Findings on Happiness & INTIMACY

Correlate Code: I 6

<table>
<thead>
<tr>
<th>Classification of Findings</th>
<th>Correlate Code</th>
<th>Correlate Name</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>I 6</td>
<td>INTIMACY</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>I 6.1</td>
<td>Intimate career</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>I 6.1.1</td>
<td>Earlier intimacy</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>I 6.1.2</td>
<td>Change in intimacy</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>I 6.1.4</td>
<td>Later intimacy</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>I 6.2</td>
<td>Current intimate relationships</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>I 6.2.1</td>
<td>Having a confident or not</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>I 6.2.2</td>
<td>Total number of intimate ties</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>I 6.2.3</td>
<td>Frequency of intimate contacts</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>I 6.2.4</td>
<td>Perceived quality of intimate ties</td>
<td></td>
<td>11</td>
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<tr>
<td>I 6.2.5</td>
<td>Perceived sufficiency of intimate contacts</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>I 6.3</td>
<td>Characteristics of intimate-network</td>
<td></td>
<td>1</td>
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<tr>
<td>I 6.3.1</td>
<td>Opportunities for self-disclosure</td>
<td></td>
<td>2</td>
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<tr>
<td>I 6.3.2</td>
<td>Similarity with intimates</td>
<td></td>
<td>0</td>
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<tr>
<td>I 6.3.2.1</td>
<td>. perceived value-similarity with intimates</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>I 6.3.2.2</td>
<td>. age similarity of intimates</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>I 6.3.3</td>
<td>Size of intimate network</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>I 6.4</td>
<td>Current chances for intimacy</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>I 6.4.1</td>
<td>Ability to maintain intimate contacts</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>I 6.4.2</td>
<td>Perceived opportunities for contacts</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td>I 6.5</td>
<td>Attitudes to intimates</td>
<td></td>
<td>0</td>
</tr>
<tr>
<td>I 6.5.1</td>
<td>Concern about intimates</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>I 6.5.2</td>
<td>Satisfaction with intimacy</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>I 6.5.3</td>
<td>Need for privacy</td>
<td></td>
<td>1</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 & INTIMACY
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
Findings on Happiness & INTIMACY

<table>
<thead>
<tr>
<th>Study</th>
<th>BAHR 1980</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Bahr, H.H. &amp; Harvey, C.D.</td>
</tr>
<tr>
<td>Correlates of morale among the newly widowed</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>Recently widowed miner’s wives and controls, USA, 1972</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>Widows 39%, survivor wives 19%, other miners wives 48%</td>
</tr>
<tr>
<td>N:</td>
<td>222</td>
</tr>
</tbody>
</table>

Measured Correlate

- **Class**: Earlier intimacy  
  Code: I 6.1.1
- **Measurement**: Direct question: “Did you have close friends in the community prior to the fire?”. Scores ranged from 2 low friendship (reflecting a ‘yes’ answer) to 4 high friendship.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/l/10/b</td>
<td>r = ns</td>
<td>Widows (husband died six months ago in mine fire)</td>
</tr>
<tr>
<td></td>
<td>r = ns</td>
<td>Survivor wives (husband survived mine fire)</td>
</tr>
<tr>
<td></td>
<td>r = ns</td>
<td>Other miners’ wives (husband was not involved in mine fire)</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

Correlate Code: I 6

Study | BAHR 1980
--- | ---
Reported in: | Bahr, H.H. & Harvey, C.D.
Correlates of morale among the newly widowed
Population: | Recently widowed miner’s wives and controls, USA, 1972
Sample: | Widows 39%, survivor wives 19%, other miners wives 48%
Non-Response: | 222
N: | 222

Measured Correlate
Class: | Earlier intimacy Code: I 6.1.1
Measurement: | Direct question: “Did you have close friends in the community prior to the fire?”. Scores ranged from 2 low friendship (reflecting a “yes” answer) to 4 high friendship.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
O-HL/c/sq/v/3/ac | \( r = - \) \( p < .05 \) | Widows (husband died six months ago in mine fire)
| \( r = \) ns | Survivors’ wives (husband survived mine fire)
| \( r = \) ns | Other miners’ wives (husband was not involved in mine fire)
Findings on Happiness & INTIMACY Correlate Code: I 6

"Is there one person in particular you confide in or talk to about yourself or your problems?"
0 = no
1 = yes
Assessed at T1.

Measured Correlate

Class: Earlier intimacy Code: I 6.1.1

Measurement: "Is there one person in particular you confide in or talk to about yourself or your problems?"
0 = no
1 = yes
Assessed at T1.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/l/10/c</td>
<td>r = .08</td>
<td>Men T2 life satisfaction by T1 having a confident.</td>
</tr>
<tr>
<td></td>
<td>R² = .09</td>
<td>Multiple regression. Dependent life satisfaction at T2.</td>
</tr>
<tr>
<td></td>
<td>p &lt; .05</td>
<td>Men T1 selfrating health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1 having a confident.</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

Correlate Code: I 6

Study

KAINU 1998

Reported in: Kainulainen, Sakari
Elämäntapahtumat ja elämään tyytyväisyys 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: Change in intimacy  Code: I 6.1.2
Measurement: Have you experienced breaking off an important relationship (a) during the last year?
(b) ever in your life?
Answers: No (=0) or Yes (=1).

Measured Values:
Never: N = 1317
Ever in your life: N = 1145

Error Estimates:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SLu/c/sq/v/5/g  r=-.12  p<. during the last year
r=-.11  p<. ever in your life
DM=-  p<. never: M = 3.94
ever in your life: M = 3.76
95% CI for difference: [0.10 ; 0.25]
**Findings on Happiness & INTIMACY**

**Correlate Code: I 6**

### Study

**BENNE 1971**

**Reported in:** Bennett, F.A.

Avowed happiness in communities of religious women

Unpublished Phd. dissertation, University of Utah, 1971, USA

**Population:** Nuns, Catholic congregations, USA, 1969

**Sample:**

**Non-Response:** 11.5%

**N:** 963

### Measured Correlate

**Class:** Having a confident or not  
**Code:** I 6.2.1

**Measurement:** Question on the number of people she could discuss their deepest feelings: Does not have someone in the convent with whom she feels free to discuss her deepest feelings, has someone in the convent with whom she feels free to discuss her deepest feelings.

### Observed Relation with Happiness

**Happiness Query**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=-.20</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

**O-HL/c/sq/v/3/f**
Findings on Happiness & INTIMACY

**Study**

**MAKAR 1962**

**Reported in:** Makarczyk, W.
Factors affecting life satisfaction among people in Poland.

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

**Sample:**

**Non-Response:** 5%

**N:** 2387

**Measured Correlate**

**Class:** Having a confident or not  Code: I 6.2.1

**Measurement:** Single question: ‘Can you count on other people in a crisis?’
0 no
1 yes

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

**Happiness Query**  **Statistics**  **Remarks**

O-SLW/u/sq/v/5/a  \(T = .18\)  \(p < .001\)
Findings on Happiness & INTIMACY

Correlate Code: I6

Study

MOLLE 1988

Reported in: Moller, V.
Quality of life in retirement: a case study of zulu return migrants
Social Indicators Research, Vol. 20, 1988, pp. 621-658

Population: Ex-migrant workers, returned to rural KwaZulu, South Africa, 1983

Sample:

Non-Response: 253

N: 253

Measured Correlate

Class: Having a confident or not Code: I6.2.1

Measurement: 'Is there anyone in particular that you can confide in and talk about yourself or your problems?'
0: no
1: yes

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/v/5/a r+.27 p<.01 All
Beta=-.1 p<.01 All

β controlled for:
1 Satisfied with health
2 Higher affluence rating
3 Need to purchase maize
4 Grows cash crop
5 Religious traditionalist
6 Keeps goats
7 Higher monthly income
8 More active person
9 Worked for many years in jobs
10 Retired for many years
11 No desire to return to work
12 Agrees: Modern community leader
<table>
<thead>
<tr>
<th>Beta</th>
<th>p</th>
<th>Variables</th>
</tr>
</thead>
</table>
| +.1  | <.01 | 65+ years old  
Seldom restricted by poor health  
Higher affluence rating  
Need to purchase maize  
Grows cash crop  
Religious traditionalist  
More active person  
Keeps chicken  
Higher standard house  
Keeps goats  
Larger size field  
Higher monthly income  
No desire to return to work |
| +.23 | <.01 | All  
Satisfied with health  
Voluntary retirement  
More active person  
No pension income  
Higher standard income  
Community elder  
Satisfied with job while working  
Enjoys aspects of retirement  
Retired suddenly  
Is happy as grandparents were  
Agrees: planning is key to success  
Preference for entrepreneurship in retirement  
Higher modernity score |
| +.0 | ns | 65 years old  
Satisfaction with health  
Perceived financial adequacy  
No pension income  
Community elder  
Looked forward to retirement  
Is happy as grandparents were  
Aged gradually |
Findings on Happiness & INTIMACY

Study  
PALMO 1972

Reported in: Palmore, E.B. & Luikart, C.
Health and social factors related to life satisfaction.

Population: 46+ aged, whites, North Carolina, USA, 1968
Sample: Probability stratified sample
Non-Response:
N: 502

Measured Correlate

Class: Having a confident or not  Code: I 6.2.1
Measurement: 'Is there one person in particular you confide in or talk to about yourself or your problems?'
0  no
1  yes.

Measured Values: M= 0.6  SD=0.5

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
O-BW/c/sq/l/10/c | r=+.04  ns | All.
r=+.15  p<.05 | Men.

Beta=+.3 p<.05

Men. Step wise multiple regression:
selfrated health  R= +.44
org. activity  B1=+.46
confident  B2=+.48
performance status  B3=+.49
employment  B4=+.50
social activity  B5=+.51

All variables p<.05
**Study**  
**BRIM 1974**  
*Reported in:* Brim, J.A.  
Social network correlates of avowed happiness.  
*Population:* Females Feminists and controls. Seatle, USA, 197?  

<table>
<thead>
<tr>
<th>Sample</th>
<th>N: 153</th>
</tr>
</thead>
</table>

**Measured Correlate**  
*Class:* Total number of intimate ties  
*Measurement:* Closed question on number of adults seen at least once a month and considered as important persons in life.

**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/n/9/a</td>
<td>r=+</td>
<td>ns</td>
</tr>
</tbody>
</table>

Married females: \( r = +.12 \) (ns)  
Unmarried females: \( r = -.06 \) (ns)
Findings on Happiness & INTIMACY

DUCKI 1982

Study

Reported in: Duckitt, J.H.


Sample:
Non-Response: 20%
N: 80

Measured Correlate

Class: Total number of intimate ties Code: I 6.2.2
Measurement: Number of contacts mentioned. The subject was asked to list all persons with whom he had face-to-face contact: however infrequent, in the following categories:
1. Immediate family (i.e. spouse, children, grandchildren).
2. Siblings and other relatives.
3. Intimate friends (described as extremely close friends whom the subject confided in and could depend on for emotional support.
4. Other friends, neighbors and acquaintances.
5. Total network.
6. Total network, intimate friends excluded.

Measured Values:

Error Estimates:

Remarks: Controlled for household income and expert rated physical health. Controls reduced zero-order correlations only slightly.

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BB/cm/mq/v/2/a r+.04 ns 1. Immediate family.

r+.12 ns 2. Siblings and other relatives.

r+.32 p<.01 3. Intimate friends.

Controlled for household income and expert rated physical health. Controls reduced zero-order correlations only slightly.
<table>
<thead>
<tr>
<th>Code</th>
<th>Correlation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I 6</td>
<td>r=+.12</td>
<td>4. Other friends, neighbours and relatives.</td>
</tr>
<tr>
<td></td>
<td>r=+.19</td>
<td>5. Total network.</td>
</tr>
<tr>
<td></td>
<td>r=+.12</td>
<td>6. Total network, intimate friends excluded.</td>
</tr>
<tr>
<td></td>
<td>r=-.03</td>
<td>1. Immediate family.</td>
</tr>
<tr>
<td></td>
<td>r=-.01</td>
<td>2. Siblings and other relatives.</td>
</tr>
<tr>
<td></td>
<td>r=+.14</td>
<td>3. Intimate friends.</td>
</tr>
<tr>
<td>O-BW/?/sq/l/9/a</td>
<td>r=-.03 ns</td>
<td>4. Other friends, neighbors and acquaintances.</td>
</tr>
<tr>
<td></td>
<td>r=+.05</td>
<td>5. Total network.</td>
</tr>
<tr>
<td></td>
<td>r=+.01</td>
<td>6. Total network, intimate friends excluded.</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY Correlate Code: I 6

<table>
<thead>
<tr>
<th>Study</th>
<th>JONG 1969</th>
<th>Page in Report: 203</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>Jong-Gierveld, J. de</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The unmarried. (In Dutch: De ongehuwden).</td>
<td></td>
</tr>
<tr>
<td>Population</td>
<td>30-55 aged, general public, Amsterdam, The Netherlands, 1965</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-Response: 31%;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>N: 600</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** Total number of intimate ties Code: I 6.2.2
- **Measurement:** 3-item index of closed questions on number of people one can talk with about personal things, number of people one cares about, and number of acquaintances.

**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-SL?/?/sq/v/5/a</td>
<td>r=+ ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Never married males: r = +.09 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Married males: r = +.12 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Never married females: r = +.21 (ns)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Married females: r = +.17 (01)</td>
</tr>
</tbody>
</table>
### Study

**MORIW 1973**

**Reported in:** Moriwaki, S.Y.


**Population:** 60+ aged, retirees, Los Angeles County, USA, 1971

**Sample:**

**Non-Response:**

\[ N: 71 \]

### Measured Correlate

**Class:** Total number of intimate ties  
**Code:** I 6.2.2

**Measurement:** Question on number of people who one considers to be close and with whom one can feel free and talk about personal things.

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v/2/a | r=.45  p<.01 | When controlled for role loss: \( r_{pc} = +.47 \) (01)  
When controlled for age: \( r_{pc} = +.45 \) (01)  
When controlled for supported self-disclosure: \( r_{pc} = +.45 \) (01) |
Findings on Happiness & INTIMACY

Correlate Code: I 6

Study  BRIM 1974

Reported in: Brim, J.A.
Social network correlates of avowed happiness.

Population: Females Feminists and controls. Seattle, USA, 197?

Sample:
Non-Response:
N: 153

Measured Correlate

Class: Frequency of intimate contacts  Code: I 6.2.3

Measurement: Closed question on how often one sees each network member: about once a month / once every week or two / several times a week / almost every day

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/n/9/a  r= ns  Adults one sees at least once a month and who are important persons in one’s life were considered as social network members.

Married females : r = +.04 (ns)
Unmarried females : r = -.01 (ns)
Findings on Happiness & INTIMACY Correlate Code: I 6

**Study**  
**DUCKI 1982**  
*Reported in:* Duckitt, J.H.  
Social integration and psychological well-being: a study of elderly persons living in the humanitas, RSA, vol 8, 1982, pp. 121-129

*Population:* 65-90 aged whites Pretoria, South Africa, 1982

*Sample:* 
*Non-Response:* 20%

*N:* 80

---

**Measured Correlate**

**Class:** Frequency of intimate contacts  
**Code:** I 6.2.3

**Measurement:** Frequency of contacts (yearly, monthly, weekly or daily) with:

1. immediate family (i.e. spouse, children, grand children),
2. siblings and other relatives,
3. intimate friends (described as extremely close friends whom the subject confided in and could depend on for emotional support),
4. other friends, neighbours and acquaintances,
5. total network,
6. total network, intimate friends excluded.

---

**Measured Values:**

**Error Estimates:**

**Remarks:** Controlled for household income and expert rated physical health. Controls reduced zero-order correlations only slightly.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=+.17 ns</td>
<td>1. Immediate family.</td>
</tr>
<tr>
<td></td>
<td>r=+.01 ns</td>
<td>2. Siblings and other relatives</td>
</tr>
<tr>
<td></td>
<td>r=+.28 p&lt;.001</td>
<td>3. Intimate friends</td>
</tr>
<tr>
<td></td>
<td>r=+.01 ns</td>
<td>4. Other friends, neighbours and acquaintances</td>
</tr>
</tbody>
</table>

Controlled for household income and expert rated physical health. Controls reduced zero-order correlations only slightly.
<table>
<thead>
<tr>
<th>Correlate Code</th>
<th>Code</th>
<th>Coefficient (r)</th>
<th>Significance (ns)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I 6</td>
<td>O-BW/?/sq/l/9/a</td>
<td>r=+.21</td>
<td>ns</td>
<td>5. Total network.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.11</td>
<td>ns</td>
<td>6. Total network, intimate friends excluded.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.09</td>
<td>ns</td>
<td>1. Immediate family.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.19</td>
<td>ns</td>
<td>2. Siblings and other relatives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.13</td>
<td>ns</td>
<td>3. Intimate friends.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.11</td>
<td>ns</td>
<td>4. Other friends, neighbours and acquaintances.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.19</td>
<td>ns</td>
<td>5. Total network.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>r=+.14</td>
<td>ns</td>
<td>6. Total network, intimate friends excluded.</td>
</tr>
</tbody>
</table>
### Study

**PALIS 1985**  
**Reported in:** Palisi, B.J.  

**Population:** Males, metropolitan areas: London, Los Angeles and Sydney, 1977-80

**Sample:**
- Non-Response: 67%

### Measured Correlate

**Class:** Frequency of intimate contacts  
**Code:** I 6.2.3

**Measurement:** Single closed question on how often the respondent has discussed intimate matters with household members including the spouse, rated from 'daily' to 'never'.

### Measured Values

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=+.18 p&lt;.01</td>
<td>Los Angeles: rpc = +.20 (001)</td>
</tr>
<tr>
<td></td>
<td>r=+.21 p&lt;.001</td>
<td>Sydney: rpc = +.17 (01)</td>
</tr>
<tr>
<td>M-FH/cm/sq/v/4/a</td>
<td>r=+.15 p&lt;.01</td>
<td>Los Angeles: rpc = +.12 (05)</td>
</tr>
<tr>
<td></td>
<td>r=+.21 p&lt;.001</td>
<td>Sydney: rpc = +.20 (01)</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

Study

PALIS 1985


Sample:

Non-Response: 67%


Measured Correlate

Class: Frequency of intimate contacts Code: I 6.2.3

Measurement: Single closed question on how often the respondent has discussed intimate matters with household members including the spouse, rated from 'daily' to 'never'.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
A-BB/cm/mq/v/2/a | r=.18 p<.01 | Los Angeles: rpc = .20 (001)  
 | r=.21 p<.001 | Sydney: rpc = .17 (01)
Findings on Happiness & INTIMACY

**Study**
- **PALIS 1985C**

  **Reported in:** Palisi, B.J.
  Formal and informal participation in urban areas

  **Population:** Males, metropolitan areas: London, Los Angeles and Sydney, 1977-80

  **Sample:**
  Non-Response: 67%

**Measured Correlate**

  **Class:** Frequency of intimate contacts  Code: I 6.2.3

  **Measurement:** Summed scores of four variables: joined companionship, and intimate discussions with kin, friends and household members. Each variable was rated on a sixpoint scale ranging from daily to never.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/cm/sq/v/4/a</td>
<td>r=.15 p&lt;.05</td>
<td>Los Angeles: rpc=+.18 (01)</td>
</tr>
<tr>
<td></td>
<td>r=.27 p&lt;.001</td>
<td>Sydney: rpc=+.24 (01)</td>
</tr>
</tbody>
</table>

Partial correlations controlled for: occupation, education, and age.
**Study**

**VENTE 1995**

*Reported in:* Ventegodt, S. Livskvalitet i Danmark. (Quality of Life in Denmark) Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017

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

*Sample:* Non-probability purposive sample (unspecified)

*Non-Response:* 39%

*N:* 1494

---

**Measured Correlate**

*Class:* Frequency of intimate contacts  Code: I 6.2.3

*Measurement:* Single question: "On an average day, how many people who mean something to you personally do you interact with?"

1: not one every day
2: 1 a day
3: 2 a day
4: 3 a day
5: 4 or more


*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=+.19 p&lt;.00</td>
<td>1: Mt=6.93 2: Mt=7.58 3: Mt=7.70 4: Mt=7.91 5: Mt=8.23 All Mt=7.78</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.19 p&lt;.00</td>
<td>1: Mt=6.18 2: Mt=6.69 3: Mt=6.76 4: Mt=7.23 5: Mt=7.39 All Mt=6.94</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

<table>
<thead>
<tr>
<th>Code</th>
<th>Mt</th>
<th>O-SLu/c/sq/v/5/e</th>
<th>r</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td></td>
<td></td>
<td>+.19</td>
<td>.00</td>
</tr>
<tr>
<td>1</td>
<td>Mt = 6.18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Mt = 6.89</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Mt = 6.76</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Mt = 7.61</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Mt = 7.89</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All</td>
<td>Mt = 7.45</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Findings on Happiness & INTIMACY Correlate Code: I 6**

**Study**  
**ALLAR 1973/3**

*Reported in:* Allardt, E.  
About dimensions of wellfare: an explanatory analysis of a comparative  
Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.

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

*Sample:* 

*Non-Response:* 

*N:* 1000

**Measured Correlate**

*Class:* Perceived quality of intimate ties  
Code: I 6.2.4

*Measurement:* Question if the respondent feels he gets sufficient attention. 4-point scale ranging from "wholly agree" to "not important"

**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/a</td>
<td>rpc=.20</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, freq. of meetings with relatives, opportunities to make personal contacts, possibilities to decide on matters concerning one’s own personal life, no. of memberships in clubs and associations, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

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

**BRIM 1974**

**Reported in:** Brim, J.A.

**Population:** Females Feminists and controls. Seattle, USA, 197?

**Sample:**

**Non-Response:**

| N: | 153 |

### Measured Correlate

**Class:** Perceived quality of intimate ties  Code: I 6.2.4

**Measurement:**

- 3-item index of closed questions: 1. Would trust him/her with important information.
- 2. Discuss with him/her psychological problems.
- 3. Tell him/her about a 'put down' some-one had given her.

The questions were answered for each social network member.

### 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/n/9/a</td>
<td>r=+.10</td>
<td>ns</td>
</tr>
</tbody>
</table>

*Unaffected by marital status.*
**Study**  
**HENLE 1967**  
*Reported in:* Henley, B. & Davis, M.S.  
Satisfaction and dissatisfaction: A study of the chronically-ill aged patient.  
*Population:* 60+ aged chronically-ill, followed three years, USA, 1959-62  
*Sample:*  
*Non-Response:* 24% not available because of death, mental deterioration, unknown address or r  
*N:* 167 (dropout at T2 46%)  

---

**Measured Correlate**  
*Class:* Perceived quality of intimate ties  
*Code:* I 6.2.4  
*Measurement:* Question: generally troubled / sometimes one, sometimes the other / generally pleasant.  
*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-SLL/g/sq/v/4/a</td>
<td>G=+.42 p&lt;.01</td>
<td>Computed for Ss who are living with others only.</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY  

Correlate Code: I 6

---

**Study**  
**JONG 1969**  

*Reported in:* Jong-Gierveld, J. de  
The unmarried. (In Dutch: De ongehuwden).  

*Population:* 30-55 aged, general public, Amsterdam, The Netherlands, 1965  

*Sample:*  
Non-Response: 31%;  
N: 600

---

**Measured Correlate**  

*Class:* Perceived quality of intimate ties  
Code: I 6.2.4  

*Measurement:* Score based on number of family members mentioned among 4 most important social contacts, frequency of contacts with these family members, and appreciation of these contacts.

---

**Observed Relation with Happiness**  

**Happiness Query**  
**Statistics**  
**Remarks**

O-SL/?/sq/v/5/a  
$r = +$  
$p <.$  

Computed for married Ss only.

*Females:* $r = +.36$  
*Males:* $r = +.00$

---

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Findings on Happiness & INTIMACY

Correlate Code: I 6

Study: JONG 1969

Reported in: Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).

Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Sample:
Non-Response: 31%
N: 600

Measured Correlate

Class: Perceived quality of intimate ties
Code: I 6.2.4

Measurement: Score based on number of people one can talk with about personal things and people one cares about, frequency of contacts with these persons, and appreciation of these contacts.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
O-SL?/?/sq/v/5/a | r=+ ns | Never married males: r = +.15 (ns)
| | Married males: r = +.08 (ns)
| | Never married females: r = +.30 (025)
| | Married females: r = +.04 (ns)
### Study

**LEVIT 1986**

**Reported in:** Levitt, M.J.; Weber, R.A. and Clark, M.  
Social Network Relationships as Sources of Maternal Support and Well-being  

**Population:** Mothers of 13-months infants, Florida, U.S.A., 1984

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>43</td>
</tr>
</tbody>
</table>

### Measured Correlate

**Class:** Perceived quality of intimate ties  
Code: I 6.2.4

**Measurement:** Kahn and Antonucci (1984) Network Questionnaire.  
The mother was asked to rate on a 5-point scale, the quality of the relationships with her:  
- husband  
- mother  
- father  
Responses ranged from (5) "very close and warm" to (1) "very cool and distant"

### Measured Values:

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mg/v/2/a | r=+.47 (05) | Perceived quality of relationships with:  
Husband  
Mother  
Father |
| O-SLW/c/sq/n/7/a | r=+.54 (01) | Perceived relationship satisfaction from:  
Husband  
Mother  
Father |
Findings on Happiness & INTIMACY Correlate Code: I 6

Single direct question: “In general how strong are your social ties with your family and friends?”

RICHA 1984


Sample:

Non-Response: N: 375

Measured Correlate

Class: Perceived quality of intimate ties Code: I 6.2.4

Measurement: Single direct question: “In general how strong are your social ties with your family and friends?”

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLug/sq/v/3/b r=+.27 p<.01

Beta=+.2 p<.01 8 controled for physical activity, self-perceived health, marital status and report of serious personal loss or misfortune in the past year. Same for Blackes and Whites.
Findings on Happiness & INTIMACY

Study

ROSE 1955

Reported in:
Rose, A.M.
Factors associated with the life satisfaction of middle class, middle aged persons.

Population:
Married couples, middle aged, middle-class, USA, 1952

Sample:

Non-Response: 50%
N: 416

Measured Correlate

Class: Perceived quality of intimate ties
Code: I 6.2.4

Measurement:
Rating by child (sociology student) who participated in the study.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLu/g/sq/v/5/a D%==+ p<.05 Positive among females only.
Among very satisfied women in 48% of the cases the college student offspring described total family life as being very close; among satisfied women this percentage was 28%, and among the relatively dissatisfied mothers it was only 20%
Findings on Happiness & INTIMACY Correlate Code: I 6

Study VENTE 1995

Reported in: Ventegodt, S.
Livskvalitet i Danmark.(Quality of Life in Denmark)
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,
ISBN 8790190017

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

Sample: Non-probability purposive sample (unspecified)

Non-Response: 39%

N: 1494

Measured Correlate

Class: Perceived quality of intimate ties Code: I 6.2.4

Measurement:

Single question: 'How are your current relations with your previous partner?'
1: very bad
2: bad
3: neither good nor bad
4: good
5: very good


Error Estimates:

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=+.07 ns  | 1: Mt=7.74  
 2: Mt=7.25  
 3: Mt=7.73  
 4: Mt=7.74  
 5: Mt=7.95  
 All Mt=7.66 |
| O-HL/c/sq/v/5/h | r=-.01 ns  | 1: Mt=7.26  
 2: Mt=6.81  
 3: Mt=7.11  
 4: Mt=6.93  
 5: Mt=7.05  
 All Mt=7.00 |
| O-SLu/c/sq/v/5/e | r=+.09 p<.02 | 1: Mt=6.98  
 2: Mt=7.01  
 3: Mt=7.25  
 4: Mt=7.34  
 5: Mt=7.71  
 All Mt=7.26 |

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness
Findings on Happiness & INTIMACY Correlate Code: I 6

**Study**

**VENTE 1996**

*Reported in:* Ventegodt, S.  
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)  

*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:* Perceived quality of intimate ties Code: I 6.2.4

*Measurement:*

Single question:  
How are your current relations with your present partner?  
1: very bad  
2: bad  
3: neither/nor  
4: good  
5: very good

**Measured Values:**  
N All:3848; %:1:1,2; 2:4,5; 3:8,9; 4:32,3; 5:53,1

**Error Estimates:**

---

**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| $r=+.44$ p<.00 | 1: $M_t=4.94$  
2: $M_t=5.66$  
3: $M_t=6.58$  
4: $M_t=7.54$  
5: $M_t=8.63$ |
| O-HL/c/sq/v/5/h | $r=+.54$ p<.00 | 1: $M_t=4.09$  
2: $M_t=4.93$  
3: $M_t=5.54$  
4: $M_t=6.73$  
5: $M_t=8.20$ |
| O-SLu/c/sq/v/5/e | $r=+.50$ p<.00 | 1: $M_t=4.04$  
2: $M_t=5.04$  
3: $M_t=6.00$  
4: $M_t=7.25$  
5: $M_t=8.45$ |

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Findings on Happiness & INTIMACY Correlate Code: I 6

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: Perceived quality of intimate ties Code: I 6.2.4

Measurement: Single question: 'How satisfied are you with your present relationship situation?'
1: very dissatisfied
2: dissatisfied
3: neither/nor
4: satisfied
5: very satisfied

Measured Values: N: All: 4559; %: 1:5.6; 2:9.8; 3:13.4; 4:32.4; 5:38.8

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/v5/a</td>
<td>r = +.46 p &lt; .00</td>
<td>1: Mt = 5.50 2: Mt = 6.31 3: Mt = 6.83 4: Mt = 7.74 5: Mt = 8.76</td>
</tr>
<tr>
<td>O-HL/c/sq/v5/h</td>
<td>r = +.61 p &lt; .00</td>
<td>1: Mt = 4.36 2: Mt = 5.26 3: Mt = 5.81 4: Mt = 6.89 5: Mt = 8.40</td>
</tr>
<tr>
<td>O-SLu/c/sq/v5/e</td>
<td>r = +.53 p &lt; .00</td>
<td>1: Mt = 4.71 2: Mt = 5.70 3: Mt = 6.45 4: Mt = 7.41 5: Mt = 8.61</td>
</tr>
</tbody>
</table>
Study  
**ALLAR 1973/1**

*Reported in:* Allardt, E.

*About dimensions of welfare: an explanatory analysis of a comparative research*

*Research Reports, no.1, 1973; research group for comparativesociology, University of Helsinki.*

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

*Sample:*

*Non-Response:*

\[ N: 1000 \]

**Measured Correlate**

*Class:* Perceived sufficiency of intimate contacts  Code: I 6.2.5

*Measurement:* Question if the respondent feels he gets sufficient attention. 4-point scale ranging from "wholly agree" to "not important"

**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/a</td>
<td>rpc=+.25</td>
<td>Controlled for: income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, possibilities to decide on matters concerning one’s own personal life, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

Correlate Code: I 6

**Study**

**ALLAR 1973/2**

*Reported in:* Allardt, E.

*About dimensions of welfare: an explanatory analysis of a comparative Research Reports, no.1, 1973; research group for comparativesociology, University of Helsinki.*

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

*Sample*: 15-64 aged, general public, Finland, 1972

*Non-Response*: 1000

---

**Measured Correlate**

*Class:* Perceived sufficiency of intimate contacts  Code: I 6.2.5

*Measurement:* Question if the respondent feels he gets sufficient attention. 4-point scale ranging from "wholly agree" to "not important"

---

**Observed Relation with Happiness**

*Happiness Query*  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>rpc++.18</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

---

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Correlate Code: I 6

Study
ALLAR 1973/4

Reported in: Allardt, E.
About dimensions of wellfare: an explanatory analysis of a comparative
Research Reports, no.1, 1973; research group for comparativesociology, University
of Helsinki.

Population: 15-64 aged, general public, Sweden, 1972
Sample:
Non-Response:
N: 1000

Measured Correlate
Class: Perceived sufficiency of intimate contacts Code: I 6.2.5
Measurement: Question if the respondent feels his life is lonesome. 3-point
scale ranging from "very lonely" to "not lonely at all"

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/c/sq/v/4/a rpc=-.29 Controlled for: income, housing density, education,
social status, chronic illness, freq. of meetings
with relatives, anxiety, no. of friends,
opportunities to make personal contacts,
possibilities to decide on matters concerning
one's own personal life, interesting life, easyness
of life, no. of memberships in clubs and
associations, feeling of being able to use
knowledge and skills, gets sufficient attention,
satisfaction with income, age, gender, no. of
communities in which lived, feeling of chance to
succeed, feeling of being liked.

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### Study

**ALLAR 1973/4**

**Reported in:** Allardt, E.

About dimensions of welfare: an explanatory analysis of a comparative Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.

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

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>N: 1000</th>
</tr>
</thead>
</table>

### Measured Correlate

**Class:** Perceived sufficiency of intimate contacts  Code: I 6.2.5

**Measurement:** Question if the respondent feels he gets sufficient attention. 4-point scale ranging from "wholly agree" to "not important"

### 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/a</td>
<td>rpc=.18</td>
<td>Controlled for: income, housing density, education, social status, anxiety, chronic illness, no. of friends, opportunities to make personal contacts, no. of memberships in clubs and associations, possibilities to decide on matters concerning one's own personal life, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, age, gender, satisfaction with income, no. of communities in which lived, freq. of meetings with relatives, feeling of chance to succeed.</td>
</tr>
</tbody>
</table>

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World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 39 of 102
Findings on Happiness & INTIMACY  Correlate Code: I 6

Study  
**BRENN 1970**

*Reported in:*  
Brenner, B.  
Social factors in mental well-being at adolescence.  

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

*Sample:*  
Non-Response: 1%  
N: 5204

*Measured Correlate*  
*Class:* Perceived sufficiency of intimate contacts  
*Code:* I 6.2.5

*Measurement:*  
Closed question: not lonely / fairly lonely / very lonely.

*Measured Values:*  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/g/sq/v/5/a  | G=-.31     | Males: \( G = -.55 \)  
                |            | Females: \( G = -.49 \)  
                | V=.23      | \( p < .01 \)  
| O-HL/u/sq/v/4/b   | G=-.68     | Unaffected by sex  
                |            | After control for: \( G_s \)  
                |            | - usual mood: \( G_s = -.56 \)  
                |            | - having fun in life: \( G_s = -.50 \)  
                |            | - frequency of low mood: \( G_s = -.62 \)  
                |            | - tending to be a discouraged person: \( G_s = -.60 \)  
                |            | - anxiety symptoms: \( G_s = -.66 \)  
                | V=.32      | \( p < .01 \)  

World Database of Happiness: www.eur.nl/fs/research/happiness
Findings on Happiness & INTIMACY

**Study**

**BRENN 1970**

*Reported in:* Brenner, B.


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

*Sample:*

*Non-Response:* 1%

*N:* 5204

---

**Measured Correlate**

*Class:* Perceived sufficiency of intimate contacts  Code: I 6.2.5

*Measurement:* Closed question: not lonely / fairly lonely / very lonely.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>G=-.31</td>
<td>Males : G = -.55</td>
</tr>
<tr>
<td></td>
<td></td>
<td>V=.23</td>
</tr>
<tr>
<td>O-HL/u/sq/v/4/b</td>
<td>G=-.68</td>
<td>Unaffected by sex</td>
</tr>
<tr>
<td></td>
<td></td>
<td>After control for:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- usual mood      : Gs = -.56</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- having fun in life : Gs = -.50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- frequency of low mood : Gs = -.62</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- tending to be a discouraged person: Gs = -.60</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- anxiety symptoms : Gs = -.66</td>
</tr>
<tr>
<td></td>
<td></td>
<td>V=.32</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

**HALMA 1987**

*Reported in:* Halman, L., Heunks, F., de Moor, R. and Zanders, H.
Traditie, secularisatie en individualisering. A study into the values of the Dutch in a
368-379

*Population:* 18 + aged, general public, 10 EU nations, 1981

*Sample:
*Non-Response:

*N:* 12464

**Measured Correlate**

*Class:* Perceived sufficiency of intimate contacts  
*Measurement:* Direct question: "Do you happen to feel lonely sometimes? Does that happen...?" (Order reversed)
1 Often
2 Regularly
3 Seldom
4 Never

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/4/a</td>
<td>r=-.29</td>
<td>France</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.33</td>
<td>Great-Britain</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.44</td>
<td>West Germany</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.33</td>
<td>Italy</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.28</td>
<td>Netherlands</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.32</td>
<td>Denmark</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.39</td>
<td>Belgium</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsrresearch/happiness
Findings on Happiness & INTIMACY

Beta=-.1
$r=-.34$  $p<.01$  Spain
Beta=-.1
$r=-.33$  $p<.01$  Ireland
Beta=-.1
$r=-.33$  $p<.01$  Northern Ireland
Beta=.1
$r=-.37$  EC

Lineair relation

B's controlled for: satisfaction(HAPP 2.1), affect(AFF 2.3), satisfaction with health, income and family life; age, income, education, marital status, having children, work, male sex; urbanisation, type of dwelling, own home, religiousness, social participation; uncertainty about future, expected negative changes in income; satisfaction 5 years in past and future; tolerance, misantropy, hopeless about life and sense of control.

$r=-.25$  $p<.01$  France
$r=-.30$  $p<.01$  Great-Britain
$r=-.40$  $p<.01$  West Germany
$r=-.29$  $p<.01$  Italy
$r=-.26$  $p<.01$  Netherlands
$r=-.29$  $p<.01$  Denmark
$r=-.36$  $p<.01$  Belgium
$r=-.32$  $p<.01$  Spain
$r=-.32$  $p<.01$  Ireland
$r=-.34$  $p<.01$  Northern Ireland
$r=-.33$  $p<.01$  EC

Lineair relation
In none of the European countries, β's reached .10 level in multiple regression analysis, when controlled for: satisfaction (HAPP 2.1), affect (AFF 2.3), satisfaction with health, income and family life; age, income, education, marital status, having children, work, male sex; urbanisation, type of dwelling, own home, religiousness, social participation; uncertainty about future, expected negative changes in income; satisfaction 5 years in past and future; tolerance, misanthropy, hopeless about life and sense of control.

Beta= <.1
Findings on Happiness & INTIMACY

**Study**

**JONG 1969**

*Reported in:* Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).

*Population:* 30-55 aged, general public, Amsterdam, The Netherlands, 1965

*Sample:*

*Non-Response:* 31%;

*N:* 600

---

**Measured Correlate**

*Class:* Perceived sufficiency of intimate contacts  Code: I 6.2.5

*Measurement:* 6-item index of statements on feeling lonely, nobody cares for you, difficulty in making lasting contacts, coping with things alone, hard to find real friends, and alone in the world.

*Observed Relation with Happiness*  

*Happiness Query*  
O-SL/?/sq/v/5/a  

*Statistics*  
SNR=-.4  *p*<.01

*Remarks*  
Unaffected by sex.  
Married: *G*’ = -.36 (01)  
Never married: *G*’ = -.50 (01)
Findings on Happiness & INTIMACY

Correlate Code: I 6

Study | JONG 1969 | Page in Report: 197
---|---|---
Reported in: Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).
Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965
Sample: 
Non-Response: 31%;
N: 600

Measured Correlate
Class: Perceived sufficiency of intimate contacts Code: I 6.2.5
Measurement: 6-item index of statements on feeling lonely, nobody cares for you, difficulty making lasting contacts, coping with things alone, hard to find real friends, and alone in the world.

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-SL/?/sq/v/5/a | G = -.48 p < .01 | Unaffected by sex.
|                 |            | Lower among married persons: G' = -.36 (01)
|                 |            | Stronger among singles: G' = -.50 (01) |
Findings on Happiness & INTIMACY Correlate Code: I 6

6-item index of statements on feeling lonely, nobody cares for you, difficulty in making lasting contacts, coping with things alone, hard to find real friends, alone in the world.

JONG 1969

Reported in: Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).

Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Sample:
Non-Response: 31%;
N: 600

Measured Correlate

Class: Perceived sufficiency of intimate contacts Code: I 6.2.5

Measurement: 6-item index of statements on feeling lonely, nobody cares for you, difficulty in making lasting contacts, coping with things alone, hard to find real friends, alone in the world.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SL?/?/sq/v/5/a G=-.48 p<.01 Unaffected by sex.
Marrieds: G' = -.36 (01)
Never married: G' = -.50 (01)
Findings on Happiness & INTIMACY

**Study**

**STAPE 1988/1**

*Reported in:* Stapel, J.
De Gelukkige Nederlanders (The happy dutchman)

*Population:* 18+ aged, general public, non-institutionalized, The Netherlands, 1988

*Sample:*

*Non-Response:*

*N:* 952

---

**Measured Correlate**

*Class:* Perceived sufficiency of intimate contacts Code: I 6.2.5

*Measurement:* Single closed question: "Do you feel ever lonely? Often, sometimes or seldom?"

**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>M-FH/u/sq/v/3/a</td>
<td>G=-.83</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td></td>
<td>G=-.83</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

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# Findings on Happiness & INTIMACY

## Measured Correlate

**Class:** Perceived sufficiency of intimate contacts  
**Code:** I 6.2.5

**Measurement:** Factor derived from six items such as:  
"I'm lacking people around me" and  
"I'm lacking sociability".

**Population:** Unmarried adults, big cities, the Netherlands, 1978

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>62% of which</th>
</tr>
</thead>
<tbody>
<tr>
<td>28% refusals</td>
<td></td>
</tr>
</tbody>
</table>

**N:** 160

## Observed Relation with Happiness

**Happiness Query**  
<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=-.42</td>
<td></td>
</tr>
</tbody>
</table>

---

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World Database of Happiness: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
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Findings on Happiness & INTIMACY  
Correlate Code: I 6

<table>
<thead>
<tr>
<th>Study</th>
<th>ZAUTR 1977</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>Zautra, A., Beier, E. and Cappel, L.</td>
</tr>
<tr>
<td></td>
<td>The dimensions of life quality in a community</td>
</tr>
<tr>
<td>Population</td>
<td>18+ aged, general public, Salt Lake County, USA, 197?</td>
</tr>
<tr>
<td>Sample</td>
<td></td>
</tr>
<tr>
<td>Non-Response</td>
<td>15%</td>
</tr>
<tr>
<td>N</td>
<td>454</td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** Characteristics of intimate-network  
  Code: I 6.3
- **Measurement:** Interviewer rating on a 5 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-SLW/u/sqt/v/7/a</td>
<td>r = ns</td>
<td></td>
</tr>
</tbody>
</table>

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World Database of Happiness: www.eur.nl/fsw/research/happiness  
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### Study

**KAMMA 1983/2**

*Reported in:* Kammann, R.; Flett, R.  
*Sourcebook for Measuring Well-being with Affectometer 2.*  
*Why Not? Foundation, Dunedin, New Zealand.*

*Population:* 18+ aged, general public, Dunedin, New Zealand, 1983

*Sample:*

*Non-Response:* 52%

*N:* 112

### Measured Correlate

**Class:** Opportunities for self-disclosure  
**Code:** I 6.3.1

**Measurement:** Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):  
"How often have you felt understood?"  
Rated on a 5-point scale ranging from 'not at all' to 'all the time'

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mq/v/5/a</td>
<td>r=+.62</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

Study: MORIW 1973

Reported in: Moriwaki, S.Y.

Population: 60+ aged, retirees, Los Angeles County, USA, 1971

Sample:
Non-Response:
N: 71

Measured Correlate

Class: Opportunities for self-disclosure Code: I 6.3.1

Measurement:
Number of important life areas for which support for self-disclosure from significant others is perceived. Those persons one considers to be close and with whom one can feel free and talk about personal things were considered as 'significant others'.

Measurement by means of Supported Self-Disclosure Index (see Jourard & Lasakow, 1958), modified to include 38 content areas of concern to the elderly, including changes in social relations with age, status and role changes, bodily changes, self-feelings, financial and material problems, and health problems.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
A-BB/cm/mq/v2/a | r = +.17 | ns

L-shaped curve: Stronger positive among those reporting lower self-disclosure.

When controlled for age: rpc = +.08 (ns)
When controlled for role loss: rpc = +.17
- Low role loss: r = +.36 (01)
- Very high role loss: r = -.23 (ns)
### Measured Correlate

<table>
<thead>
<tr>
<th>Class</th>
<th>. perceived value-similarity with intimates</th>
<th>Code: I 6.3.2.1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measurement</strong></td>
<td>1. All contacts with age peers (aged 60+), belonging to immediate family, siblings and relatives, intimate friends (described as extremely close friends whom the subject confided in and could depend on for emotional support) or friends neighbours and acquaintences:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a. Absolute number of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b. Percentage of total number of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c. Absolute frequency of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d. Percentage of total frequency of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Intimate friends excluded:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a. Absolute number of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b. Percentage of total number of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c. Absolute frequency of contacts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d. Percentage of total frequency of contacts</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Values:**

**Error Estimates:**

**Remarks:** Controlled for household income and expert rated physical health. Controls reduced zero-order correlation only slightly.

---

### Observed Relation with Happiness
Findings on Happiness & INTIMACY

Correlate Code: I 6

Controlled for household income and expert rated physical health. Controls reduced zero-order correlation only slightly.

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v2/a</td>
<td>r=+.31 p&lt;.01</td>
<td>1 a. <strong>Absolute number of contacts.</strong></td>
</tr>
<tr>
<td>r=+.19 ns</td>
<td>b. <strong>Percentage of total number of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.21 ns</td>
<td>c. <strong>Absolute frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.11 ns</td>
<td>d. <strong>Percentage of total frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.22 p&lt;.05</td>
<td>2 a. <strong>Absolute number of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.16 p&lt;.05</td>
<td>b. <strong>Percentage of total number of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.09 p&lt;.05</td>
<td>c. <strong>Absolute frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.07 p&lt;.05</td>
<td>d. <strong>Percentage of total frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>O-BW/?/sq/l/9/a</td>
<td>r=+.18 ns</td>
<td>a. <strong>Absolute number of contacts.</strong></td>
</tr>
<tr>
<td>r=+.28 p&lt;.01</td>
<td>b. <strong>Percentage of total number of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.23 p&lt;.05</td>
<td>c. <strong>Absolute frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.23 p&lt;.05</td>
<td>d. <strong>Percentage of total frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.20 p&lt;.05</td>
<td>a. <strong>Absolute number of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.32 ns</td>
<td>b. <strong>Percentage of total number of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.25 p&lt;.01</td>
<td>c. <strong>Absolute frequency of contacts.</strong></td>
<td></td>
</tr>
<tr>
<td>r=+.24 ns</td>
<td>d. <strong>Percentage of total frequency of contacts.</strong></td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

**Study**  
**BRIM 1974**  

*Reported in:* Brim, J.A.  
Social network correlates of avowed happiness.  

*Population:* Females Feminists and controls. Seattle, USA, 197?

*Sample:*

*Non-Response:*

*N:* 153

---

**Measured Correlate**

*Class:* age similarity of intimates  
*Code:* I 6.3.2.2

*Measurement:* 3-item index of closed questions on whether the respondent feels that: 1. His/her ideals approximate most her ideals of the 'right way'. 2. Feels she has a great many interests in common with him/her. 3. Generally shares the same philosophy of life with him/her.

*The questions were answered for each social network member.*

**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/n/9/a</td>
<td>r=+</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Married females</strong>: r = +.34 (002)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Unmarried females</strong>: r = -.19 (ns)</td>
</tr>
</tbody>
</table>

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Study  
**DUCKI 1982**

*Reported in:* Duckitt, J.H.

*Population:* 65-90 aged whites  Pretoria, South Africa, 198?

*Sample:
Non-Response:* 20%
*N:* 80

**Measured Correlate**

*Class:* Size of intimate network  
*Code:* I 6.3.3

*Measurement:*
1. **Scope:** The degree to which the number of persons contacted is concentrated into:
   a. The immediate family (i.e. spouse, children, grandchildren).
   b. Siblings and other relatives.
   c. Intimate friends (described as extremely close friends whom the subject confided in and could depend on for emotional support).
   d. Other friends, neighbours and acquaintances.

2. **Frequency:** The degree to which the frequency of contacts is concentrated into:
   a. The immediate family (i.e. spouse, children, grandchildren).
   b. Siblings and other relatives.
   c. Intimate friends (described as extremely close friends whom the subject confided in and could depend on for emotional support).
   d. Other friends, neighbours and acquaintances.

*Measured Values:
Error Estimates:

*Remarks:* Controlled for household income and expert rated health. Controls reduced zero-order correlations only slightly.

**Observed Relation with Happiness**
<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=-.13 ns</td>
<td>1a. The immediate family.</td>
</tr>
<tr>
<td></td>
<td>r=+.09 ns</td>
<td>b. Siblings and other relatives.</td>
</tr>
<tr>
<td></td>
<td>r=+.25 p&lt;.05</td>
<td>c. Intimate friends.</td>
</tr>
<tr>
<td></td>
<td>r=-.11 ns</td>
<td>d. Other friends, neighbours and acquaintances.</td>
</tr>
<tr>
<td>O-BW/?/sq/l/9/a</td>
<td>r=-.10 ns</td>
<td>2a. The immediate family.</td>
</tr>
<tr>
<td></td>
<td>r=-.08 ns</td>
<td>b. Siblings and other relatives.</td>
</tr>
<tr>
<td></td>
<td>r=+.26 p&lt;.05</td>
<td>c. Intimate friends.</td>
</tr>
<tr>
<td></td>
<td>r=-.15 ns</td>
<td>d. Other friends, neighbours and acquaintances.</td>
</tr>
</tbody>
</table>

Controlled for household income and expert rated health. Controls reduced zero-order correlations only slightly.
### Study

**ANDRE 1976/1**  
**Reported in:** Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976. New York, USA  
**Population:** 18+ aged, general public, non-institutionalized, USA, 1972/75  
**Sample:**  
**Non-Response:** 24%  
**N:** 1297

### Measured Correlate

**Class:** Ability to maintain intimate contacts  
**Code:** I 6.4.1  
**Measurement:** Closed question: "How do you feel about how you get on with other people?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$E^2 = .31$</td>
<td>Unaffected by sex</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY Correlate Code: I 6

Study BAKKE 1974

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


Sample:
Non-Response: 34% refusal and unattainable.
N: 1552

Measured Correlate

Class: Ability to maintain intimate contacts Code: I 6.4.1
Measurement: Direct question rated on a graphic scale ranging from 'very bad' to 'very good'.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HP/g/sq/ol/7/a G=+.42 p<.05 Slightly lower among age 41-45
Lower among those of low S.E.S.
Stronger among lower education.
Stronger among males than among females.
Stronger among the unmarried.
### Findings on Happiness & INTIMACY

**Correlate Code: I 6**

**Study**  
BAKKE 1974

*Reported in:* Bakker, P. & Berg, N. van de  
Determinants and correlates of happiness.  
Unpublished thesis, 1974, Erasmus University Rotterdam,  
The Netherlands.


*Sample:*

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

*N:* 1552

---

**Measured Correlate**

*Class:* Ability to maintain intimate contacts  
Code: I 6.4.1

*Measurement:* Direct question rated on a graphic scale, ranging from 'very difficult' to 'very easily'.

*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=+.07</td>
<td>ns</td>
</tr>
</tbody>
</table>

---

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Findings on Happiness & INTIMACY

Correlate Code: I 6

Rating by psychiatrists on the basis of observation during 6 years. High scores indicate emotional openness to others and ability to secure emotional support from them.

BEISE 1974

Components and correlates of mental well-being

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

Sample:

Non-Response: 10%

N: 112

Measured Correlate

Class: Ability to maintain intimate contacts Code: I 6.4.1

Measurement:
Rating by psychiatrists on the basis of observation during 6 years. High scores indicate emotional openness to others and ability to secure emotional support from them.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-BB/cq/mq/v/3/a  r= +  p<.01  Index of Positive Affects: r = +.25 (01)
  Index of Negative Affects: r = -.26 (01)
Study | LEVY 1975/2
---|---
Reported in: | Levy, S. & Guttman, L.
On the multivariate structure of well-being
Population: | 18+ aged, general public, urban areas, Israel, 1973
Sample: | -
Non-Response: | -
N: | 1830

Measured Correlate

Class: | Ability to maintain intimate contacts Code: I 6.4.1
Measurement: | Direct closed question

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
---|---|---
A-AOL/c/sq/v/4/b | mc=+.40 | -
O-HL/c/sq/?/6/a | mc=+.36 | -
**Study**

**SYMON 1937**

*Reported in:* Symonds, P.M.
Happiness as related to problems and interests
Journal of Educational Psychology, 1937, vol. 28, p. 290-294

*Population:* High school pupils and college students, USA, 1937

*Sample:*

*Non-Response:*

*N:* 1651

---

**Measured Correlate**

*Class:* Ability to maintain intimate contacts  Code: I 6.4.1

*Measurement:* Closed question

*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-CP/g/sq/v/7/a</td>
<td>DM=</td>
<td>College students only: L-shaped curve: significant negative among happier students only</td>
</tr>
<tr>
<td></td>
<td>SNR=</td>
<td>College students only: L-shaped curve: significant negative among happier students only</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 63 of 102
### Study

**WEBB 1915/1**

**Reported in:** Webb, E.
Character and intelligence. An attempt at an exact study of character.

**Population:** Male college students, England, 1912

**Sample:**

**Non-Response:** -

**N:** 194

### Measured Correlate

**Class:** Ability to maintain intimate contacts  
Code: I 6.4.1

**Measurement:** Trained peer rating on a 7-point scale on the basis of observation during 6 months.

**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-CP/g/rdp/ro/7/a</td>
<td>r=+.21</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**WESSM 1956**

*Reported in:* Wessman, A.E.

A psychological inquiry into satisfaction and happiness


*Population:* 21+ aged, general public, non-institutionalized, USA, 1946

*Sample:*

*Non-Response:* -

*N:* 2377

### Measured Correlate

*Class:* Ability to maintain intimate contacts  Code: I 6.4.1

*Measurement:*

- **Closed question:**
  - 0 Not very easy
  - 1 Make friends easily

*Observed Relation with Happiness*

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G=+.37</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY Correlate Code: I 6

ALLAR 1973/1

Reported in: Allardt, E.
About dimensions of wellfare: an explanatory analysis of a comparative Research Reports, no.1, 1973; research group for comparativesociology, University of Helsinki.

Population: 15-64 aged, general public, Denmark, 1972
Sample:
Non-Response:
N: 1000

Measured Correlate
Class: Perceived opportunities for contacts Code: I 6.4.2
Measurement: Answer categories: great, small, no

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness
Happiness Query Statistics Remarks
O-HL/c/sq/v/4/a rpc=.16 Controlled for: Income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.
Findings on Happiness & INTIMACY

Correlate Code: I 6

Study

ALLAR 1973/2

Reported in:
Allardt, E.
About dimensions of welfare: an explanatory analysis of a comparative
Research Reports, no.1, 1973; research group for comparativesociology, University
of Helsinki.

Population:
15-64 aged, general public, Finland, 1972

Sample:

Non-Response:
N: 1000

Measured Correlate

Class:
Perceived opportunities for contacts Code: I 6.4.2

Measurement:
Answer categories: great, small, no

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/c/sq/v/4/a rpc=+.21 Controlled for: income, housing density, education, social status, chronic illness, anxiety, frequency of meetings with relatives, number of friends, possibilities to decide on matters concerning one's own personal life, number of memberships in clubs and associations, interesting life, easyness of life, loneliness, feelings of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.
Findings on Happiness & INTIMACY  
Correlate Code: I 6

Study  
**ALLAR 1973/3**  
*Reported in:* Allardt, E.  
*About dimensions of wellfare: an explanatory analysis of a comparative Research Reports, no.1, 1973; research group for comparativesociology , University of Helsinki.*  
*Population:* 15-64 aged, general public, Norway, 1972  
*Sample:*  
*Non-Response:*  
*N:* 1000

Measured Correlate  
*Class:* Perceived opportunities for contacts  
*Code:* I 6.4.2  
*Measurement:* *Answer categories: great, small, 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/a</td>
<td>rpc=.20</td>
<td>Controlled for: Income, housing density, education, social status, chronic illness, anxiety, freq. of meetings with relatives, no. of friends, possibilities to decide on matters concerning one’s own personal life, no. of memberships in clubs and associations, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, gets sufficient attention, satisfaction with income, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>

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### Study

**ALLAR 1973/4**  
*Reported in:* Allardt, E.  
About dimensions of welfare: an explanatory analysis of a comparative  
Research Reports, no.1, 1973; research group for comparativesociology, University of Helsinki.

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

**Sample:**

**Non-Response:**

| N: | 1000 |

### Measured Correlate

**Class:** Perceived opportunities for contacts  
Code: I 6.4.2

**Measurement:** Answer categories: great, small, no

### 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/a</td>
<td>rpc=+.20</td>
<td>Controlled for: Income, housing density, education, chronic illness, social status, anxiety, freq. of meetings with relatives, opportunities to make personal contacts, possibilities to decide on matters concerning one's own personal life, no. of memberships in clubs and associations, no. of friends, interesting life, easyness of life, loneliness, feeling of being liked, feeling of being able to use knowledge and skills, feeling of chance to succeed, satisfaction with income, gets sufficient attention, age, gender, no. of communities in which lived.</td>
</tr>
</tbody>
</table>
### Study

**ANDRE 1976/1**

**Reported in:** Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976. New York, USA

**Population:** 18+ aged, general public, non-institutionalized, USA, 1972/75

**Sample:**

**Non-Response:** 24%

**N:** 1297

### Measured Correlate

**Class:** Perceived opportunities for contacts  
**Code:** 1 6.4.2

**Measurement:** Closed question: "How do you feel about the chance you have to know people with whom you can really feel comfortable?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**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-DT/u/sqt/v/7/a</td>
<td>$E^2=+.31$</td>
<td>Unaffected by sex</td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY Correlate Code: I 6

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Social ties and life satisfaction of older persons: another evaluation.</td>
</tr>
<tr>
<td>Population:</td>
<td>50+ aged, general public, North-Central Iowa, USA, 1975</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>11.3%</td>
</tr>
<tr>
<td>N:</td>
<td>2321</td>
</tr>
</tbody>
</table>

Measured Correlate

| Class: | Perceived opportunities for contacts | Code: I 6.4.2 |
| Measurement: | Closed question: "How many of all your adult relatives and in-laws live in this community? none (1), half or less (2), most (3), all (4)" |
| 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/v/5/d</td>
<td>r=+.02 ns</td>
<td>Beta=-.0 p&lt;.05</td>
</tr>
</tbody>
</table>

ß controlled for age, income, education, marital status, friends in community, local people known, organizational memberships, community attachment, quality of life
<table>
<thead>
<tr>
<th>Study</th>
<th>MITCH 1972/2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Mitchell, R.E.</td>
</tr>
<tr>
<td>Levels of emotional strain in Southeast Asian cities</td>
<td></td>
</tr>
<tr>
<td>Asian Folklore &amp; social life monographs, The Orient culturalServic 1972, Taipei, Formosa</td>
<td></td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>18+ aged, general public, Hong Kong, South East Asia, 1967</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>21%</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>3966 (men : 2006, women : 1960)</td>
</tr>
</tbody>
</table>

---

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class</th>
<th>Perceived opportunities for contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measurement:</strong></td>
<td>Single direct question: &quot;Being a good family person compared with most other people, would you say that you: exceed others/about the same as others/fall short of others?&quot;</td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></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-HL/c/sq/v/4/a</td>
<td>G=.07 ns</td>
<td>Figures based on half of the sample.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>N-shaped curve</td>
</tr>
</tbody>
</table>

---

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Findings on Happiness & INTIMACY

**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:* Perceived opportunities for contacts  Code: I 6.4.2

*Measurement:* Single question:
"On a average day, how many people who mean somthing to you personally, do you interact with?"

1: not one every day
2: 1 a day
3: 2 a day
4: 3 a day
5: 4 or more

*Measured Values:* N women: All:2447; %: 1:12,1; 2:19,8; 3:24,0; 4:17,8; 5:26,2

*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=+.20 p&lt;</td>
<td>women:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt = 6.91</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt = 7.43</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt = 7.64</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt = 7.98</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt = 8.20</td>
</tr>
<tr>
<td></td>
<td>r=+.19 p&lt;.00</td>
<td>men:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt = 7.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt = 7.41</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt = 7.74</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Mt = 8.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Mt = 8.20</td>
</tr>
</tbody>
</table>

---

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Findings on Happiness & INTIMACY

Correlate Code: I 6

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

Women:
1: Mt = 6.26
2: Mt = 6.86
3: Mt = 6.96
4: Mt = 7.38
5: Mt = 7.51

r = +.19, p < .00

Men:
1: Mt = 6.23
2: Mt = 6.71
3: Mt = 6.90
4: Mt = 7.20
5: Mt = 7.36

O-SLu/c/sq/v/5/e

Women:
1: Mt = 6.53
2: Mt = 7.01
3: Mt = 7.39
4: Mt = 7.78
5: Mt = 8.03

r = +.22, p < .00

Men:
1: Mt = 6.56
2: Mt = 6.90
3: Mt = 7.35
4: Mt = 7.74
5: Mt = 7.93
Findings on Happiness & INTIMACY Correlate Code: I 6

3-item index of closed questions on whether the respondent would enjoy: 1. Seeing him/her every day. 2. Would spend most of her free time with him/her if possible. 3. Would like to see him/her more often. The questions were answered for each social network member.

Social network correlates of avowed happiness.

Brim, J.A.

Stud

Y Concern about intimates Code: I 6.5.1

Females Feminists and controls. Seattle, USA, 197?

Sample:

N: 153

Non-Response:

Population:

BRIM 1974

Measured Correlate

Class: Concern about intimates Code: I 6.5.1

Measurement: 3-item index of closed questions on whether the respondent would enjoy: 1. Seeing him/her every day. 2. Would spend most of her free time with him/her if possible. 3. Would like to see him/her more often. The questions were answered for each social network member.

Measured Values:

Error Estimates:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/n/9/a r=+.17 ns Adults one sees at least once a month and who are 'important persons' in one's life were considered as social network members.

Unaffected by marital status.
<table>
<thead>
<tr>
<th><strong>Study</strong></th>
<th><strong>BRIM 1974</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Brim, J.A.</td>
</tr>
<tr>
<td></td>
<td>Social network correlates of avowed happiness.</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>Females Feminists and controls. Seattle, USA, 197?</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>N: 153</td>
</tr>
<tr>
<td><strong>Measured Correlate</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Class:</strong></td>
<td>Concern about intimates Code: I 6.5.1</td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
<td>Closed question on whether the respondent always tries to remember his/her birthday: scored for each social network member.</td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Remarks:</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Observed Relation with Happiness</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Happiness Query</strong></td>
</tr>
<tr>
<td>O-HL/c/sq/n/9/a</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>
### Study

**SYMON 1937**

*Reported in:* Symonds, P.M.  
Happiness as related to problems and interests  
Journal of Educational Psychology, 1937, vol. 28, p. 290-294

*Population:* High school pupils and college students, USA, 193?

*Sample:*

*Non-Response:* -

*N:* 1651

### Measured Correlate

*Class:* Concern about intimates  
Code: I 6.5.1

*Measurement:* Closed question

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/sq/v7/a</td>
<td>DM= ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNR= ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & INTIMACY

Study: WESSM 1956

Reported in: Wessman, A.E.
A psychological inquiry into satisfaction and happiness

Population: 21+ aged, general public, non-institutionalized, USA, 1946

Sample:
Non-Response: -
N: 2377

Measured Correlate

Class: Concern about intimates Code: I 6.5.1

Measurement:
Open-ended question on desired personal changes:
0 Other changes
1 Change mentioned

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/g/sq/v/3/c  G=-.01  ns  Computed for those who desire to change only (N = 1591)
Findings on Happiness & INTIMACY  Correlate Code: I 6

Study  WESSM 1956  Page in Report: 213
Reported in: Wessman, A.E.
A psychological inquiry into satisfaction and happiness
Population: 21+ aged, general public, non-institutionalized, USA, 1946
Sample:
Non-Response: -
N: 2377

Measured Correlate
Class: Concern about intimates  Code: I 6.5.1
Measurement:
Open-ended question on most important worry.
0 Other worries
1 Worry mentioned

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness
Happiness Query  Statistics  Remarks
O-HL/g/sq/v/3/c  G=.10  p<.05  Computed for those having worries only (N = 2040)
Findings on Happiness & INTIMACY

Correlate Code: I 6

Study  JONG 1969

Reported in: Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).

Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Sample:
Non-Response: 31%;
N: 600

Measured Correlate

Class: Satisfaction with intimacy  Code: I 6.5.2

Measurement: 5-item index of agree / disagree statements on possibilities to relax when alone, like to be alone, obligations towards others and too close ties with others as a consequence of social participation.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SL/?/sq/v/5/a  r=-  p<.  Never married males : r = +.05
                 Married males : r = -.05
                 Never married females: r = -.61
                 Married females : r = -.28
### Study

| HEADE 1981 |
|---|---|---|
| **Reported in:** | Headey, B.  
*The Quality of Life in Australia*  
Social Indicators Research, 1981, Vol. 9, 155-181 |
| **Population:** | Adults, general public, Australia 1978 |
| **Sample:** | Probability sample (unspecified) |
| **Non-Response:** | Not reported |
| **N:** | 679 |

### Measured Correlate

**Class:** Need for privacy  
**Code:** I 6.5.3  
**Measurement:** Index of 3 single questions on satisfaction with:  
a: The extent to which you are in touch with your own feelings  
b: Your independence or freedom: the chance you have to do what you want  
c: The privacy you have: being alone when you want to  
All scored on a 1-9 rating scale, summation by average.

**Measured Values:**  
M = 6.6  
SD = 1.2  
**Error Estimates:**

**Remarks:** All items scored on the same rating scale as the question on happiness.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-DT/u/sqt/v/9/a | $r = +.40$  
p < .001 |

All items scored on the same rating scale as the question on happiness.
### Appendix 1

<table>
<thead>
<tr>
<th>Happiness Query Code</th>
<th>Queries on Happiness used in reported Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/4/b</td>
<td>Selfreport on single closed question:</td>
</tr>
<tr>
<td></td>
<td>&quot;How is your mood these days....?&quot;</td>
</tr>
<tr>
<td></td>
<td>4 very good all the time</td>
</tr>
<tr>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 not good almost all the time</td>
</tr>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>Selfreport on single question:</td>
</tr>
<tr>
<td></td>
<td>&quot;In general, how would you say you feel most of the time - in good spirits or in low spirits....?&quot;</td>
</tr>
<tr>
<td></td>
<td>5 very good spirits</td>
</tr>
<tr>
<td></td>
<td>4 fairly good spirits</td>
</tr>
<tr>
<td></td>
<td>3 neither good spirits nor low spirits</td>
</tr>
<tr>
<td></td>
<td>2 fairly low spirits</td>
</tr>
<tr>
<td></td>
<td>1 very low spirits</td>
</tr>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>Single direct question:</td>
</tr>
<tr>
<td></td>
<td>'How are you feeling now....?'</td>
</tr>
<tr>
<td></td>
<td>5 very good</td>
</tr>
<tr>
<td></td>
<td>4 good</td>
</tr>
<tr>
<td></td>
<td>3 neither good nor poor</td>
</tr>
<tr>
<td></td>
<td>2 poor</td>
</tr>
<tr>
<td></td>
<td>1 very poor</td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>Selfreport on 10 questions:</td>
</tr>
<tr>
<td></td>
<td>&quot;During the past few weeks, did you ever feel ....?&quot; (yes/no)</td>
</tr>
<tr>
<td></td>
<td>A Particularly exited or interested in something?</td>
</tr>
<tr>
<td></td>
<td>B So restless that you couldn't sit long in a chair?</td>
</tr>
<tr>
<td></td>
<td>C Proud because someone complimented you on something you had done?</td>
</tr>
<tr>
<td></td>
<td>D Very lonely or remote from other people?</td>
</tr>
<tr>
<td></td>
<td>E Pleased about having accomplished something?</td>
</tr>
<tr>
<td></td>
<td>F Bored?</td>
</tr>
<tr>
<td></td>
<td>G On top of the world?</td>
</tr>
<tr>
<td></td>
<td>H Depressed or very unhappy?</td>
</tr>
<tr>
<td></td>
<td>I That things were going your way?</td>
</tr>
<tr>
<td></td>
<td>J Upset because someone criticized you?</td>
</tr>
</tbody>
</table>

Answer options and scoring:
yes = 1
no = 0

Summation:
- Positive Affect Score (PAS): A+C+E+G+I
- Negative Affect Score (NAS): B+D+F+H+J
- Affect Balance Score (ABS): PAS minus NAS
Possible range: -5 to +5

Name: Bradburn's 'Affect Balance Scale' (standard version)

A-BB/cq/mq/v/3/a
Selfreport on 10 questions:

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

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

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

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

A-BK/cm/mq/v/5/a
Selfreport on 40 questions:

"Over this time period (the last few weeks) I have had the feeling described by":
A  My life is on the right track
B  I seem to be left alone when I don't want to be
C  I feel I can do whatever I want to
D  I think clearly and creatively
E  I feel like a failure
F  Nothing seems very much fun any more
G  I like myself
H  I can't be bothered doing anything
I  I feel close to people around me
J  I feel as though the best years of my life are over
K  My future looks good
L  I have lost interest in other people and don't care about them
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M I have energy to spare
N I smile and laugh a lot
O I wish I could change some parts of my life
P My thoughts go around in useless circles
Q I can handle any problems that come up
R My life seems stuck in a rut
S I feel loved and trusted
T I feel there must be something wrong with me

"Over this period (the last few weeks), "how often you felt..."

U Satisfied
V Lonely
W Free-and-easy
X Clear-headed
Y Helpless
Z Impatient
AA Usefull
AB Depressed
AC Loving
AD Hopeless
AE Optimistic
AF Withdrawn
AG Enthusiastic
AH Good-natured
AI Discontented
AJ Confused
AK Confident
AL Tense
AM Understood
AN Insignificant

Answer options;
0 not at all
1 occasionally
2 some of the time
3 often
4 all the time

Summation:
- Positive Affect score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect balance score (ABS): PAS minus NAS
Possible range: -4 to +4

A-CP/g/rdp/ro/7/a Peer rating on single question (based on contact during 6 months):

Rater instruction: "personal qualities are named and briefly annotated in this schedule. If you have any doubt as to the meaning of any of them, please ask me (investigator)
2. In the columns under each subject's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -
'General tendency to be 'cheerful' (as opposed to being depressed and low spirited)
+3 very high compared to average
+2 distinctly above average
+1 slightly above average
0 average
-1 slightly below average
-2 distinctly below average
-3 lowest as compared to average

Selfreport on single question:

"Check one of the following groups of adjectives which best describes you."
7 full of deep joy, excitedly happy, enthusiastic, thrilled
6 cheerful, successful, optimistic, lighthearted
5 satisfied, comfortable, life goes smoothly, peaceful
4 contented at times and at other times discontented, life has both favorable and unfavorable features
3 restless, impatient, uncertain, dull, cross, confined
2 anxious, irritated, discouraged, disappointed, discontented
1 gloomy, miserable, a failure, no pleasure in anything

Selfreport on single question:

"......happiness during past few weeks....."
(Full lead not reported)
4 very happy
3
2
1 not too happy

Selfreport on single question:

"How do you feel in general, during the last year, happy or not so happy......?"
5 very happy
4 fairly happy
3 not happy, not unhappy
2 not too happy
1 unhappy
Don't know

Original text in Dutch;
"Hoe voelt u zich in het algemeen in het laatste jaar......?"

Don't know

M-FH/u/sq/v/3/a

Selfreport on single question:

"Do you feel......?"
3 happy
2 not too happy
1 unhappy

Original text in Dutch:
"Voelt u zichzelf ......?"

c gelukkig
b niet zo gelukkig
a ongelukkig

Self report on single question:

Lead item not reported
[ 9 ] best imaginable
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ] worst imaginable

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

"Here is a picture of a ladder. Suppose we say that the top of the ladder (10) represents the best possible life for you and the bottom (1) represents the worst possible life for you. Where on the ladder do you feel personally stand at the present time?

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

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

Selfreport on single question, asked twice in interview:

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

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

O-DT/u/sq/v/9/a Selfreport on single question asked twice

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

O-HL/c/sq/?/6/a Selfreport on single question:

"Generally speaking, are you happy these days......?"
6 very happy
5
4
3
2
1 very unhappy
(Response options not fully reported)

O-HL/c/sq/n/9/a Selfreport on single question:

"Taken all things together, how would you say things are these days? Please put a circle around the appropriate number to indicate how happy you are these days......?"
9 very happy
8
7
6
5 pretty happy
4
3
2
1 not too happy
(originally rated on a horizontal scale)

O-HL/c/sq/v/3/ac Selfreport on single question:

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

O-HL/c/sq/v/3/f Selfreport on single question:
"Considering everything that has happened to you recently, how would you say things are with you - would you say you are.....?"
3 very happy
2 pretty happy
1 not too happy

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

"Do you feel your life at present is.....?"
4 very happy
3 quite happy
2 quite unhappy
1 very unhappy

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

"Taking all things together in your life, how would you say things are these days? Would you say you are .....?"
5 very happy
4 happy
3 neither happy nor unhappy
2 unhappy
1 very unhappy

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
1 meget ullykkelig

O-HL/g/sq/v/3/c Selfreport on single question:

"In general, how happy would you say you are.....?"
3 very happy
2 fairly happy
1 not too happy

O-HL/u/sq/v/4/a Selfreport on single question:

"Taking all things together, would you say you are.....?"
4 very happy
3 quite happy
2 not very happy
1 not at all happy.
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Selfreport on single question:

"On the whole, how happy would you say you are.....?"

4 very happy
3 fairly happy
2 not very happy
1 very unhappy

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

Selfreport on single question:

"....... satisfaction with life ....."

(full question not reported)

5 very satisfied
4 satisfied
3 don't know/satisfied
2 don't know/not satisfied
1 disappointed in life

Selfreport on single question:

"In general, how satisfied are you with your way of life.......?"

4 quite satisfied
3 fairly satisfied
2 sometimes dissatisfied
1 usually dissatisfied

Selfreport on single question:

'How satisfied are you with your life now?'

5 very satisfied
2 satisfied
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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

Self report on single question:

'O-SLu/c/sq/v/5/g'

In Finnish: ‘Kuinka tyydyttäväksi koet elämäsi tällä hetkellä?’
3 not satisfying not dissatisfying
4 quite satisfying
5 very satisfying

O-SLu/g/sq/v/3/b

Self report on single question:

"In general, how satisfied are you with your life.....?"
3 mostly satisfied
2 partly satisfied
1 mostly disappointed

O-SLu/g/sq/v/5/a

Self report on single question:

"All things considered, how satisfied are you with your life as-a-whole now.....?"
1 dissatisfied
2
3
4
5
6
7
8
9
10 satisfied
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O-SLW/c/sq/n/7/a
Selfreport on single question:

"We have talked about various parts of your life, now I want to ask you about your life as a whole. How satisfied are you with your life as a whole these days.....?"

7 completely satisfied
6
5
4 neutral
3
2
1 completely dissatisfied

O-SLW/c/sq/v/5/d
Selfreport on single question:

"Taking everything into consideration, how satisfied are you with life in general at the present time? Would you say you are.....?"

5 extremely satisfied
4 very satisfied
3 fairly satisfied
2 slightly satisfied
1 not satisfied"

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

"On the whole, are you satisfied with your life.....?"

5 definitely yes
4 rather yes
3 don't know
2 rather no
1 definitely no
- no reply

O-SLW/u/sq/v/5/d
Selfreport on single question:

"Taking your life as a whole, are you .......?"

5 very satisfied
4 quite satisfied
3 more satisfied than discontented
2 more discontented than satisfied
1 quite dissatisfied

In German:
"Wenn Sie Ihr Leben jetzt alles in allem betrachten, sind Sie.....?"

5 sehr zufrieden
4 ziemlich zufrieden
3 eher zufrieden
2 eher unzufrieden
1 ziemlich unzufrieden

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

"Considering everything, how satisfied are you with your life as a whole........?"

7 completely satisfied
6
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1   completely dissatisfied
Summation: both scores added
Possible range: 2 to 14

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   | (ß) 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. |
| D%     | DIFFERENCE in PERCENTAGES  
Type: descriptive statistic only.  
Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous  
Range: [-100; +100]  
Meaning: the difference of the percentages happy people at two correlate levels. |
| 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. |
| E²     | CORRELATION RATIO (Elsewhere sometimes called h² or ETA)  
Type: test statistic  
Measurement level: Correlate: nominal or ordinal, Happiness: metric  
Range: [0; 1]  
Meaning: correlate is accountable for E² x 100 % of the variation in happiness.  
E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.  
E² = 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, 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. |
Findings on Happiness & INTIMACY Correlate Code: I 6

G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.

mc Guttman's monotonicity coefficient.
Range: [-1, +1].
Measurement level: Both correlate and happiness ordinal or interval
Based on the multiplication of signed differences within one variable with the corresponding difference in the second variable and summation over all possible differences.
Seldom used in happiness research. See excerpted report.

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.

R² COEFFICIENT of DETERMINATION
Type: test statistic
Measurement level: Correlates: all metric, Happiness: metric
Range: [0; 1]

Meaning:
R² = 0 « no influence of any correlate in this study has been established.
R² = 1 « the correlates determine the happiness completely.

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

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

SNR Statistic Not Reported

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

Meaning:
T = 0 « no association
T -> 1 « strongest possible association.
NOTE: sometimes the square value is reported instead!

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

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

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. 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

- Correlational Findings
  What goes with happiness

- o Happiness in Nations (4)
- o Happiness in Publics (6)


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>
</tr>
</thead>
<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>
<td>7</td>
</tr>
<tr>
<td>A 3</td>
<td>AFFECTIVE LIFE</td>
<td>31</td>
</tr>
<tr>
<td>A 4</td>
<td>AGE</td>
<td>279</td>
</tr>
<tr>
<td>A 5</td>
<td>AGGRESSION</td>
<td>11</td>
</tr>
<tr>
<td>A 6</td>
<td>ANOMY</td>
<td>30</td>
</tr>
<tr>
<td>A 7</td>
<td>APPEARANCE (good looks)</td>
<td>8</td>
</tr>
<tr>
<td>A 8</td>
<td>ATTITUDES</td>
<td>4</td>
</tr>
<tr>
<td>A 9</td>
<td>AUTHORITARIANISM</td>
<td>4</td>
</tr>
<tr>
<td>B 3</td>
<td>BODY</td>
<td>66</td>
</tr>
<tr>
<td>C 1</td>
<td>CHILDREN 1:</td>
<td>4</td>
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