Findings on Happiness & LIFE-CHANGE

Correlate Code: L 5

Classification of Findings		Number of Studies
Correlate Code	*Correlate Name*	*on this Subject*
L 5	LIFE-CHANGE	0
L 5.1	Life-change career	3
L 5.1.1	Earlier life-change	1
L 5.1.2	Change in change-level	0
L 5.1.4	Later life-change	0
L 5.2	Current life-change (assessed by follow up)	0
L 5.2.1	Overall degree of life-change	0
L 5.2.2	Specific life-changes	0
L 5.3	Attitudes to life-change	0
L 5.3.1	Aspired life-change	0
L 5.3.1.1	. wish to change life	11
L 5.3.1.2	. specific changes wanted	10
L 5.3.2	Expected life-change	0
L 5.3.3	Satisfaction with life-change	1

Appendix 1:	Happiness queries used
Appendix 2:	Statistics used
Appendix 3:	About the World Database of Happiness
Appendix 4:	Further Findings in the World Database of Happiness
Appendix 5:	Related Topics

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

Study	**BACHM 1978***	*Page in Report:*

Reported in: Bachman, J. G.,O'Malley, P. M., Johnston, J.
Youth in transition, vol. VI: Adolescence to adulthooud, change and stability in the
Institute for Social Research, University of Michigan,   Ann Arbor, Michigan, 1978

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

Sample:

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

N: t1 - T5:
2213/1886/1799/
1620/1628

Measured Correlate

Class: Life-change career Code: L 5.1

Measurement:
```
0 Unmarried, divorced or separated
1 Married
Assessed at T5
```

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-HP/g/mq/v/5/a	r=+	T1 happiness: _ = +.04 (ns) T2 happiness: _ = +.06 (ns) T3 happiness: _ = +.10 (01) T4 happiness: _ = +.12 (01) T1: 1966, T2: 1968, T3: 1969, T4: 1970, T5: 1974

Study **GUBRI 1974**

		Page in Report:	110-111

Reported in: Gubrium, J.F.
Marital desolation and the evaluation of everyday life in old age.
Journal of Marriage and the Family, February, 1974,   p. 107-113

Population: Aged persons, Detroit, USA, 197?

Sample:

Non-Response: -

N: 210

Measured Correlate

Class: Life-change career Code: L 5.1

Measurement: `0 Incontinuity (widowed / divorced)   1 Continuity (never married / married)`

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/3/bb	G=+.24 ns	Unaffected by age

Study   **GUBRI 1974**   *Page in Report:*   110-111

Reported in: Gubrium, J.F.
                   Marital desolation and the evaluation of everyday life in old age.
                   Journal of Marriage and the Family, February, 1974,   p. 107-113

Population: Aged persons, Detroit, USA, 197?

Sample:

Non-Response: -

N: 210

Measured Correlate

Class: Life-change career Code: L 5.1

Measurement: `0 Incontinuity (widowed / divorced)    1 Continuity (never married / married)`

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-SLL/c/sq/v/3/b	G=+.11 ns	`Unaffected by age.`

Study	**BAKKE 1974**	*Page in Report:*	28

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

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

Sample:

Non-Response: 34% refusal and
unattainable.

N: 1552

Measured Correlate

Class: Earlier life-change Code: L 5.1.1

Measurement: Number of life changes experienced after age 20, as assessed by a 15-item inventory.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-HP/g/sq/ol/7/a	G=+.15	

Study	**ABRAM 1972**	*Page in Report:*	21

Reported in:	Abrams, M.& Hall, J.
	The condition of the British people: report on a pilot survey using self-rating scales. Unpublished paper, Soc.Science Research Council,1972 London.Partly reported in Stöber et al.,1973.
Population:	15+ aged, general public, Britain, 1971
Sample:	
Non-Response:	
N:	213

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	Closed question: like to continue in much the same way / change some parts / change many parts
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-SLW/c/sq/l/11/b	r=-.17	

Study   **ANDRE 1976/3**

| | | *Page in Report:* | 85 |

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, 1972/11

Sample:

Non-Response: 38%

N: 1072

Measured Correlate

Class: . wish to change life Code: L 5.3.1.1

Measurement: `Closed question: "Considering how your life is going, would you like to continue much the same way, change some parts of it, or change many parts of it?"`

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	r=-.35	
O-DT/u/sqt/v/7/a	mr=-.42	`HAP 4.1 asked first: r=-.44` `HAP 4.1 asked last : r=-.39`
	r=-.45	
O-HL/c/sq/v/3/aa	r=-.37	
O-HL/u/sq/v/7/b	r=-.37	
O-SLL/c/sq/v/3/a	r=-.40	
O-SLW/c/sq/n/7/a	r=-.44	
O-SLW/u/sq/t/101/a	r=-.36	

Study	**ANDRE 1976/5**	*Page in Report:*	92

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, 1973/7
Sample:	
Non-Response:	
N:	222

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	Closed question: "Considering how your life is going, would you like to continue much the same way, change some parts of it, or change may parts of it?"
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	r=-.40	Index of positive affects: r=-.20
		Index of negative affects: r=+.30
O-BW/cy/sq/l/9/a	r=-.20	
O-DT/u/sq/v/7/a	mr=-.37	HAP 4.1 asked thrice during the interview:
		at the beginning, in the middle and at the end.
		HAP 4.1 asked first : r=-.40
		HAP 4.1 asked second: r=-.30
		HAP 4.1 asked third : r=-.40
O-GBB/u/sq/c/9/a	r=-.20	
O-HL/c/sq/v/3/aa	r=+.30	
O-HL/u/sq/v/7/b	r=-.40	
O-SLW/u/sq/f/7/a	r=-.40	

Study	**BRADB 1969**	*Page in Report:*
Reported in:	Bradburn, N.M.	
	The structure of psychological well-being	
	Aldine Publishing Company, 1969, Chicago, USA	
Population:	21-60 aged, general public, urban areas, USA, 1963 - 64	
Sample:		
Non-Response:	± 20%, Attrition	
	± 30%	
N:	2787	

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	Single direct question: "Think of how your life is going now: do you whish you could change some parts of it?" 1. like to continue in much the same way. 2. change some parts. 3. change many parts.
Measured Values:	
Error Estimates:	
Remarks:	Data T1. Results T3 similar. Not computed for summed ABS.

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/a	G=-.33 p<.05	Index of Positive Affects: G= -.16 (05) Index of Negative Affects: G= .34 (05)
O-HL/c/sq/v/3/aa	G=-	Males : G= -.66 Not computed for summed ABS. Females: G= -.71

Study	**BULAT 1973**	*Page in Report:*	233

Reported in: Bulatao, R.A.
Measures of happiness among Manila residents
Philippine Sociological Review, 1973, vol. 2. p. 229-238

Population: 21+ aged, general public, Metro Manila, Philippines, 1972

Sample:

Non-Response: -

N: 941

Measured Correlate

Class: . wish to change life Code: L 5.3.1.1

Measurement: 2-item index of closed questions on optimism about the future, and yearning for change.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-BW/c/sq/l/11/a	r= ±0	
O-HL/c/sq/v/3/f	r=-.12	

Study	**BULAT 1973**	_Page in Report:_	233

Reported in:	Bulatao, R.A.
	Measures of happiness among Manila residents
	Philippine Sociological Review, 1973, vol. 2. p. 229-238
Population:	21+ aged, general public, Metro Manila, Philippines, 1972
Sample:	
Non-Response:	-
_N:_	941

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	`2-item index of closed questions on optimism about the future, and yearning for change.`
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	_Statistics_	_Remarks_
O-BW/c/sq/l/11/a	r= ±0	
O-HL/c/sq/v/3/f	r=-.12	

Study	**KAMMA 1983/2**	*Page in Report:*	75

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:	. wish to change life Code: L 5.3.1.1
Measurement:	Single direct question how one felt during the instructed time period (or otherwise in the past few weeks):
	"I wish I could change some parts of my life"
	Rated on a 5-point scale ranging from
	'not at all' to 'all the time'

Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics		Remarks
A-BK/cm/mq/v/5/a	r=-.50	p<.01	
M-FH/c/sq/v/7/a	r=-.51	p<.01	

| **Study** | **NOELL 1977/4** | *Page in Report:* | 217 |

Reported in:	Noelle Neumann, E.
	Politik und Glück (Politics and Happiness)
	H. Baier (ed.) Freiheit und Sachzwang, Westdeutscher Verlag,Opladen, 1977, 208 - 262
Population:	16+ aged, general public, West-Germany, 1967
Sample:	
Non-Response:	
N:	2000

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	Single direct question: Sind sie im allgemeinen mit Ihrem jetzigen Leben zufrieden, oder wünschen Sie sich manches anders? In general, are you satisfied with your present life, or do you wish things different? Satisfied (2) Something else (1)
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HP/u/sq/v/3/b	G=+.63	% very happy: - satisfied 23% - not satisfied 5% % not happy + % fifty-fifty - satisfied 34% - not satisfied 38%

Study **PAYNE 1974**

| | | *Page in Report:* | 17 |

Reported in: Payne, R.L.

N.M. Bradburn's measures of psychological well-being: an attempt at replication.
Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology
University of Sheffield, England, 1974.

Population: Employed males, supervising jobs, England, 197?

Sample:

Non-Response: 4% incomplete.

N: 192

Measured Correlate

Class: . wish to change life Code: L 5.3.1.1

Measurement: Closed question: like to continue in much the same way / change some parts /
change many parts.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
A-BB/cm/mq/v/5/a	G=-	Index of Positive Affects: G = -.07 Index of Negative AFfects: G = +.06

Study	**WESSM 1956**	*Page in Report:*	211

Reported in:	Wessman, A.E.
	A psychological inquiry into satisfaction and happiness
	Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.
Population:	21+ aged, general public, non-institutionalized, USA, 1946
Sample:	
Non-Response:	-
N:	2377

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	Open-ended question on desired personal changes (see H 3.1.2): 0 Nothing 1 Other
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-HL/g/sq/v/3/c	G=-.17 p<. 01	

Study   **ZUMA 1989**   *Page in Report:*

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

Measured Correlate

Class:	. wish to change life Code: L 5.3.1.1
Measurement:	Single direct question: 1 'I like to try out something new' 2 'I had better keep everything as it is now.'
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query   *Statistics*   *Remarks*

O-HL/c/sq/v/4/b   SNR=

	eta	G	r	ß
1978	-.09	-.15	-.09	+.05
1980	-.08	-.16	-.08	+.05
1984				
1988	-.03	-.05	-.03	+.03

ß's controlled for age, gender, perceived class and marital status.

O-SLW/c/sq/n/11/b   SNR=

	eta	G	r	ß
1978	-.11	-.02	-.05	+.07
1980	-.04	-.02	-.02	+.05
1984				
1988	-.01	-.01	-.01	+.04

ß's controlled for age, gender, perceived class and marital status.

Study	**BENNE 1971**	*Page in Report:*	57

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:	. specific changes wanted Code: L 5.3.1.2
Measurement:	Single direct question: "During the past six months, which of the following would best describe feelings or thoughts you have had about leaving religious life".

1. I have not considered leaving (60%)
2. I have considered leaving but not seriously (23%)
3. I have seriously considered leaving but have decided against it (10%)
4. I have seriously considered leaving and may do so (5%)
5. I will probably leave (2%)

Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HL/c/sq/v/3/f	r=+.47 p<.001	

Study	**JONG 1969**	*Page in Report:*	22

Reported in:	Jong-Gierveld, J. de
	The unmarried. (In Dutch: De ongehuwden).
	Samson Publ. 1969, Alphen a/d Rijn, The Netherlands.
Population:	30-55 aged, general public, Amsterdam, The Netherlands, 1965
Sample:	
Non-Response:	31%;
N:	600

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	Question: no / perhaps / yes.
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 = -.08
		Married males : r = -.09
		Never married females: r = -.33
		Married females : r = -.03

Study	**LEVY 1975/1**	*Page in Report:*	372

Reported in:	Levy, S. & Guttman, L. On the multivariate structure of well-being Social Indicators Research, 1975, vol. 2, p.361-388
Population:	18+ aged, general public, urban areas, Israel, 1973
Sample:	
Non-Response:	-
N:	1940

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	`Closed question ranging from 'definite-ly no' to 'definitely yes'.`
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-AOL/c/sq/v/4/b	mc=+.12	
O-HL/c/sq/?/6/a	mc=+.23	

Study	**LEVY 1975/1**	*Page in Report:*	372

Reported in:	Levy, S. & Guttman, L.
	On the multivariate structure of well-being
	Social Indicators Research, 1975, vol. 2, p.361-388
Population:	18+ aged, general public, urban areas, Israel, 1973
Sample:	
Non-Response:	-
N:	1940

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	Closed question ranging from 'definite- ly no' to 'definitely yes'.
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-AOL/c/sq/v/4/b	mc=-.05	
O-HL/c/sq/?/6/a	mc=-.14	

Study   MAKAR 1962

		Page in Report:	110

Reported in: Makarczyk, W.
Factors affecting life satisfaction among people in Poland.
Polish Sociological Bulletin, 1962, vol. 1, p. 105-116.

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

Sample:

Non-Response: 5%

N: 2387

Measured Correlate

Class: . specific changes wanted Code: L 5.3.1.2

Measurement:
```
Single question: 'If you had the
choice, would you change your present
job in agriculture for another
occupation?'
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=.10 p<.001	Computed for farm owners and family only.

Study   **ROSE 1955**   *Page in Report:*   17

Reported in:	Rose, A.M.
	Factors associated with the life satisfaction of middle class, middle aged persons. Marriage and Family Living, 1955, vol 17, p. 15-19.
Population:	Married couples, middle aged, middle-class, USA, 1952
Sample:	
Non-Response:	50 %
N:	416

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-SLu/g/sq/v/5/a	D%= - p<.05	75 % of the relatively dissatisfied and 58 % of the very satisfied desire longer schooling Unaffected by sex

| **Study** | **ROSE 1955** | *Page in Report:* | 18 |

Reported in: Rose, A.M.
Factors associated with the life satisfaction of middle class, middle aged persons.
Marriage and Family Living, 1955, vol 17, p. 15-19.

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

Sample:

Non-Response: 50 %

N: 416

Measured Correlate

Class: . specific changes wanted Code: L 5.3.1.2

Measurement:

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-SLu/g/sq/v/5/a	D%= - p<.05	Among females 44 % of the dissatisfied and 27 % of the satisfied want to spend less time in work around the house. No relationship among males

Study   **ROSE 1955**

Reported in:	Rose, A.M.
	Factors associated with the life satisfaction of middle class, middle aged persons. Marriage and Family Living, 1955, vol 17, p. 15-19.
Population:	Married couples, middle aged, middle-class, USA, 1952
Sample:	
Non-Response:	50 %
N:	416

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-SLu/g/sq/v/5/a	D%= + p<.05	Unaffected by sex

Study	**ROSE 1955**	*Page in Report:*	18

Reported in:	Rose, A.M. Factors associated with the life satisfaction of middle class, middle aged persons. Marriage and Family Living, 1955, vol 17, p. 15-19.
Population:	Married couples, middle aged, middle-class, USA, 1952
Sample:	
Non-Response:	50 %
N:	416

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	Whether on would like to go out more often in the evening for entertainment
Measured Values:	
Error Estimates:	
Remarks:	

Observed Relation with Happiness

Happiness Query	*Statistics*	*Remarks*
O-SLu/g/sq/v/5/a	D%= - p<.05	33 % of the relatively dissatisfied and 26 % of the satisfied would like to go out more often. Stronger among males Unaffected by going out with spouse or not

Study	**WESSM 1956**	*Page in Report:*	211

Reported in:	Wessman, A.E. A psychological inquiry into satisfaction and happiness Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.
Population:	21+ aged, general public, non-institutionalized, USA, 1946
Sample:	
Non-Response:	-
N:	2377

Measured Correlate

Class:	. specific changes wanted Code: L 5.3.1.2
Measurement:	Open-ended direct question: other changes vs changes mentioned

```
a.   Charactere changes (worry less)

b.   Physical appearance, weight, size,    looks

c.   Health

d.   Age

e.   More education

f.   Better social relationships

g.   Better work and attitudes towards    it
```

Measured Values:	
Error Estimates:	
Remarks:	Computed for those who desire to change only (N = 1591)

Observed Relation with Happiness

Happiness Query	Statistics	Remarks	
O-HL/g/sq/v/3/c	G=+.12 p<. 05	a.	
	G=+.05 ns	b.	Computed for those who desire to change only (N = 1591)
	G=-.12 p<. 05	c.	
	G=+.09 ns	d.	

G=-.14   ns   e.

G=-.01   ns   f.

G=-.39   p<. 01   g.

Study   **LOUGH 1985**

| | | *Page in Report:* | 447 |

Reported in: Lough, M.E., Lindsey, A.M., Shinn, J.A. & Stotts, N.A.
Life-satisfaction following heart transplantation
Heart transplantation, 1985, vol 4, pp 446-449

Population: Heart transplantation recipients, 7 month to 14 years after transplant, USA, 198?

Sample: Probability simple random sample

Non-Response: 25%

N: 75

Measured Correlate

Class: Satisfaction with life-change Code: L 5.3.3

Measurement: Questions on changes in various aspects of life, such as health, physical endurence, accomplishments, future outlook, social support and independance. (Precise questions not reported).
1 change to the worse
2 change to the better

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query	Statistics		Remarks
O-QL?/c/sq/v/6/a	AoV=+	p<.009	the 26% who reported change to the worse rated their QOL lower
O-SQL/c/sq/?/5/a	AoV=+	p<.0001	

Appendix 1   *Queries on Happiness used in reported Studies*
Happiness Query Code   *Full Text*

A-AOL/c/sq/v/4/b   Selfreport on single closed question:

"How is your mood these days....?"
4 very good all the time
3
2
1 not good almost all the time

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

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

Answer options and scoring:
 yes = 1
 no = 0
Summation:
-Positive Affect Score (PAS): A+C+E+G+I
-Negative Affect Score (NAS): B+D+F+H+J
-Affect Balance Score (ABS): PAS minus NAS
Possible range: -5 to +5

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

A-BB/cm/mq/v/5/a   Selfreport on 13 questions:

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

A   Pleased about having accomplished something.
B   Things going my way.
C   Proud because someone complimented me on something I
     had done.
D Particularly excited or interested in something I had done.
E On top of the world.
F A deep sense of joy.
G Pleased because my life feels orderly and secure.
H Bored.
I   Very lonely and remote from other people.
J Jealous of somebody.

K   Angry with someone.
L   Disappointed in myself..
M Unhappy about the small number of times I have pleasant
    feelings and experiences.

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

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

Name : Bradburn's "Affected Balance Scale' (modified version)

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
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

M-FH/c/sq/v/7/a   Selfreport on single question:

"Taking all things together, how would you say you have been this period? Check
the frase that best describes how you have felt."
7 very happy
6 happy
5 somewhat happy
4 mixed (about equally happy and unhappy)
3 somewhat unhappy
2 unhappy
1 very unhappy

O-BW/c/sq/l/11/a   Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of
the ladder respresents the best possible life for you and the
bottom represents the worst possible life for you. Where on the ladder do you feel
you personally stand at the present time?"
[10] best possible life
[9]
[8]
[7]
[6]

```
[   5  ]
[   4  ]
[   3  ]
[   2  ]
[   1  ]
[   0  ]  worst possible life
```

Preceded by 1) open questions about what the respondent imagines as the best possible life and the worst possible life. 2) ratings on the ladder of one's life five years ago and where on the ladder one expects to stand five years from now.

Name: Cantril's selfanchoring ladder rating of life (original)

O-BW/cy/sq/l/9/a   Selfreport on single question:

"Here is a picture of a ladder. At the bottom of the ladder is the worst life you might reasonably expect to have. At the top is the best life you might expect to have. Of course, life from week to week falls somewhere in between. Where was your life most of the time during the past year?"
[9] best life you might expect to have
[8]
[7]
[6]
[5]
[4]
[3]
[2]
[1] worst life you might expect to have

Name: Cantril's selfanchoring ladder rating (modified version)

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

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

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

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

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

2 unhappy
1 terrible

Summation: arithmetic mean

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

O-GBB/u/sq/c/9/a   Selfreport on single question:

"Here are some circles that we can imagine represent the lives of different people.
Circle eight has all pluses in it, to represent a person who has all the good things
in his life. Circle zero has all minuses in it, to represent a person who has all the
bad things in his life. Other circles are in between. Which circle do you think
comes closest to matching your life?"
(circles not reproduced here)
8 + + + + + + + +
7 + + + + + + + -
6 + + + + + + - -
5 + + + + + - - -
4 + + + + - - - -
3 + + + - - - - -
2 + + - - - - - -
2 + - - - - - - -
0 - - - - - - - -

Name: Andrews & Withey's 'Circles Scale'

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/v/3/aa   Selfreport on single question:

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

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

"All in all, how much UNhappiness would you say you find in life today? Would you
say:"
3   almost none
2   some unhappiness
1   great unhappiness

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/b   Selfreport on single question:

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

In German:
"Ist Ihr Leben im Augenblick....?"
d sehr glücklich
c ziemlich glücklich
b ziemlich unglücklich
a sehr unglücklich

O-HL/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/7/b   Selfreport on single question:

"How do you feel how happy you are.....?"
7 delighted
6 pleased
5 mostly satisfied
4 mixed (about equally satisfied and dissatisfied)
3 mostly
2 unhappy
1 terrible

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

" Describe the kind of person you are. Please read each sentence, then mark how
often it is true for you"
1 I feel like smiling
2 I generally feel in good spirits
3 I feel happy
4 I am very satisfied with life
5 I find a good deal of happiness in life
6 I feel sad

Response options:
5   almost always true
4   often true
3   sometimes true
2   seldom true

1   never true

Summation: average
Possible range: 1 to 5

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

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

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

Original text in Dutch:
 "Bent u over het algemeen een gelukkig mens?"
a zeer ongelukkig
b
c
d
e
f
g zeer gelukkig

O-HP/u/sq/v/3/b   Selfreport on single question:

 "When somebody would say about you, 'this person is very happy', is he right or
wrong......?"
3   right
2   fifty-fifty
1   wrong
-   difficult to say.

In German:
"Wenn jemand von Ihnen sagen wurde: dieser Mensch ist sehr Glucklich- Hatte er
damit recht oder nicht recht.......?"

c hatte recht
b halb und halb
a hatte nicht recht
Schwer zu sagen

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

"....... current quality of life"
(full lead items not reported)
1
2
3

	4
	5
	6
	(response options not reported)
O-SL?/?/sq/v/5/a	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

O-SLL/c/sq/v/3/a   Selfreport on single question:

"In general how satisfying do you find the way you are spending your life these days. Would you call it.....?
3 completely satisfying
2 pretty satisfying
1 not very satisfying

O-SLL/c/sq/v/3/b   Selfreport on single question:

"On the whole, how satisfied would you say you are with your way of life today? Would you say you are........?"
3 very satisfied
2 fairly satisfied
1 not satisfied

O-SLu/g/sq/v/5/a   Selfreport on single question:

"In general, how satisfied are you with your life.....?"
5 very satisfied
4 satisfied
3 average
2 somewhat dissafied
1 very dissatisfied

O-SLW/c/sq/l/11/b   Selfreport on single question:

"How dissatisfied would you say you are with things in general today?'
Rated on ladder scale
[10] completely satisfied
[   ]
[   ]
[   ]
[   ]
[   ]
[   ]
[   ]
[   ]
[   ]
[0] completely dissatisfied

O-SLW/c/sq/n/11/b   Selfreport on single question;

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

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

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

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

"Which face comes closest to expressing how you feel about your life as a whole?"

Rated on pictorial scale, consisting of seven faces varying from smiles to frowns.
7 smiling cheerful face
6
5
4 neutral face
3
2
1 frowning depressed face
(Pictures not reproduced here)

O-SLW/u/sq/t/101/a	Selfreport on single question :

"Where would you put your life as a whole on a feeling thermometer?"
Rated on 'thermometer scale' (in grades)
0 degrees: very cold, negative
10
20
30
40
50
60
70
80
90
100 very warm, positive

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-SQL/c/sq/?/5/a	Selfreport on single question:

".....satisfaction with current quality of life ...."
(Full question not reported.)
1
2
3
4
+
(Response options: not reported)

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 introductary text to the Catalog of Happiness Queries.

Appendix 2   Statistics used in reported studies

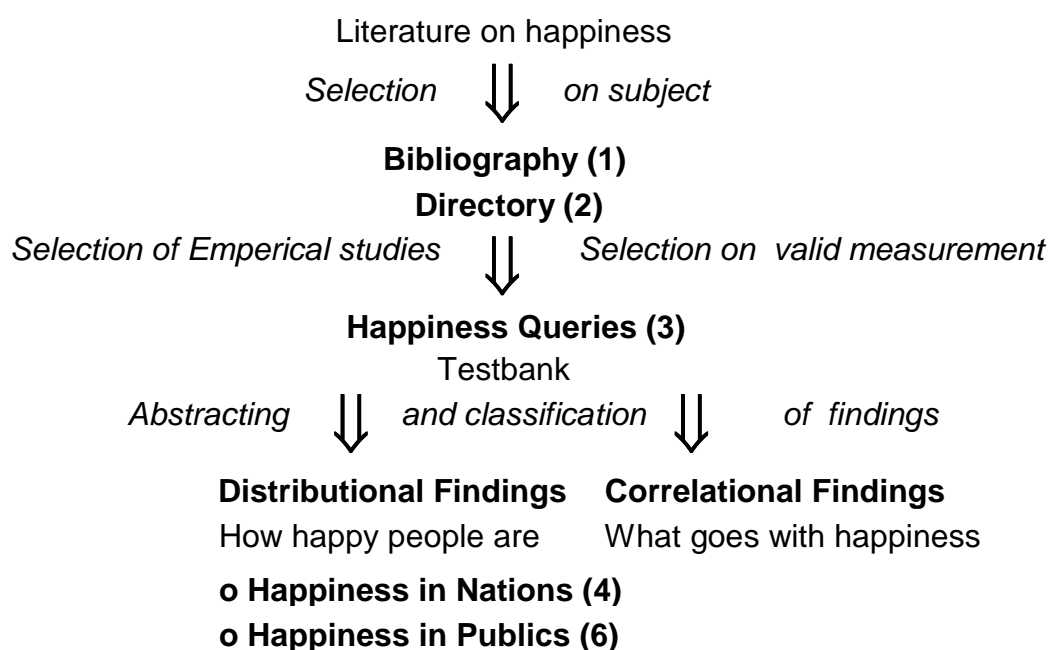| Symbol	Explanation
AoV	ANALYSIS of VARIANCE (ANOVA) Type: statistical procedure Measurement level: Correlate(s): nominal, Happiness: metric. In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to Ne -1 for the total variability. If a sum of squares (SS) is divided by its own number of df, a mean square (MS) is obtained. The ratio of two correctly selected mean squares has an F-distribution under the hypothesis that the corresponding association has a zero-value. NOTE: A significantly high F-value only indicates that, in case of a single correlate, the largest of the c mean values is systematically larger than the smallest one. Conclusions about the other pairs of means require the application of a Multiple Comparisons Procedure (see e.g. BONFERRONI's MULTIPLE COMPARISON TEST, DUNCAN's MULTIPLE RANGE TEST or STUDENT-NEWMAN-KEULS)
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.
G	GOODMAN & Kruskal's GAMMA Type: test statistic Measurement level: Correlate: ordinal, Happinessl: ordinal Range: [-1; +1] Meaning: G = 0 « no rank correlation G = +1 « strongest possible rank correlation, where high correlate values correspond with high happiness ratings. G = -1 « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.
mc	Guttman's monotonicy 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.
mr	Mean correlation coefficient (r). For r, see PRODUCT-MOMENT CORRELATION
r	PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation

coefficient' or simply 'correlation coefficient')
Type: test statistic.
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

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

SNR   Statistic Not Reported
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 colums resp. rows in a cross tabulation.

               Meaning:
               T = 0 «   no association
               T -> 1 «   strongest possible association.

               NOTE: sometimes the square value is reported instead !

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 Emperical studies ⇓ *Selection on valid measurement*

Happiness Queries (3)

Testbank

Abstracting ⇓ *and classification* ⇓ *of findings*

Distributional Findings   Correlational Findings

How happy people are   What goes with happiness

o Happiness in Nations (4)

o Happiness in Publics (6)

1 BIBLIOGRAPHY OF HAPPINESS Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.

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

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

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

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

6 CATALOG OF CORRELATIONAL FINDINGS Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

Appendix 4   Further Findings in the World Database of Happiness

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

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

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

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

Appendix 5   Related Topics

This Topic		*Related Topics*	
Classification Page 1		*In Subject List on Appendix 4*	
L 5	LIFE-CHANGE	L 6	LIFE-EVENTS
L 5.1	Life-change career	L 6.1	Life-event career
		S 15.1.2	Summed effects of changes in life
L 5.1.1	Earlier life-change		
L 5.1.2	Change in change-level		
L 5.1.4	Later life-change		
L 5.2	Current life-change (assessed by follow up)	L 6.2	Current life-events (past few years)
L 5.2.1	Overall degree of life-change		
L 5.2.2	Specific life-changes	L 8.2	Change in life
L 5.3	Attitudes to life-change	L 6.3	Attitudes to life-events
L 5.3.1	Aspired life-change		
L 5.3.1.1	. wish to change life	L 4.2.1	Wished other life
L 5.3.1.2	. specific changes wanted	H 10.2	Current hope
		L 7.2.2	Object of life-goals
L 5.3.2	Expected life-change	H 5.1.4	Expected change in happiness (period unspecified)
L 5.3.3	Satisfaction with life-change	C 9.2.4	Coping with specific life-events

End of Report