MS=6.24 2: MS=7.01 3: MS=7.36 4: MS=7.69 5: MS=7.69

<b>Study</b>	<b>SCHUL 1985B</b>	<i>Page in Report:</i>	52,54
<i>Reported in:</i>	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		
<i>Population:</i>	Adults, non-institutionalized, Austria, 1984		
<i>Sample:</i>			
<i>Non-Response:</i>	?		
<i>N:</i>	1776		

### Measured Correlate

<i>Class:</i>	Health inspection Code: H 8.2.1
<i>Measurement:</i>	Direct question: "How often do you control your weight?" Answer categories: never, less than once a week, at least weekly
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-QL?/c/mq/v/5/a	r=+.13 Beta=+.0 p<.05	β controlled for: gender, age, community size, education, professional status, marital status, income, body weight, healthy eating habits, alcohol consumption, physical fitness activity, psychosomatic complaints, illness and satisfaction with health.

<b>Study</b>	<b>VENTE 1997</b>	<i>Page in Report:</i>	588
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

### Measured Correlate

<i>Class:</i>	Health inspection Code: H 8.2.1
<i>Measurement:</i>	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
<i>Measured Values:</i>	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
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

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

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



<b>Study</b>	<b>VENTE 1997</b>	<i>Page in Report:</i>	432
<i>Reported in:</i>	Ventegodt, S. Livskvalitet og omstændigheder tidligt i livet(The quality of Life and Factors in Forskningscenter for Livskvalitet , Forskningscentrets Forlag, København, Denmark, ISBN 8790190130		
<i>Population:</i>	31-33 aged, born at the university hospital, Denmark, 1993		
<i>Sample:</i>	Non-probability chunk sample		
<i>Non-Response:</i>	36%		
<i>N:</i>	4626		

### Measured Correlate

<i>Class:</i>	Health inspection Code: H 8.2.1
<i>Measurement:</i>	the nurse's judgment of the infant, day 5 1: possible negative deviation 2: suspicious 3: nothing to remark 4: positive deviation
<i>Measured Values:</i>	N all:3114, %:1:0,5, 2:7,8, 3:78,7, 4:13,0
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
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

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<b>Study</b>	<b>BAKKE 1974</b>	<i>Page in Report:</i>	28
<i>Reported in:</i>	Bakker, P. & Berg, N. van de Determinants and correlates of happiness. Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands.		
<i>Population:</i>	20-65 aged, general public, The Netherlands, 1968		
<i>Sample:</i>			
<i>Non-Response:</i>	34% refusal and unattainable.		
<i>N:</i>	1552		

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### Measured Correlate

<i>Class:</i>	Hygiene Code: H 8.2.2
<i>Measurement:</i>	Closed question rated on a 6-point scale.
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/sq/ol/7/a	G=+.05 ns	

<b>Study</b>	<b>ORMEL 1980</b>	<i>Page in Report:</i>	350
<i>Reported in:</i>	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.		
<i>Population:</i>	15-60 aged, general public, followed 12 month, The Netherlands, 1967-77		
<i>Sample:</i>			
<i>Non-Response:</i>	18%		
<i>N:</i>	296		

### Measured Correlate

<i>Class:</i>	Current medical consumption Code: H 8.3
<i>Measurement:</i>	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)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/c	r=+.09 p<.05	T2 happiness by T2 readiness to take action on symptoms.
	r=+.07 ns	T3 happiness by T2 readiness to take action on symptoms.

<b>Study</b>	<b>JOL 1985</b>	<i>Page in Report:</i>	178
<i>Reported in:</i>	Jol, C. Liever samen dan alleen? Veranderingen in levensomstandigheden en CBS-Select 3, 1985, p. 171-184. Central Bureau of Statistics The Hague, The Netherlands		
<i>Population:</i>	18+ aged, general public, The Netherlands, 1974-83		
<i>Sample:</i>			
<i>Non-Response:</i>	1974: 28%, 1983: 43%		
<i>N:</i>	1974: 4806, 1983: 3987		

### Measured Correlate

<i>Class:</i>	Use of medicaments Code: H 8.3.3
<i>Measurement:</i>	0 = uses no medicaments 1 = uses medicaments
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLL/c/sq/v/5/a	Beta=-.0 p<.05	1983 only β controlled for sex and age. Results not significantly different from 1974.

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<b>Study</b>	<b>MOSER 1969</b>	<i>Page in Report:</i>
<i>Reported in:</i>	Moser - Peters, C.M.J. Backgrounds of happiness feelings. (In Dutch: Achtergronden van geluksgevoel). Nederlands Instituut voor Preventieve Geneeskunde (NIPG/TNO)1969, Leiden, The Netherlands.	
<i>Population:</i>	Adult, general public, Utrecht, city, The Netherlands, 1967	
<i>Sample:</i>		
<i>Non-Response:</i>	14% unattainable etc.	
<i>N:</i>	300	

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### Measured Correlate

<i>Class:</i>	Use of medicaments Code: H 8.3.3
<i>Measurement:</i>	Direct question on medicine use during the last two weeks.
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HL/c/sq/v/5/c	SNR= ns	

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<b>Study</b>	<b>MOSER 1969</b>	<i>Page in Report:</i>
<i>Reported in:</i>	Moser - Peters, C.M.J. Backgrounds of happiness feelings. (In Dutch: Achtergronden van geluksgevoel). Nederlands Instituut voor Preventieve Geneeskunde (NIPG/TNO)1969, Leiden, The Netherlands.	
<i>Population:</i>	Adult, general public, Utrecht, city, The Netherlands, 1967	
<i>Sample:</i>		
<i>Non-Response:</i>	14% unattainable etc.	
<i>N:</i>	300	

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### Measured Correlate

<i>Class:</i>	Use of medicaments Code: H 8.3.3
<i>Measurement:</i>	Direct question: 'Have you taken something against the nerves during the last 14 days? Nothing vs swallowed something.
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HL/c/sq/v/5/c	G=-.41 p<.01	

Study	ZUMA 1989	Page in Report:
<i>Reported in:</i>	Zentrum fur Umfrageforschung MAnnheim (ZUMA) Wohlfahrtsurveys 1978,1980,1984,1988. Unpublished data-set. Especially prepared for the World Database of Happiness.	
<i>Population:</i>	18+ aged, general public, West-Germany, 1978-88	
<i>Sample:</i>		
<i>Non-Response:</i>	?	
<i>N:</i>	varies from about 2000 - 2300	

### Measured Correlate

<i>Class:</i>	Use of medicaments Code: H 8.3.3
<i>Measurement:</i>	Question: 'Do you have some lasting sickness or disablement that forced you to change your profession or your complete life?' 1 yes 2 no
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>				
O-SLW/c/sq/n/11/b	SNR=		eta	G	r	$\beta$
		1978	+. 08	+. 09	+. 08	+. 11
		1980				
		1984	+. 12	+. 16	+. 12	+. 14
		1988	+. 12	+. 12	+. 12	+. 14
		$\beta$ 's controlled for age, gender, perceived class and marital status.				

Study	ZUMA 1989	Page in Report:
<i>Reported in:</i>	Zentrum fur Umfrageforschung MAnnheim (ZUMA) Wohlfahrtsurveys 1978,1980,1984,1988. Unpublished data-set. Especially prepared for the World Database of Happiness.	
<i>Population:</i>	18+ aged, general public, West-Germany, 1978-88	
<i>Sample:</i>		
<i>Non-Response:</i>	?	
<i>N:</i>	varies from about 2000 - 2300	

### Measured Correlate

<i>Class:</i>	Use of medicaments Code: H 8.3.3
<i>Measurement:</i>	Question: 'Do you regularly use medicine?' 1 yes 2 no
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/4/b	SNR=	eta G r $\beta$
		1978 +. 09 +. 18 +. 09 +. 06
		1980
		1984 +. 12 +. 25 +. 12 +. 10
		1988 +. 10 +. 19 +. 10 +. 07
		$\beta$ 's controlled for age, gender, perceived class and marital status.



<b>Study</b>	<b>KAINU 1998</b>	<i>Page in Report:</i>	261
<i>Reported in:</i>	Kainulainen, Sakari Elämäntapahtumat ja elämään tyytyväisyys eri sosiaaliluokissa, (Life Events and Kuopio University Publications (E Social Sciences 62), Kuopio ,Finland . ISBN 951-781-821-1		
<i>Population:</i>	18+ aged, general public, non-institutionalized, former province Kuopio, Finland, 1991-'96.		
<i>Sample:</i>	Probability sample (unspecified)		
<i>Non-Response:</i>	not rep		
<i>N:</i>	2682		

### Measured Correlate

<i>Class:</i>	Attitudes to health-maintenance Code: H 8.4
<i>Measurement:</i>	Have you experienced difficulties in getting (medical) care (a) during the last year ? (b) ever in your life ? Answers: No(=0) or Yes(=1).
<i>Measured Values:</i>	Never: N = 2291 Ever in your life: N = 146
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
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 dårligt  
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 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  
Affect Balance Score (ABS): PAS minus NAS

O-H?/?/sq/f/7/a

Name: Bradburn's Affect Balance Scale (variant)  
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

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	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:
	'Hvor lykkelig er du for tiden?'
	5 meget lykkelig
	4 lykkelig
	3 hverken eller
	2 ullykkelig

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O-HP/g/sq/ol/7/a	<p>1 meget ullykkelig</p> <p>Selfreport on single question:</p> <p>"Generally speaking are you a happy person.....?"</p> <p>Responses were made on an open line scale, and were later coded in 7 categories:</p> <p>1 very unhappy</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p> <p>6</p> <p>7 very happy.</p>
O-QL?/c/mq/v/5/a	<p>Original text in Dutch:</p> <p>"Bent u over het algemeen een gelukkig mens?"</p> <p>a zeer ongelukkig</p> <p>b</p> <p>c</p> <p>d</p> <p>e</p> <p>f</p> <p>g zeer gelukkig</p> <p>Selfreport on 3 questions:</p> <p>A " When you consider your present life as-a-whole, would you say you are....?"</p> <p>5 very happy</p> <p>4 fairly happy</p> <p>3 rather happy than unhappy</p> <p>2 rather unhappy than happy</p> <p>1 very unhappy</p> <p>- DK/NA</p> <p>B " When you consider your present life as-a-whole, would you say you are.....?"</p> <p>5 very satisfied</p> <p>4 fairly satisfied</p> <p>3 rather satisfied than dissatisfied</p> <p>2 rather dissatisfied than satisfied</p> <p>1 fairly dissatisfied</p> <p>- DK/NA</p> <p>C " How do you feel right now? Is your well-being.....?"</p> <p>5 very high</p> <p>4 high</p> <p>3 moderate</p> <p>2 rather low</p> <p>1 very low</p> <p>- DK/NA</p> <p>Summation: The summed scores were divided in three strata: low, medium and</p>

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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 mäßig
- 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 ]

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O-SLu/c/sq/v/5/e	<p>[ 2 ] [ 1 ] very dissatisfied</p> <p>Selfreport on single question:</p> <p>'How satisfied are you with your life now?'</p> <p>5 very satisfied 2 satisfied 3 neither satisfied nor dissatisfied 2 dissatisfied 1 very dissatisfied</p> <p>Original text in Danish: 'Hvor tilfreds er du med dit liv for tiden?'</p> <p>5 meget tilfreds 4 tilfreds 3 hverken tilfreds eller utilfreds 2 utilfreds 1 meget utilfreds</p>
O-SLu/c/sq/v/5/g	<p>Self report on single question:</p> <p>'How satisfying do you find your life at the moment.....?'</p> <p>1 very dissatisfying 2 quite dissatisfying 3 not satisfying not dissatisfying 4 quite satisfying 5 very satisfying</p>
O-SLW/c/sq/n/11/b	<p>In Finnish: 'Kuinka tyydyttäväksi koet elämäsi tällä hetkellä ?'</p> <p>Selfreport on single question;</p> <p>"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"</p> <p>10 completely satisfied 9 8 7 6 5 4 3 2 1 0 completely dissatisfied</p> <p>Originall text in German:</p>

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"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](http://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*

<i>Symbol</i>	<i>Explanation</i>
Beta	<p>(<math>\beta</math>) STANDARDIZED REGRESSION COEFFICIENT            Type: test statistic.            Measurement level: Correlates: all metric, Happiness: metric.            Range: [-1 ; +1]</p> <p>Meaning:  <math>\beta &gt; 0</math> « a higher correlate level corresponds with, on an average, higher happiness rating.  <math>\beta &lt; 0</math> « a higher correlate level corresponds with, on an average, lower happiness rating.  <math>\beta = 0</math> « no correlation.  <math>\beta = +1</math> or <math>-1</math> « perfect correlation.</p>
DM	<p>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.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>
G	<p>GOODMAN &amp; Kruskal's GAMMA            Type: test statistic            Measurement level: Correlate: ordinal, Happiness: ordinal            Range: [-1; +1]</p> <p>Meaning:  <math>G = 0</math> « no rank correlation  <math>G = +1</math> « strongest possible rank correlation, where high correlate values correspond with high happiness ratings.  <math>G = -1</math> « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.</p>
r	<p>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]</p> <p>Meaning:  <math>r = 0</math> « no correlation ,  <math>r = 1</math> « perfect correlation, where high correlate values correspond with high happiness values, and  <math>r = -1</math> « perfect correlation, where high correlate values correspond with low happiness values.</p>
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

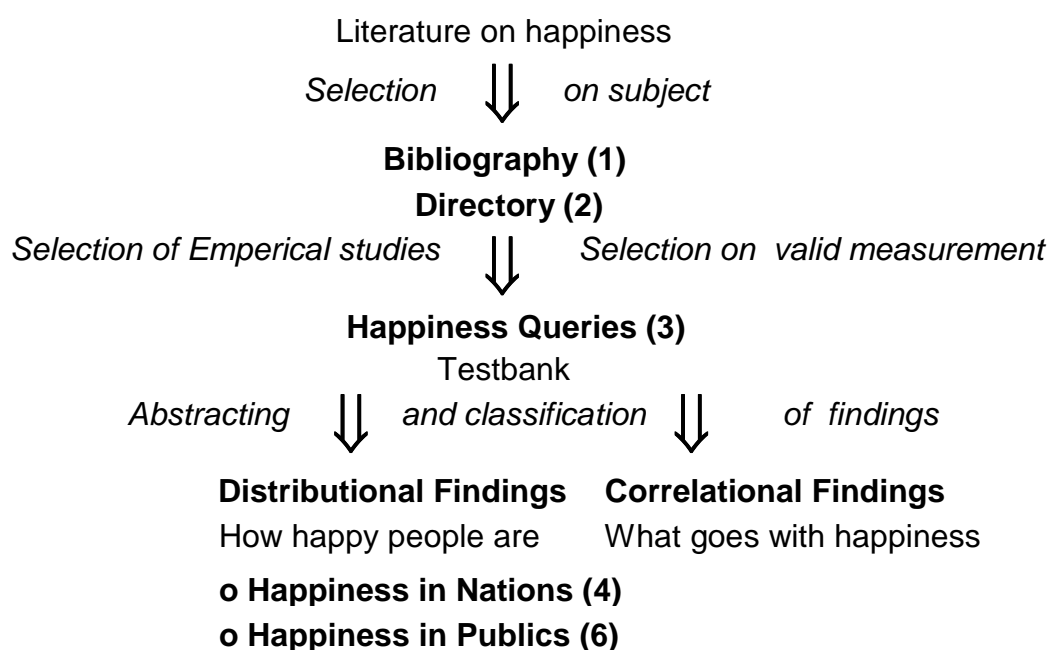


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Correlational Findings. An overview of all statistics is in chapter 4.

## 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:



- 1 BIBLIOGRAPHY OF HAPPINESS Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
- 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.
- 6 CATALOG OF CORRELATIONAL FINDINGS Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

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

<i>Main Category's</i>	<i>Category Name</i>	<i>Number of Studies in this Category</i>
A 1	ACTIVITY LEVEL (how much one does)	53
A 2	ACTIVITY PATTERN (what one does)	7
A 3	AFFECTIVE LIFE	31
A 4	AGE	279
A 5	AGGRESSION	11
A 6	ANOMY	30
A 7	APPEARANCE (good looks)	8
A 8	ATTITUDES	4
A 9	AUTHORITARIANISM	4
B 3	BODY	66
C 1	CHILDREN 1:	4
C 10	CREATIVENESS	6
C 11	CULTURE (Arts and Sciences)	6
C 2	CHILDREN: WANT FOR (Parental aspirations)	6
C 3	CHILDREN: HAVING (parental status)	145
C 4	CHILDREN's CHARACTERISTICS	19
C 5	CHILDREN: RELATION WITH	8
C 6	CHILDREN: REARING (parental behavior)	11
C 7	COMMUNAL LIVING	1
C 8	CONCERNS	15
C 9	COPING	27
D 1	DAILY JOYS & HASSLES	4
E 1	EDUCATION	243
E 2	EMPLOYMENT	180
E 3	ETHNICITY	63
E 4	EXPRESSIVE BEHAVIOR	10
F 1	FAMILY OF ORIGIN (earlier family for adults, current for young)	195
F 2	FAMILY OF PROCREATION	42
F 3	FAMILY OF RELATIVES	145
F 4	FARMING	30
F 5	FREEDOM	24
F 6	FRIENDSHIP	123
G 1	GENDER	252
G 2	GRIEF	1
H 10	HOPE	3
H 11	HOUSEHOLD: COMPOSITION	90
H 12	HOUSEHOLD: WORK	10
H 13	HOUSING	75
H 2	HANDICAP	13

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H 3	HAPPINESS: ATTITUDES	39
H 5	HAPPINESS CAREER	144
H 6	HAPPINESS: CURRENT LEVEL	260
H 8	HEALTH-BEHAVIOR	15
H 9	HELPING	4
I 1	INCOME	415
I 2	INSTITUTIONAL LIVING	28
I 3	INTELLIGENCE	63
I 4	INTERESTS	5
I 5	INTERVIEW	49
I 6	INTIMACY	70
L 1	LANGUAGE	1
L 10	LOCAL ENVIRONMENT	270
L 11	LOTTERY	7
L 12	LOVE-LIFE	26
L 2	LEADERSHIP	8
L 3	LEISURE	128
L 4	LIFE APPRAISALS: OTHER THAN HAPPINESS4	290
L 5	LIFE-CHANGE	26
L 6	LIFE-EVENTS	63
L 7	LIFE-GOALS	52
L 8	LIFE HISTORY	1
L 9	LIFE STYLE	4
M 1	MARRIAGE: MARITAL STATUS CAREER	32
M 10	MIGRATION: MIGRANT WORK	3
M 11	MILITARY LIFE	5
M 12	MODERNITY	5
M 13	MOOD	181
M 2	MARRIAGE: CURRENT MARITAL STATUS	315
M 3	MARRIAGE: RELATIONSHIP	99
M 4	MARRIAGE: PARTNER	34
M 5	MEANING	18
M 6	MEDICAL TREATMENT	49
M 7	MENTAL HEALTH	99
M 8	MIGRATION: OTHER COUNTRY	9
M 9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
N 1	NATIONALITY	5
N 2	NATION: TIME & PLACE	20
N 3	NATIONAL CHARACTER (modal personality)	2
N 4	NATION'S CONDITION	52
N 6	ATTITUDES TO THE NATION	111
N 7	LIVABILITY OF THE NATION	5
N 8	NUTRITION	18
O 1	OCCUPATION	133

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O 2	ORGAN TRANSPLANTATION	11
P 1	PERSONALITY: HISTORY	44
P 10	POSSESSIONS	26
P 12	PROBLEMS	20
P 13	PSYCHO-SOMATIC COMPLAINTS	53
P 2	PERSONALITY: CHANGE	7
P 3	PERSONALITY: CURRENT ORGANIZATION	7
P 4	PERSONALITY: CURRENT TRAITS	392
P 5	PERSONALITY: LATER	23
P 6	PHYSICAL HEALTH	286
P 7	PLANNING	7
P 8	POLITICS	197
P 9	POPULARITY	22
R 1	RELIGION	198
R 2	RESOURCES	8
R 3	RETIREMENT	46
R 4	ROLES	13
S 1	SCHOOL	92
S 10	SOCIAL SUPPORT: RECEIVED	26
S 11	SOCIAL SUPPORT: Provided	3
S 12	SPORTS	32
S 13	STIMULANTS	33
S 14	SUICIDE	4
S 15	SUMMED EFFECTS ON HAPPINESS	71
S 2	SELF-IMAGE	193
S 3	SEX-LIFE	54
S 4	SLEEP	10
S 5	SOCIAL MOBILITY	16
S 6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	50
S 7	SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS	111
S 8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	25
S 9	SOCIAL STATUS (Socio-Economic Status)	140
T 1	TIME	27
T 2	THERAPY	9
T 3	TOLERANCE	37
V 1	VALUE CAREER	8
V 2	VALUES: CURRENT PREFERENCES (own)	49
V 3	VALUES: CLIMATE (current values in environment)	4
V 4	VALUES: SIMILARITY (current fit with others)	5
V 5	VICTIM	11
W 1	WAR	5
W 2	WORK CAREER	1
W 3	WORK CONDITIONS	34
W 4	WORK-ATTITUDES	313

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W 5	WORK-PERFORMANCE (current)	6
W 6	WORRIES	27
X	UNCLASSIFIED	22

## Appendix 5    *Related Topics*

### *This Topic*

*Classification Page 1*

### *Related Topics*

*In Subject List on Appendix 4*

H 8	HEALTH-BEHAVIOR	P 6	PHYSICAL HEALTH
H 8.1	Health-behavior career	M 6.1	Medical career
H 8.1.1	Earlier health-behavior		
H 8.1.2	Change in health-behavior		
H 8.1.4	Later health-behavior		
H 8.2	Current healthy life-style		
H 8.2.1	Health inspection	M 6.2.1	Visits to doctor
H 8.2.2	Hygiene		
H 8.3	Current medical consumption	M 6	MEDICAL TREATMENT
H 8.3.3	Use of medicaments	S 13	STIMULANTS
H 8.4	Attitudes to health-maintenance	V 2.1	General value-principles
		V 1	VALUE CAREER
		M 6.5	Attitudes to medical treatment
		C 8.2.2	Specific concerns

**End of Report**