# Findings on Happiness & LIFE-EVENTS

**Correlate Code:** L 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></td>
<td>L 6</td>
<td>LIFE-EVENTS</td>
<td>2</td>
</tr>
<tr>
<td>L 6.1</td>
<td>Life-event career</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>L 6.1.1</td>
<td>Earlier life-events</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>L 6.1.1.1</td>
<td>. burden of earlier life-events</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>L 6.1.1.2</td>
<td>. specific earlier life-events</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>L 6.1.2</td>
<td>Change in life-event burden</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>L 6.1.4</td>
<td>Later life-events</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>L 6.2</td>
<td>Current life-events (past few years)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1</td>
<td>Burden of current life-events</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.1</td>
<td>. major life-change or not</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.2</td>
<td>. summed life-events: equal weight</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.3</td>
<td>. summed life-events: standard weights</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.4</td>
<td>. summed life-events: weighted in context</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.5</td>
<td>. sum of negative life-events</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.6</td>
<td>. sum of positive life-events</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.7</td>
<td>. balance of negative- and positive life-events</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>L 6.2.2</td>
<td>Specific current life-events</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>L 6.3</td>
<td>Attitudes to life-events</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>L 6.3.1</td>
<td>Expected life-events</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>L 6.4</td>
<td>Climate of change</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.8</td>
<td>sum of negative events: weighed in context</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.9</td>
<td>sum of positive events: weighed in context</td>
<td>0</td>
<td></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 & LIFE-EVENTS
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
Findings on Happiness & LIFE-EVENTS

**Study**

**BALAT 1993**

**Reported in:** Balatsky, G. & Diener, E.
Subjective well-being among Russian students.

**Population:** Students, Moscow and Glazov (Ural), Russia, 1990

**Sample:** Non-probability chunk sample

**Non-Response:** not reported

**N:** 116

---

**Measured Correlate**

**Class:** LIFE-EVENTS Code: L 6

**Measurement:**
Ss were asked to write down within 3 minutes as many as possible positive and negative life-events:
1. Number of positive events (PE)
2. Number of negative events (NE)
3. Event difference score (PE-NE)

**Measured Values:**
1. \( M= 4.526; \ SD= 2.518 \)
2. \( M=3.439; \ SD= 1.982 \)

**Error Estimates:**

---

**Observed Relation with Happiness**

**Happiness Query**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>( r=.27 )</td>
<td>( p&lt;.01 ) p two tailed Number of positive events</td>
</tr>
<tr>
<td>( r=-.03 )</td>
<td>ns Number of negative events</td>
</tr>
<tr>
<td>( r=.27 )</td>
<td>( p&lt;.01 ) p two tailed Event difference score</td>
</tr>
</tbody>
</table>

**Class:** LIFE-EVENTS Code: L 6

**Measurement:**
Ss were asked to write down within 3 minutes as many as possible positive and negative life-events:
1. Number of positive events (PE)
2. Number of negative events (NE)
3. Event difference score (PE-NE)

**Measured Values:**
1. \( M= 4.526; \ SD= 2.518 \)
2. \( M=3.439; \ SD= 1.982 \)

**Error Estimates:**

---

**Observed Relation with Happiness**

**Happiness Query**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>( r=.27 )</td>
<td>( p&lt;.01 ) p two tailed Number of positive events</td>
</tr>
<tr>
<td>( r=-.03 )</td>
<td>ns Number of negative events</td>
</tr>
<tr>
<td>( r=.27 )</td>
<td>( p&lt;.01 ) p two tailed Event difference score</td>
</tr>
</tbody>
</table>

---
Findings on Happiness & LIFE EVENTS Code: L 6

**Study**  
DANNE 2001

**Reported in:** Danner, D.D., Snowdon, D.A., Friesen, W.V.  
Positive Emotions in Early Life and Longevity: Findings from the Nun Study  
ISSN: 0022-3514 American Psychological Association

**Population:** Nuns who lived in cloister since early adulthood. Followed into old age, USA, 1993

**Sample:** Non-probability chunk sample

**Non-Response:** 17%

**N:** 180

---

**Measured Correlate**

**Class:** LIFE EVENTS  Code: L 6

**Measurement:**
1. Died before 1993  
2. Still alive

**Measured Values:** N: I: 23; II: 30; III: 13; IV: 10

**Error Estimates:**

**Remarks:** Mortality was of all causes.

---

**Observed Relation with Happiness**

**Happiness Query**

**Statistics**

**Remarks**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ASA/h/cr/n/100/a</td>
<td>D%=-34</td>
<td>quartiles positive words</td>
<td>Mortality was of all causes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I(few)</td>
<td>II</td>
</tr>
<tr>
<td></td>
<td></td>
<td>% died:</td>
<td>55</td>
</tr>
<tr>
<td>A-ASA/h/cr/n/100/b</td>
<td>D%=-30</td>
<td>quartiles positive sentences</td>
<td>B controlled for age and education</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I(few)</td>
<td>II</td>
</tr>
<tr>
<td></td>
<td></td>
<td>% died:</td>
<td>54</td>
</tr>
<tr>
<td>B=-1.4</td>
<td>p&lt;.00</td>
<td>B denotes percent died per percent positive sentences in autobiography</td>
<td></td>
</tr>
</tbody>
</table>
### Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

<table>
<thead>
<tr>
<th>Study</th>
<th>BAKKE 1974</th>
<th>Page in Report: 28</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong> Bakker, P. &amp; Berg, N. van de</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Population:</strong> 20-65 aged, general public, The Netherlands, 1968</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong> 34% refusal and unattainable.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>N:</strong> 1552</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** burden of earlier life-events
- **Code:** L 6.1.1.1
- **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**

<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=+.15</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

BERKM 1971

Reported in: Berkman, P.L.

Population: Adult., general public, non-institutionalized, USA, Alameda County, USA, 1965

Sample:

Non-Response: N: 6928

Measured Correlate

Class: . burden of earlier life-events Code: L 6.1.1.1

Measurement:

9-item index involving:
Childhood stress (4 items)
1: broken homes in childhood (before of 15)
2: evaluation of mother and father as parents
3: happiness of parents's marriage during childhood
4: illness of family members during childhood.

Adult stress (5 items):
1: poor interpersonal relations
2: self-evaluated comparative financial status
3: physical health
4: parental worries
5: marital satisfaction

Combined into a 17-point scale.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BB/u/mq/v/3/a DMr=- Married subjects only (N=2534)
proportion happy:
low stress 0- 3 9.9% AR = .72
4- 7 40.8% AR = .58
8-11 39.3% AR = .43
high stress 12-16 10.0% AR = .31

The average ridits (AR) were calculated with the distribution of the total sample as reference.

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 5 of 98
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

**Study**

**BERKM 1971**

**Reported in:** Berkman, P.L.


**Population:** Adult, general public, non-institutionalized, USA, Alameda County, USA, 1965

**Sample:**

**Non-Response:** 6928

**Measured Correlate**

**Class:** burden of earlier life-events  Code: L 6.1.1.1

**Measurement:**

4-item index containing:
1: broken homes in childhood (before age of 15)
2: evaluation of mother and father as parents
3: happiness of parent's marriage during childhood
4: illness of family members during childhood.

Rated on a scale from 0 (low stress) to 7 (high stress).

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

**Happiness Query**  
A-BB/u/mq/w/3/a  

**Statistics**  
DMr=-

**Remarks**

proportion happy:

- low stress 0 13.9%  AR= .61
- 1 16.4%  AR= .55
- 2 14.9%  AR= .52
- 3 19.8%  AR= .49
- 4 20.6%  AR= .44
- 5 10.7%  AR= .45
- 6 3.5%  AR= .48
- high stress 7 1.1%  AR= .42

The average ridits (AR) were calculated with the distribution of the total sample as reference.
Study  
**CHIRI 1982**

*Reported in:* Chiriboga, D.A.

Consistency in adult functioning: The influence of social stress
Ageing and Society, vol.2 part 1, p.7-29

*Population:* People in transition followed 4 years, metropolis, USA, 1969-1980

*Sample:*

*Non-Response:* Attrition after 11 years 24%

*N:* 163 (in 1969:216)

---

**Measured Correlate**

*Class:* burden of earlier life-events  Code: L 6.1.1.1

*Measurement:* Number of events during past year as rated on a 138-item Life Event Inventory. Sumscore weighted by preoccupation with event (how often S says to think of it).

Inventory administered three times:
- recently (T5:1980)
- 4 years ago (T4:1976)
- 6 years ago (T3:1974)

*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/3/cb</td>
<td>r=</td>
<td></td>
</tr>
</tbody>
</table>

**Negative events**

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>recent</td>
<td>T5:1980</td>
<td>r = -.36 (01)</td>
</tr>
<tr>
<td>4 years ago</td>
<td>T4:1976</td>
<td>r = -.15 ns</td>
</tr>
<tr>
<td>6 years ago</td>
<td>T3:1974</td>
<td>r = -.03 ns</td>
</tr>
</tbody>
</table>

**Positive events**

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>recent</td>
<td>T5:1980</td>
<td>r = +.26 (05)</td>
</tr>
<tr>
<td>4 years ago</td>
<td>T4:1976</td>
<td>r = +.12 ns</td>
</tr>
<tr>
<td>6 years ago</td>
<td>T3:1974</td>
<td>r = +.07 ns</td>
</tr>
</tbody>
</table>

Happiness assessed at T5(1980)
Findings on Happiness & LIFE-EVENTS

**Study**

**CRNIC 1984**

*Reported in:* K.A. Crnic, M.T. Greenberg, N.M. Robinson, A.S. Ragozin
Maternal stress and social support: effects on the mother-infant relationship from

*Population:* Mother-child pairs, followed 18 months after birth, USA, 1981-82

*Sample:

*Non-Response:* Attrition at T2:
10%, at T3: 14%

*N:* 105

**Measured Correlate**

*Class:* burden of earlier life-events  
*Code:* L 6.1.1.1

*Measurement:* 46-item checklist of life events in the past eight to ten months, rated as having occurred or not occurred, whether the impact was good or bad and their degree of effect (1=none to 4=great)  

*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-QLS/c/sq/v/5/a</td>
<td>rpc=-</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress:</td>
<td>-.35 (01)</td>
<td>0 (ns)</td>
<td>-.13 (ns)</td>
</tr>
<tr>
<td>Stress:</td>
<td>-.37 (01)</td>
<td>-.18 (ns)</td>
<td></td>
</tr>
<tr>
<td>Stress:</td>
<td>-.39 (01)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

rpc controlled for demographic covariates (age, education, number of children, receipt of public assistance, infant birth status (premature or full term))

T1: child 1 month, T2: child 8 months, T3: child 18 months
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

**Study**

GEHMA 1990A

*Reported in:*

Gehmacher, E.
Stressbewältigung und Selbstbestimmtheit.(Stress management and sense of 
Start uns Aufstieg, 1990 vol 3 page 13-14
(Data also reported in IFES paper E76, Vienna, Austria 1988)

*Population:*

Railway employees, Austria, 1988

*Sample:

Non-Response:  
N: 68

**Measured Correlate**

*Class:*


*Measurement:*

- Questions on whether or not the following events happened.
  - serious conflicts at home
  - conflicts in school
  - parental divorce
  - death of an intimate
  - death of a parent
  - serious illness

  1. no event  (47%)
  2. one event  (35%)
  3. two events  (15%)
  4. three events  (3%)

*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/5/d</td>
<td>r=-.25</td>
<td>ns</td>
</tr>
<tr>
<td>O-SLW/c/sq/v/5/a</td>
<td>r=-</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a. r=-.22</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b. r=-.20</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c. r=-.16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>d. r=-.07</td>
<td></td>
</tr>
<tr>
<td></td>
<td>e. r=.02</td>
<td></td>
</tr>
<tr>
<td></td>
<td>f. r=+.04</td>
<td></td>
</tr>
</tbody>
</table>

DM=-

1. M' =2.75
2. M' =2.25
3. M' =2.20
4. M' =1.50

### Study: GEHMA 1990B

**Reported in:** Gehmacher, E.
Stress und Stressbewältigung (Stress and Coping)
Research report Institut fur empirische Sozial Forschung
IFES nr 89231/Maerz.go, Vienna, Austria 1990.

**Population:** Military men, cadres, Austria, 1989

**Sample:**

**Non-Response:** ?

**N:** 1296

---

### Measured Correlate

**Class:** burden of earlier life-events

**Measurement:** 6 item weighted index
- report of unhappy childhood (1 point)
- report of problems with parents in childhood and youth (1 point)
- divorce of parents (4 points)
- serious illness of family member (5)
- serious illness of S (4 points)
- other stressful events (max 5)

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/5/a</td>
<td>r=-.17</td>
<td>current life events bear less correlation to happiness (r=-.02). See L 1.5</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS

LOWEN 1973

Reported in: Lowenthal, M.F., Chiriboga, D.
Social stress and adaptation: toward a life-course perspective

Population: People in transition, metropolis, USA, 1969

Sample:
Non-Response: N: 216

Measured Correlate

Class: burden of earlier life-events Code: L 6.1.1.1

Measurement: Number of challenging life-events from birth to few years prior to the interview. Assessed by inspection of life-graphs and focused questions.

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/3/cb</td>
<td>r= ns</td>
<td>positive events</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>negative events (positively correlated with happiness among middle-aged, negatively among pre-retirees)</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>combined score</td>
</tr>
<tr>
<td>Study</td>
<td>LOWEN 1973</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-----------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Reported in:</td>
<td>Lowenthal, M.F., Chiriboga, D.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Social stress and adaptation: toward a life-course perspective</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Eis dorfer, C., Powell Lawton, M., eds. Psychology of adult development and aging, Washington D.C., 1973 A.P.A.</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>People in transition, metropolis, USA, 1969</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>216</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>burden of earlier life-events Code: L 6.1.1.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>Content analysis of life-history protocols</td>
</tr>
<tr>
<td>Measured Values:</td>
<td></td>
</tr>
<tr>
<td>Error Estimates:</td>
<td></td>
</tr>
<tr>
<td>Remarks:</td>
<td></td>
</tr>
</tbody>
</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/cb</td>
<td>r=-.13</td>
<td>ns</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS

**Study**

**ORMEL 1980**

*Reported in:* Ormel, H.

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

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

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

*Sample:*

*Non-Response:* 18%

*N:* 296

---

**Measured Correlate**

*Class:* burden of earlier life-events  Code: L 6.1.1.1

*Measurement:* Occurrence of a traumatic experience rated by the interviewer as no vs yes.

Examples:
- loss of parent(s) or sibling(s) before age 18 (24%).
- report of very shocking event in youth (19%).

Assessed at T1 (1970)

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

**Observed Relation with Happiness**

*Happiness Query*  

A-BB/cw/mq/v/4/c

*Statistics*  

$r = -.17$  

$p < .01$

*Remarks*  

T2 happiness by traumatic childhood-experiences, reported at T2.

---

Print date: 7-2-2003  

World Database of Happiness: www.eur.nl/fsw/research/happiness
Findings on Happiness & LIFE-EVENTS

Study

**WESSM 1966/2**

*Reported in:* Wessman, A.E. & Ricks, D.F.
Mood and personality
Holt, 1966, New York, USA

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

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

*N:* 17

---

**Measured Correlate**

*Class:* burden of earlier life-events  Code: L 6.1.1.1

*Measurement:* 212-item inventory of past life experiences.
18 scores were derived, indicating good or bad past experiences in various life areas. Only a few scores were related to hedonic level. Other scores were not presented.

**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-ARE/md/sqr/v/10</td>
<td>$r = -0.41$ p &lt; 0.05</td>
<td>1. Poor life experiences (total score)</td>
</tr>
<tr>
<td></td>
<td>$r = -0.50$ p &lt; 0.05</td>
<td>2. Low scholarship</td>
</tr>
<tr>
<td></td>
<td>$r = -0.46$ p &lt; 0.10</td>
<td>3. Depression and insecurity</td>
</tr>
<tr>
<td></td>
<td>$r = -0.45$ p &lt; 0.10</td>
<td>4. Poor peer relations</td>
</tr>
<tr>
<td></td>
<td>$r = -0.39$ p &lt; 0.10</td>
<td>5. Sibling conflict</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td>6. Parental treatment and relationships</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 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:* specific earlier life-events

*Measurement:* Single question: "Do you ever had an abortion?"
1: no
2: yes, once
3: yes, twice
4: yes, 3 or more times


*Error Estimates*

*Remarks:*

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a| r=-.06 ns | 1: Ms = 7.78  
2: Ms = 7.68  
3: Ms = 7.50  
4: Ms = 6.08  
All Mt = 7.73 |
| O-HL/c/sq/v/5/h | r=-.10 p<.01 | 1: Ms = 7.05  
2: Ms = 6.99  
3: Ms = 6.25  
4: Ms = 5.36  
All Mt = 6.99 |
| O-SLu/c/sq/v/5/e | r=-.10 p<.01 | 1: Ms = 7.50  
2: Ms = 7.53  
3: Ms = 6.25  
4: Ms = 6.08  
All Mt = 7.44 |
Findings on Happiness & LIFE-EVENTS  Correlate Code: L 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:* . specific earlier life-events  Code: L 6.1.1.2

*Measurement:*
Single question:
"Have you ever had a miscarriage?"
1: No
2: Not sure
3: Yes

*Measured Values:*
N: 1:566, 2:15, 3:133

*Error Estimates:*

---

**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=-0.03 ns</td>
<td>Ms = 7.75 7.66 7.60; Mt = 7.71</td>
</tr>
<tr>
<td>O-HL/c/sq/v5/h</td>
<td>r=-0.06 ns</td>
<td>Ms = 7.03 6.84 6.75; Mt = 6.98</td>
</tr>
<tr>
<td>O-SLu/c/sq/v5/e</td>
<td>r=-0.02 ns</td>
<td>Ms = 7.45 6.84 7.39; Mt = 7.43</td>
</tr>
</tbody>
</table>

---

Findings on Happiness & LIFE-EVENTS  
Correlate Code: L 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:* specific earlier life-events  
*Code:* L 6.1.1.2

*Measurement:* Single question: "Have you ever had an abortion?"  
1: no  
2: yes, once  
3: yes, twice  
4: yes, 3 or more times

*Measured Values:*  
N All: 2437; 1: 1471; 2: 652; 3: 237; 4: 77

*Error Estimates:*  

*Remarks:* women only

**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 p=.00 | Mt = 7.83  
| 1: Mt = 7.83  
| 2: Mt = 7.58  
| 3: Mt = 7.54  
| 4: Mt = 7.24  
| women only |
| O-HL/c/sq/v/5/h | r=-.07 p=.00 | Mt = 7.19  
| 1: Mt = 7.19  
| 2: Mt = 6.94  
| 3: Mt = 6.84  
| 4: Mt = 6.79 |
| O-SLu/c/sq/v/5/e | r=-.09 p=.00 | Mt = 7.59  
| 1: Mt = 7.59  
| 2: Mt = 7.30  
| 3: Mt = 7.21  
| 4: Mt = 6.73 |
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

Objectieve rating by a panel of experts on the basis of:
- a Report of life events in the last year (T2-T3).
- b Life situation and life history of the Ss.

Reliability between experts: \( r = .93 \).
Assessed at T3 (1977).

Typical events considered by the judges:
1. Change of role like marriage, promotion in job or retirement.
2. Change in health.
3. Change in contacts with important others or change in place of living.
4. Crisis events like loss of property or contact with police.
5. Important news about events that have happened or are about to happen.
6. Important decisions about job, marriage, health or place of living.
7. Events that are predominantly financial, like concluding a mortgage or gaining a large sum in a lottery.
8. Other positive events.

ORMEL 1980

Measured Correlate

Class: Change in life-event burden Code: L 6.1.2
Measurement: Objectieve rating by a panel of experts on the basis of:
- a Report of life events in the last year (T2-T3).
- b Life situation and life history of the Ss.
Reliability between experts: \( r = .93 \).
Assessed at T3 (1977).

Typical events considered by the judges:
1. Change of role like marriage, promotion in job or retirement.
2. Change in health.
3. Change in contacts with important others or change in place of living.
4. Crisis events like loss of property or contact with police.
5. Important news about events that have happened or are about to happen.
6. Important decisions about job, marriage, health or place of living.
7. Events that are predominantly financial, like concluding a mortgage or gaining a large sum in a lottery.
8. Other positive events.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness
<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mg/v/4/c</td>
<td>r=+.10 p&lt;.01</td>
<td>T2 happiness by T2-T3 improvement</td>
</tr>
<tr>
<td></td>
<td>r=+.29 p&lt;.01</td>
<td>T3 happiness by T2-T3 improvement self-esteem</td>
</tr>
<tr>
<td></td>
<td></td>
<td>low r=+.27</td>
</tr>
<tr>
<td></td>
<td></td>
<td>high r=+.16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>intimacy with partner fair r=+.31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>high r=+.34</td>
</tr>
<tr>
<td></td>
<td></td>
<td>coping ability fair r=+.29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>high r=+.27</td>
</tr>
<tr>
<td></td>
<td></td>
<td>neuroticism low r=+.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>high r=+.40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>control external r=+.35</td>
</tr>
<tr>
<td></td>
<td></td>
<td>internal r=+.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>stress T2(1976) low r=+.19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>high r=+.42</td>
</tr>
<tr>
<td>βL=+.31</td>
<td></td>
<td>T3 happiness by T2-T3 improvement BL path coefficient in a LISREL model, also involving T2 happiness.</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

Study  
SEARS 1977A  
Reported in:  Sears, P.S. & Barbee, A.H.  
Population:  "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72
Sample:  
Non-Response:  Attrition in 1972: 25%
N:  1928 N=671; 1972 N=430

Measured Correlate  
Class:  Change in life-event burden  Code: L 6.1.2
Measurement:  Self rating of increase in responsibilities and workpressures in.
Assessed in 1960.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness  
Happiness Query  Statistics  Remarks
C-ASG/h/mq/v/5/a AoV= ns  Earlier perceived increase (1960) by present happiness (1972).
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

48 item list of burdening life-events similar to schedules Holmes & Rahe (1967) and Horowitz (1976). Typical events are: "new job", "got married", and "loss of friends". Subjects first indicated which of these events had happened to them in the last 3 years and how recently. They next indicated their feelings about these events by answering to questions on each event ("What were your feelings when it occurred: very happy, somewhat happy, somewhat unhappy, or very unhappy?" "Do you still think about the event: not at all = 1, some = 3, a lot = 5?"). Seven scores were derived from the responses:

a. Summed occurrence: Holmes & Rahe weights (f.e. recent marriage 50 points)
b. Summed occurrence: Horowitz weights (f.e. recent marriage 21 points)
c. Summed occurrence: each event one point
d. Negative appreciation: number of events experienced as unhappy
e. Positive appreciation: number of events experienced as happy
f. Negative preoccupation: still appreciated events (sumscores)
g. Positive preoccupation: still appreciated events (sumscores)

Measured Correlate

Burden of current life-events Code: L 6.2.1

Life event weighting systems; a comparative analysis.
Chiriboga, D.A.

People in transition, metropolis, USA, 1974

Sample:
Non-Response: 19%
N: 179

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness
<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mg/v/4/d</td>
<td>r= ns</td>
<td>a. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>b. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>c. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>d. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>e. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>f. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>g. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>h. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>i. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>j. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>k. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>l. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>m. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>n. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>o. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>p. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>q. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>r. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>s. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>t. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>u. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>v. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>w. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>x. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>y. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>z. life events of last year</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

CHIRI 1977

Reported in: Chiriboga, D. A.
Life event weighting systems; a comparative analysis.

Population: People in transition, metropolis, USA, 1974

Sample: 
Non-Response: 19%
N: 179

Measured Correlate

Class: Burden of current life-events Code: L 6.2.1

Measurement:
48 item list of burdening life-events similar to schedules Holmes & Rahe (1967) and Horowitz (1976). Typical events are: "new job", "got married", and "loss of friends"

Subjects first indicated which of these events had happened to them in the last 3 years and how recently. They next indicated their feelings about these events by answering to questions on each event ("What were your feelings when it occurred: very happy, somewhat happy, somewhat unhappy, or very unhappy?" "Do you still think about the event: not at all =1, some=3, a lot=5"). Seven scores were derived from the responses:

a. Summed occurrence: Holmes & Rahe weights (f.e. recent marriage 50 points)
b. Summed occurrence: Horowitz weights (f.e. recent marriage 21 points)
c. Summed occurrence: each event one point
d. Negative appreciation: number of events experienced as unhappy
e. Positive appreciation: number of events experienced as happy
f. Negative preoccupation: still appreciated events (sum scores)
g. Positive preoccupation: still appreciated events (sum scores)

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-Sum/u/mq/*/0/a</td>
<td>r = ns</td>
<td>a. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r = ns</td>
<td>b. life events of 2-3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = ns</td>
<td>c. life events of 2-3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = ns</td>
<td>d. life events of up to 3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = -.18 p &lt; .05</td>
<td>e. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r = -.20 p &lt; .01</td>
<td>f. life events of 2-3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = -.33 p &lt; .01</td>
<td>g. life events of up to 3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = -.29 p &lt; .01</td>
<td>h. life events of last year</td>
</tr>
<tr>
<td></td>
<td>r = -.22 p &lt; .01</td>
<td>i. life events of 2-3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = -.33 p &lt; .01</td>
<td>j. life events of up to 3 years ago</td>
</tr>
<tr>
<td></td>
<td>r = +.17 p &lt; .05</td>
<td>k. life events of last year</td>
</tr>
</tbody>
</table>

Correlate Code: L 6
Findings on Happiness & LIFE-EVENTS  

**Measurement:** Index of two single questions on satisfaction with:
- a: the amount of pressure you are under
- b: the amount you worry about things
Both items scored on 1-9 rating scale, summation by average.

**Measured Values:**
- M = 5.9
- SD = 1.6

**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/9/a</td>
<td>r=.36  p&lt;.001</td>
<td>Both items scored on the same rating scale as the question on happiness. It is assumed that worries index in &quot;...Quality of Life...&quot; is the same as anxiety index in &quot;...Priorities, Satisfactions and Well-being.&quot;</td>
</tr>
</tbody>
</table>
### Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Clinical rank on 'happy - unhappy life story', stressing autobiographic reports and information for three years, concerning past life experiences up to the time of entering college.**

**WESSM 1966/2**

- **Reported in:** Wessman, A.E. & Ricks, D.F.
- **Mood and personality**
- **Holt, 1966, New York, USA**
- **Population:** Male college students, followed 3 years, Harvard University, USA, 1957-60
- **Sample:**
- **Non-Response:** 37%: 9 dropouts, incomplete; about the same happiness distribution.
- **N:** 17

---

**Measured Correlate**

- **Class:** Burden of current life-events  Code: L 6.2.1
- **Measurement:** Clinical rank on 'happy - unhappy life story', stressing autobiographic reports and information for three years, concerning past life experiences up to the time of entering college.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/</td>
<td>r=+.48</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
### Study

**GOODH 1985**

**Reported in:** Goodhart, D.E.

Some psychological effects associated with positive and negative thinking about stressful event outcomes. Was Polyanna right?

**Population:** Students in stress, followed 8 weeks, Illinois, USA, 1983

**Sample:**

**Non-Response:** 1.7% dropout

**N:** 173

---

#### Measured Correlate

**Class:** Major life-change or not  
**Code:** L 6.2.1.1

**Measurement:** Stressful life-events reported between T1 and T2 (8-week interval). Assessed at T2 by means of an event checklist. Ss indicated whether or not such events had happened to them.

**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/sq/v/7/a</td>
<td>rpc=-.27   p&lt;.001</td>
<td>T1-T2 stress by T2 happiness, controlled for T1 happiness. &lt;br&gt; Rpc indicates the effect of stress on CHANGE IN HAPPINESS. &lt;br&gt; The effect of stress on change in happiness is unaffected by positive or negative thinking (interactions ns).</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 28 of 98
Findings on Happiness & LIFE-EVENTS

**Study**  
**TESSL 1975**  
*Reported in:* Tessler, R. & Mechanic, D.  
*Consumer satisfaction with prepaid group practice: A comparative study*  
*Journal of Health and Social Behavior, 1975, vol. 16, p. 95 - 113*  
*Population:* Employees' families, two firms, USA, 1973  
*Sample:*  
*Non-Response:* -  
*N:* 712

---

**Measured Correlate**  
*Class:* . major life-change or not  
*Code:* L 6.2.1.1  
*Measurement:* Experience of a major life change (either positive or negative) in the past year.  
*Measured Values:*  
*Error Estimates:*  
*Remarks:*  

---

**Observed Relation with Happiness**  
*Happiness Query*  
*Statistics*  
*Remarks*  
A-AOL/g/sq/v/3/c  
$r = +.07$  
ns
Findings on Happiness & LIFE-EVENTS

**THURN 1983**  
*Reported in:* Thurner, M.  
Turning points and development change: Subjective and "objective" assessments  

*Population:* People in transition, followed 8 years, Metropolis USA, 1969-77

*Sample:*

*Non-Response:* Sample attrition: 17%

*N:* 180 (216 in 1969)

---

**Measured Correlate**

*Class:* major life-change or not  
Code: L 6.2.1.1

*Measurement:* Open questions at T2:  
"Looking back over the past eight years when we first interviewed you, what have been the major turning points in your life?"  
"What effect did these turning points have on you?"  
The responses were each rated on a 6-point scale and summed. Ss were classified as reporting positive, neutral or negative total impact

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/d</td>
<td>AoV=+ ns</td>
<td>T2 happiness by T2 report of turning point impact. No interaction with age and sex. No interaction with change in happiness between T1 and T2.</td>
</tr>
<tr>
<td>O-Sum/u/mq/*/0/a</td>
<td>AoV=+ p&lt;.01</td>
<td>T2 happiness by T2 report of turning point impact. No interaction with age and sex. No interaction with change in happiness between T1 and T2.</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsr/research/happiness  
Page 30 of 98
Life events were assessed with a 65-item inventory developed by revising the SRRS (Holmes & Rahe, 1967) and adding positive life events.

Residents were asked two questions about each event listed on the inventory - first, whether the event had taken place in their lives during the last year - second, to rate, whether the event "turned out" positive, (PE), negative, (NE), had both positive and negative outcomes, or had no effect on them. Events rated as having both positive and negative outcomes were not scored for PE and NE (about 10%). They were counted together with the total number of events reported, TE.

Measured Correlate

Class: summed life-events: equal weight Code: L 6.2.1.2

Measurement: Life events were assessed with a 65-item inventory developed by revising the SRRS (Holmes & Rahe, 1967) and adding positive life events.

Residents were asked two questions about each event listed on the inventory - first, whether the event had taken place in their lives during the last year - second, to rate, whether the event "turned out" positive, (PE), negative, (NE), had both positive and negative outcomes, or had no effect on them. Events rated as having both positive and negative outcomes were not scored for PE and NE (about 10%). They were counted together with the total number of events reported, TE.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/u/sqt/v/7/a r=-.02
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

Recent critical events.

Number of positive and negative events mentioned.

Some illustrative events are:

a. new lover
b. marriage
c. birth of child
d. separation
e. change of job
f. death or severe illness of intimate
g. none of these

GEHMA 1990A

Reported in: Gehmacher, E.
Stressbewältigung und Selbstbestimmtheit. (Stress management and sense of
Start uns Aufstieg, 1990 vol 3 page 13-14
(Data also reported in IFES paper E76, Vienna, Austria 1988)

Population: Railway employees, Austria, 1988

Sample:

Non-Response: ?

N: 68

Measured Correlate

Class: summed life-events: equal weight Code: L 6.2.1.2

Measurement:
Recent critical events.
Number of positive and negative events mentioned.
Some illustrative events are:

a. new lover
b. marriage
c. birth of child
d. separation
e. change of job
f. death or severe illness of intimate
g. none of these

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-HL/c/sq/v/5/d r=-.36 p<.01

a. r=-.28
b. r=-.05
c. r=-.01
d. r=-.22
e. r=-.05
f. r=-.06
g. r=+.15

### Study: KAMMA 1983/2

**Reported in:** Kammann, R.; Flett, R.  
Sourcebook for Measuring Well-being with Affectometer 2.  

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

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>52%</td>
<td>112</td>
</tr>
</tbody>
</table>

### Measured Correlate

**Class:** summed life-events: equal weight  
Code: L 6.2.1.2

**Measurement:** 6-item index of stress  
(CAMPBELL et al 1976)

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cw/mq/v/5/a</td>
<td>r = .00</td>
<td>ns</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 33 of 98
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Lowenthal, M.F. & Boler, D**

**Reported in:**
Lowenthal, M.F. & Boler, D

Voluntary vs involuntary withdrawal


**Population:**
60+aged, non-institutionalized, San Francisco, U.S.A., 1962

**Sample:**
N: 269

**Non-Response:**
55%, 22% refusals, 9% deaths, 22% unattainable

---

**Measured Correlate**

**Class:** summed life-events: equal weight

**Measurement:** Deprivation measured by an index of:
1) compulsory retirement in past 7 yrs
2) widowhood in past 7 yrs
3) interviewer rating of physical disability

**Measured Values:**

**Error Estimates:**

**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/3/b</td>
<td>G=-.55 p&lt;.01</td>
<td>withdrawn : G' = -.64 (ns) not withdrawn: G' = -.40 (ns)</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/ba</td>
<td>G=-.70 p&lt;.01</td>
<td>withdrawn : G' = -.90 (01) not withdrawn: G' = -.51 (05)</td>
</tr>
<tr>
<td>O-SLL/c/sq/v/3/b</td>
<td>G=-.70 p&lt;.01</td>
<td>withdrawn : G' = -.70 (01) not withdrawn: G' = -.65 (01)</td>
</tr>
</tbody>
</table>
### Study

**PALMO 1979**

**Reported in:** Palmore, E.B., Cleveland Jr, P.C., Nowlin, J.B., Ramm, D. & Siegler, I.C.

**Stress and Adaptation in Later Life**


**Population:** 46+ aged white, North Carolina, USA, 1968-1976.

**Sample:** Probability stratified sample

**Non-Response:**

N: 375

### Measured Correlate

**Class:** summed life-events: equal weight  
**Code:** L 6.2.1.2

**Measurement:** Live-events occurred in period 1968/70 (T1) till 1974/76 (T4), assessed at T4.

1. Retirement of subject (dichotomous)
2. Retirement of spouse (dichotomous)
3. Widowhood (dichotomous)
4. Departure last child from home (0-3)
   Possible range 0 - 7.

**Measured Values:** N= 375. Number of subjects event occured to:

1. 78
2. 78
3. 25
4. 57
5. 283

**Error Estimates:**

**Remarks:** 238 subjects experienced one or more events during study-period.

### Observed Relation with Happiness

**Happiness Query**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/l/10/c</td>
<td>B= .2  p&lt;.05</td>
</tr>
</tbody>
</table>

Separate multiple regression. Dependent: Change in life satisfaction (negative B indicates negative life-event effect)

238 subjects experienced one or more events during study-period.
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Study**

**FISKE 1985/1**

*Reported in:* Fiske M. & Chiriboga D.A.
The interweaving of societal and personal change in adulthood
Munnichs, J.M.A. et al., eds.: 'Life-span and change in a gerontal perspective' Acad. Pr. 1985 London p. 177-209 (ch.9)

*Population:* People in transition, followed 5 years, USA, 1969-1974

*Sample:*

*Non-Response:* Sample attrition: 12.5%

*N:* 189 (216 in 1969)

**Measured Correlate**

*Class:* summed life-events: standard weights  

*Measurement:* Summed reported negative life events in the past year, weighted by how much one has thought of the event. Events reported on a 138 item checklist similar to that of Holmes & Rahe (1964)

**Measured Values:**

<table>
<thead>
<tr>
<th>Class</th>
<th>MALES</th>
<th>LOW STRESS</th>
<th>HIGH STRESS</th>
<th>DM'</th>
<th>DMs'</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEASURED</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Error Estimates</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Remarks:** MALES LOW STRESS HIGH STRESS DM' DMs'

**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/3/cb</td>
<td>DM=</td>
<td>all</td>
</tr>
<tr>
<td></td>
<td>FEMALES</td>
<td></td>
</tr>
<tr>
<td></td>
<td>DM=</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>MALES</td>
<td>LOW STRESS</td>
</tr>
<tr>
<td></td>
<td>M=1.74</td>
<td>M=1.74</td>
</tr>
<tr>
<td></td>
<td>FEMALES</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M=1.59</td>
<td>M=1.59</td>
</tr>
<tr>
<td></td>
<td>MALES</td>
<td>LOW STRESS</td>
</tr>
<tr>
<td></td>
<td>M=1.92</td>
<td>M=1.68</td>
</tr>
<tr>
<td></td>
<td>FEMALES</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M=1.67</td>
<td>M=1.90</td>
</tr>
<tr>
<td></td>
<td>MALES</td>
<td>LOW STRESS</td>
</tr>
<tr>
<td></td>
<td>M=1.83</td>
<td>M=1.75</td>
</tr>
<tr>
<td></td>
<td>FEMALES</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M=1.71</td>
<td>M=1.69</td>
</tr>
<tr>
<td></td>
<td>M=1.56</td>
<td>M=1.75</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>MALES</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>DM</td>
<td></td>
<td>LOW</td>
<td>HIGH</td>
<td>DM'</td>
<td>DMt'</td>
</tr>
<tr>
<td></td>
<td></td>
<td>STRESS</td>
<td>STRESS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>early</td>
<td>T1 all</td>
<td>M=1.95</td>
<td>M=1.75</td>
<td>- .20</td>
<td>+1.00</td>
</tr>
<tr>
<td></td>
<td>T2 all</td>
<td>M=1.56</td>
<td>M=1.71</td>
<td>+ .16</td>
<td>- .80</td>
</tr>
<tr>
<td></td>
<td>T3 all</td>
<td>M=1.70</td>
<td>M=1.73</td>
<td>+ .03</td>
<td>- .15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>on time</td>
<td>T1 all</td>
<td>M=1.77</td>
<td>M=1.70</td>
<td>- .07</td>
<td>+ .35</td>
</tr>
<tr>
<td></td>
<td>T2 all</td>
<td>M=1.67</td>
<td>M=1.90</td>
<td>+ .23</td>
<td>- .15</td>
</tr>
<tr>
<td></td>
<td>T3 all</td>
<td>M=1.39</td>
<td>M=1.85</td>
<td>+ .46</td>
<td>- .20</td>
</tr>
<tr>
<td>late</td>
<td>T1 all</td>
<td>M=2.58</td>
<td>M=1.64</td>
<td>- .94</td>
<td>+4.70</td>
</tr>
<tr>
<td></td>
<td>T1 old</td>
<td>M=1.71</td>
<td>M=2.10</td>
<td>+ .39</td>
<td>-1.95</td>
</tr>
<tr>
<td></td>
<td>T2 young</td>
<td>M=1.50</td>
<td>M=1.68</td>
<td>+ .18</td>
<td>- .90</td>
</tr>
<tr>
<td></td>
<td>T2 old</td>
<td>M=1.58</td>
<td>M=1.80</td>
<td>+ .22</td>
<td>-1.10</td>
</tr>
<tr>
<td></td>
<td>T3 young</td>
<td>M=1.67</td>
<td>M=1.71</td>
<td>+ .04</td>
<td>- .20</td>
</tr>
<tr>
<td></td>
<td>T3 old</td>
<td>M=1.71</td>
<td>M=1.80</td>
<td>+ .09</td>
<td>- .15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>T1 early</td>
<td>M=2.35</td>
<td>M=1.88</td>
<td>- .47</td>
<td>+2.35</td>
</tr>
<tr>
<td></td>
<td>T1 on time</td>
<td>M=1.64</td>
<td>M=1.78</td>
<td>+ .14</td>
<td>.70</td>
</tr>
<tr>
<td></td>
<td>T1 late</td>
<td>M=1.55</td>
<td>M=1.68</td>
<td>+ .13</td>
<td>.65</td>
</tr>
<tr>
<td></td>
<td>T2 early</td>
<td>M=1.55</td>
<td>M=1.88</td>
<td>+ .33</td>
<td>-1.65</td>
</tr>
<tr>
<td></td>
<td>T2 on time</td>
<td>M=1.64</td>
<td>M=1.71</td>
<td>+ .07</td>
<td>- .35</td>
</tr>
<tr>
<td></td>
<td>T2 late</td>
<td>M=1.44</td>
<td>M=1.63</td>
<td>+ .19</td>
<td>- .85</td>
</tr>
<tr>
<td></td>
<td>T3 early</td>
<td>M=1.60</td>
<td>M=1.50</td>
<td>- .10</td>
<td>+ .50</td>
</tr>
<tr>
<td></td>
<td>T3 on time</td>
<td>M=1.86</td>
<td>M=1.57</td>
<td>- .29</td>
<td>+1.45</td>
</tr>
<tr>
<td></td>
<td>T3 late</td>
<td>M=1.67</td>
<td>M=1.95</td>
<td>+ .28</td>
<td>-1.40</td>
</tr>
</tbody>
</table>

Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

DM=

- T1 early
- T1 on time
- T1 late
- T2 early
- T2 on time
- T2 late
- T3 early
- T3 on time
- T3 late

Mean happiness scores over 5 years (average T1, T2, T3) and at T1, T2 and T3 separately, rated on a 3-point scale: 1: very happy, 2: pretty happy, 3: not too happy

Blank columns/rows indicate insignificant difference.

Timeliness of transition was measured by the time at which the transitions the Ss faced at T1, had really occurred.

Young = high school seniors + newly weds
Old = middle aged parents + elderly
### Study

**GEHMA 1990B**

*Reported in:* Gehmacher, E.

Stress und Stressbewaltigung (Stress and Coping)

Research report Institut fur empirische Sozial Forschung IFES nr 89231/Maerz.go, Vienna, Austria 1990.

*Population:* Military men, cadres, Austria, 1989

*Sample:

*Non-Response:* ?

*N:* 1296

### Measured Correlate

*Class:* summed life-events: standard weights  
*Code:* L 6.2.1.3

*Measurement:* 5 item index of recent life-events
- married (3 points)
- divorced (4 points)
- change at work (3 points)
- close relative died (2 points)
- other stressfull events (max 3)

### Measured Values:

### Error Estimates:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/c/sq/n/5/a</td>
<td>r=-.02</td>
<td>Report of stressful life-events in childhood is more sizably related to happiness (r=-.17) See L 1.1</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 39 of 98
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

Study

HEADE 1984


Population: 18-65 aged, general public, followed 3 years, Melbourne, Australia, 1979-80

Sample:

Non-Response:

N: 184

Measured Correlate

Class: summed life-events: standard weights Code: L 6.2.1.3

Measurement: Adapted Psychiatric Epidemiology Research Interview (PERI, Dohrenwend 1978). This schedule involves 74 possible life-events of which Ss indicate whether it happened, when and how often. Typical events are: failed exam, got new job, suffered injury, took up new hobby. The scores were weighted and summed. Administered at T2. Timeframe T1-T2 (26 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-BB/cm/mq/v/2/a</td>
<td>Beta=.2 p&lt;.01</td>
<td>All events</td>
</tr>
<tr>
<td></td>
<td>Beta=.1 ns</td>
<td>Favourable events</td>
</tr>
<tr>
<td></td>
<td>Beta=-.1 p&lt;.05</td>
<td>Adverse events</td>
</tr>
</tbody>
</table>

Happiness T2 by events between T1-T2, controlling T1 happiness. B's can be interpreted as indicating the effects of life-events on CHANGE IN HAPPINESS.
Findings on Happiness & LIFE-EVENTS

**Study**

**LOWEN 1973**

Reported in: Lowenthal, M.F., Chiriboga, D.
Social stress and adaptation: toward a life-course perspective
Eisdorfer, C., Powell Lawton, M., eds. Psychology of adult development and aging,
Washington D.C., 1973 A.P.A.

Population: People in transition, metropolis, USA, 1969

Sample: 

Non-Response: 

N: 216

**Measured Correlate**

Class: summed life-events: standard weights Code: L 6.2.1.3

Measurement: Number of challenging life-events in the last few years. Assessed by adjusted Holmes & Rahe (1967) inventory. Last few years were scored apart. These scores were added.

**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/3/cb</td>
<td>r=+.12 ns</td>
<td>positive events</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>negative events</td>
</tr>
<tr>
<td></td>
<td>r= ns</td>
<td>combined score</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
Page 41 of 98
Findings on Happiness & LIFE-EVENTS

**PAYNE 1975**

*Reported in:* Payne, R.L.
Recent life changes and the reporting of psychological states.

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

*Sample:* 

*Non-Response:* 4% incomplete.

*N:* 192

---

**Measured Correlate**

*Class:* . summed life-events: standard weights  Code: L 6.2.1.3

*Measurement:* Adapted Schedule of Recent Experiences
(see Holmes & Rahe, 1967), scored for the past year.

*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/5/a | G=         | Index of Positive Affects: G = +.06  
                  |            | Index of Negative Affects: G = +.19 |
### Study

**PESZN 1975**

*Reported in:* Pesznecker, B.L. & McNell, J.

Relationship among health habits, social assets, psychological well-being, life

*Population:* 18+ aged, general public, Renton, Washington, USA, 197?

*Sample:*

Non-Response: 55%; 185 unattainable, 12 incomplete, 412 refusals.

*N: 536*

### Measured Correlate

*Class:* summed life-events: standard weights  
*Code:* L 6.2.1.3

*Measurement:* Number of life change units during the past two years as assessed by a modified form of the Schedule of Recent Events (see Holmes & Rahe, 1967)

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/u/mq/v/3/c</td>
<td>r=-.08</td>
<td>ns</td>
</tr>
</tbody>
</table>

Happiness hardly differentiates the relation between life change and change in health. Correlations among happy and unhappy are respectively +.27 and +.35.
Findings on Happiness & LIFE-EVENTS

Study

ORMEL 1980

Reported in: Ormel, H.
Moete met leven of een moeilijk leven (Difficulty in living or a difficult life)
Dissertation 1980, University of Groningen, the Netherlands, publisher: Konstapel, Groningen, the Netherlands.

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

Sample:
Non-Response: 18%
N: 296

Measured Correlate

Class: Measured Correlate
Measurement: Life-quality was evaluated for burdeningness by an expert-panel on the basis of information concerning the living conditions, health, social contacts, etc of the Ss. The amount of burdening accompanying an condition was judged against what could be expected for the social and economic group to which the Ss belonged. Assessed at T3(1977).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
A-BB/cw/mq/v/4/c | r=+.44 p<.01 | T2 happiness by T3 life-quality
 | r=+.45 p<.01 | T3 happiness by T3 life-quality
 | $\beta_L=+.31$ | T3 happiness by T3 life-quality. $\beta_L$ path coefficient in a LISREL model also involving neuroticism, self esteem, internal control, intimacy with partner and adequacy of coping,
 | $\beta_L=+.33$ | T3 happiness by T3 life-quality. Simplified model (ommitting intimacy and coping)
Findings on Happiness & LIFE-EVENTS  

**Study**  
**BLOCK 1981**  
**Reported in:** Block, M. & Zautra, A.  
Satisfaction and distress in a community, a test of the effects of life events  
American Journal of Community Psychology vol 9 1981 (165-177)  
**Population:** General public, 3 cities, Arizona, USA, 197?  
**Sample:** Probability sample (unspecified)  
**Non-Response:** 11%  
**N:** 537

**Measured Correlate**  
**Class:** sum of negative life-events  
**Code:** L 6.2.1.5  
**Measurement:** Selfrating:  
Life events were assessed with a 65-item inventory developed by revising the SRRS (Holmes and Rahe 1967) and adding positive life event  
Ss were asked two questions about each event listed on the directory  
- first, whether the event had taken place in their lives, during the past year.  
- second, to rate, whether the event turned out positive (PE), negative, (NE), had both positive and negative outcomes or had no effect on them.  
Events rated as having both positive and negative outcomes were not scored for PE and NE (about 10%).  
**Measured Values:** M=2.52 SD=3.46  
**Error Estimates:** Internal consistency: average intercorrelation +.83  
**Remarks:** correlation PE & NE r=-.22  p<.001

**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/v7/a</td>
<td>r=-.26</td>
<td>p&lt;.00</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

Study

MARTI 1985

Reported in: Martinson, O.B., Wilkening, E.A. & Linn, J.G.
Life change, health status and life satisfaction: A reconsideration

Population: 18+ aged, general public, NW Wisconsin, USA, 1974

Sample:
Non-Response: 14%
N: 1423

Measured Correlate

Class: . sum of negative life-events Code: L 6.2.1.5

Measurement: Direct question: "Is there anything that has happened to you or your family recently that has unfavorably affected your well-being or happiness?"
0: no
1: yes

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLW/u/sq/v/7/a r=-

r of different age groups:
under 30 : -.23 30-49 : -.24
50-64 : -.19 over 64 : -.18

Signs changed by us.

Beta=-

8 of different age groups:
under 30 : -.15 05 30-49 : -.20 05
50-64 : -.14 05 over 64 : -.06 ns

8 controlled for: degree of disability, days lost due to illness, powerlessness, community solidarity, recent migrant, contact with friends, contact with relatives, organizational affiliation, church attendance, separated / divorced, sex, unemployed, family income, education.
### Study

**RICHA 1984**

**Reported in:** Richards, M.L. Kashner, J.B. Vaughan, D.A. Okun, M.A. Stock, W.A.
The influence of serious personal losses or misfortunes on life satisfaction

**Population:** 25-59 aged, general public, USA, 1981

**Sample:**

**Non-Response:**

**N:** 375

### Measured Correlate

**Class:** . sum of negative life-events  
**Code:** L 6.2.1.5

**Measurement:** Single direct question: "Have you suffered a serious personal loss or misfortune in the past year? Zero, one, two or more losses."

### 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-SLu/g/sq/v/3/b</td>
<td>r = -.24</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td></td>
<td>r = -.24</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td></td>
<td>Beta = -.1</td>
<td>p &lt; .01</td>
</tr>
</tbody>
</table>

Beta controlled for physical activity, self-perceived health, social integration and marital status. Same for Blacks and Whites.
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

<table>
<thead>
<tr>
<th>Study</th>
<th>XU 1988</th>
<th>Page in Report:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>XU, S.L. &amp; Wu, Z.P.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A preliminary survey of the psychological and social situation of the elderly in Being.</td>
<td></td>
</tr>
<tr>
<td>Population</td>
<td>55+ aged, Being China, 198?</td>
<td></td>
</tr>
<tr>
<td>Sample</td>
<td>Non-probability purposive-quota sample</td>
<td></td>
</tr>
<tr>
<td>Non-Response</td>
<td>N: 175</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

| Class:          | sum of negative life-events Code: L 6.2.1.5 |
| Measurement:    | 47 item inventory of events in the following areas: marital and family relations (9), health and problems of daily living (8), work and study (10), sons and daughters (8), social contacts 98 and misfortunes in life (4). Events were rated as positive or negative by means of different rating scales. |

**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/v4/a</td>
<td>DM=-</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS

Study

<table>
<thead>
<tr>
<th>Block 1981</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
</tr>
<tr>
<td>Satisfaction and distress in a community, a test of the effects of life events</td>
</tr>
<tr>
<td>American Journal of Community Psychology vol 9 1981 (165-177)</td>
</tr>
<tr>
<td>Population:</td>
</tr>
<tr>
<td>Sample:</td>
</tr>
<tr>
<td>Non-Response:</td>
</tr>
<tr>
<td>N:</td>
</tr>
</tbody>
</table>

Measured Correlate

| Measured Values: | M= 10.08  SD= 6.95 |
| Error Estimates: | internal consistency: average intercorrelation +.85 |
| Remarks: | correlation PE and NE r=-.22 p<.001 |

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/sqrt/v/7/a</td>
<td>r=+.19  p&lt;.001</td>
<td>correlation PE and NE r=-.22 p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>rpc=+.25 p&lt;.001</td>
<td>rpc controlled for negative events score (NE)</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

Study
Reported in: XU, S.L. & Wu, Z.P.
Population: 55+ aged, Being China, 198?
Sample: Non-probability purposive-quota sample
Non-Response: N: 175

Measured Correlate
Class: 47 item inventory of events in the following areas: marital and family relations (9), health and problems of daily living (8), work and study (10), sons and daughters (8), social contacts (8) and misfortunes in life (4). Events were rated as positive or negative by means of different rating scales
Measurement: sum of positive life-events Code: L 6.2.1.6

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness
Happiness Query Statistics Remarks
O-SL/?/sq/vi4/a DM=+

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 50 of 98
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Study**

**ARMSD 1985**

*Reported in:* Armsden, G.C. & Greenberg, M.T.
The inventory of parent and peer attachments

*Population:* Undergraduate students, USA, 1982

*Sample:

*Non-Response:* ?

*N:* 86

---

**Measured Correlate**

*Class:* balance of negative- and positive life-events Code: L 6.2.1.7

*Measurement:* Life Events Checklist (Johnson & McCutcheon 1980): 47 item list of events scored for: (1) whether it occurred in the past year, and if so, (2) type of impact (positive or negative) and (3) degree of impact (some, moderate or great). The scores used here are impact ratings for positively and negatively rated events separately.

**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/b</td>
<td>r=+38</td>
<td>Perceived impact of positively rated events</td>
</tr>
<tr>
<td></td>
<td>r=-33</td>
<td>Perceived impact of negatively rated events</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

Measure A: favorable events weighted +1 and negative events -1.
Measure B: Weighting was based on the Ss' own ratings on a 0-10 point scale. 1: extremely distressing .. 10: extremely satisfying.
Assessed over (T2-T3) and (T3-T4)

HEADE 1989
Study

Reported in: Headey,B & Veenhoven,R.
Does happiness induce a rosy outlook?
in:R.Veenhoven,ed.'How harmful is happiness?'. UniversitairePers Rotterdam, Rotterdam, the Netherlands, 1989, p.106-127
Population: 18-65 aged, general public, followed 6 years, Melbourne, Australia, 1981-87
Sample: 
Non-Response: Attrition T1-T4: 31%
N: 649

Measured Correlate
Class: balance of negative- and positive life-events Code: L 6.2.1.7
Measure A: favorable events weighted +1 and negative events -1.
Measure B: Weighting was based on the Ss' own ratings on a 0-10 point scale. 1: extremely distressing .. 10: extremely satisfying.
Assessed over (T2-T3) and (T3-T4)

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/u/sqt/v/10/a βL=.22 p<.05 Measure A: Estimated causal EFFECT ON LATER HAPPINESS of earlier life-events (bottom-up).

Happiness T3 and T4, Life events T2-T3 and T3-T4.

βL=.18 p<.05 Estimated causal EFFECT OF EARLIER HAPPINESS on later life-events (top-down).

Happiness assessed at T3, Life-events T3-T4.

BL is the path-coefficient in a four wave LISREL model. T1 sex, age, SES, extraversion and neuroticism are controlled.
Subjects were asked to recall and list as many positive and negative life events as they could in 3 minutes. The order of positive and negative recall tests was randomly varied across groups of Ss.

Memory for positive versus negative life events: Theories for the differences between happy and unhappy people

Seidlitz, L. and Diener E.

Study: SEIDL 1993/1

Reported in: Seidlitz, L. and Diener E.

Memory for positive versus negative life events: Theories for the differences between happy and unhappy people


Population: Psychology undergraduate students, University of Illinois, USA, 1990

Sample:

Non-Response: 420

N: 655

Measured Correlate

Class: Balance of negative- and positive life-events  Code: L 6.2.1.7

Measurement: Subjects were asked to recall and list as many positive and negative life events as they could in 3 minutes.

The order of positive and negative recall tests was randomly varied across groups of Ss.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-AOL/g/mq/*/0/a r=+.30 p<.001 r p c contro led for current mood
rpc=+.18 p<.01
A-AOL/g/sq/v/11/a r=+.25 r p c contro led for current mood
rpc=+.18 p<.001

Regression analyses also indicate that there are no interactions between happiness and mood in predicting life-event recall (data not reported).
Findings on Happiness & LIFE-EVENTS

SEIDL 1993/2

Reported in: Seidlitz, L. and Diener E.
Memory for positive versus negative life events: Theories for the differences

Population: Psychology students, selected for earlier happiness, USA, 1990

Sample:
Non-Response: 28%
N: 94

Measured Correlate
Class: balance of negative- and positive life-events Code: L 6.2.1.7
Measurement:
Ss completed a checklist of 80 events, on which they marked those
that had occurred in three time-periods (past 3 years, past year
or past month). Half the events on the list were 'concrete' f.e.: got married or
fell ill; the other half 'interpretative': f.e.: improved
classification of received support.
Half the events were positive; the other half negative

Measured Values:
Error Estimates:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
A-AOL/g/mq*/0/a | r=+.34 p<.001 | Balance of concrete events
- positive concrete events only: r = +.28 (05)
- negative concrete events only: r = -.34 (01)
Beta=+.3
8 controlled for interpretation of events (checklist) and balance of free recalled events.

r=+.63 p<.001 | Balance of interpreted events
- positive interpreted events: r = +.51 (001)
- negative interpreted events: r = -.40 (001)
Beta=+.5
8 controlled for incidence of concrete events (checklist) and balance of free recalled events.
Amount of positive events:
- correlation with happiness among the happy
  - positive concrete events:  $r = +.41$
  - positive interpretative events:  $r = +.27$
- correlation with happiness among the unhappy
  - positive concrete events:  $r = +.25$
  - positive interpretative events:  $r = +.28$

Amount of negative events:
- correlation with happiness among the happy
  - negative concrete events:  $r = +.00$
  - negative interpretative events:  $r = -.02$
- correlation with happiness among the unhappy
  - negative concrete events:  $r = -.32$
  - negative interpretative events:  $r = -.50$

Balance of concrete events
A-AOL/g/sq/v/11/a  $r=+.44$  rpc controled for current mood
rpc$=+.36$

Balance of interpretated events
$r=+.65$  rpc controled for current mood
rpc$=+.59$
### Study

**SEIDL 1993/2**

*Reported in:* 
Seidlitz, L. and Diener E.  
Memory for positive versus negative life events: Theories for the differences  

*Population:* 
Psychology students, selected for earlier happiness, USA, 1990

*Sample:* 
28%

*N:* 94

#### Measured Correlate

*Class:* 
. balance of negative- and positive life-events  Code: L 6.2.1.7

*Measurement:* 
Subjects were asked to recall and list as many positive and negative life-events over the last three years as they could in 3 minutes.  
Random order of positive- and negative tests.

*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-AOL/g/mq/*/0/a</td>
<td>r=+.49  p&lt;.001</td>
<td></td>
</tr>
<tr>
<td></td>
<td>rpc=+.47 p&lt;.001</td>
<td>rpc controled for current mood</td>
</tr>
<tr>
<td></td>
<td>Beta=+.2 p&lt;.01</td>
<td>&amp; controled for balance of events as recorded by means of checklist (both balance of 'concrete' life-events and balance of 'interpreted' life-events)</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Study**

**SEIDL 1993/3**

*Reported in:* Seidlitz, L. and Diener E.

Memory for positive versus negative life events: Theories for the differences

*Population:* Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91

*Sample:* Drop-out: T0-T1: 28%, T1-T2: 41%

*N:* 54

### Measured Correlate

*Class:* balance of negative- and positive life-events Code: L 6.2.1.7

*Measurement:* Ss completed a checklist of 80 events on which they marked those that had occurred in:
- T1: events in the last 3 years.
- T2: events in the 3 years before T1.

Half of the events on the list were 'concrete'; f.e. got married or fell ill.
The other half was 'interpretative', f.e. improved character or received support

Half of the events were 'positive', the other half 'negative'.

Assessed at T1 and T2 (11 month interval).
At both assessments events in the same period were enumerated.

*Measured Values:*

*Error Estimates:*

*Remarks:* Balance of 'concrete' events:

### 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/mq*/0/a</td>
<td>r=+.47</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>r=+.37</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td></td>
<td>r=+.25</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>r=+.19</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>r=+.65</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

Balance of 'concrete' events:

Balance of 'evaluative' events:
<table>
<thead>
<tr>
<th>Correlation Coefficient</th>
<th>Significance Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>r = +.41</td>
<td>p &lt; .01</td>
<td>T1 happiness with T2 balance of recalled events</td>
</tr>
<tr>
<td>r = +.60</td>
<td>p &lt; .001</td>
<td>T2 happiness with T1 balance of recalled events</td>
</tr>
<tr>
<td>r = +.39</td>
<td>p &lt; .01</td>
<td>T2 happiness with T2 balance of recalled events</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS  Correlate Code: L 6

Study  SEIDL 1993/3  Page in Report:

Reported in:  Seidlitz, L. and Diener E.
Memory for positive versus negative life events: Theories for the differences

Population:  Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91

Sample:
Non-Response:  Drop-out: T0-T1: 28%, T1-T2: 41%
N: 54

Measured Correlate

Class:  balance of negative- and positive life-events  Code: L 6.2.1.7

Measurement:

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-AOL/g/sq/v/11/a</td>
<td>r= ns</td>
<td>rpc controlled for current mood</td>
</tr>
<tr>
<td></td>
<td>rpc= ns</td>
<td></td>
</tr>
</tbody>
</table>
Subjects were asked to recall and list as many positive (or negative) life-events as they could in 3 minutes.
- T1: events in the last 3 years
- T2: events in the 3 years before T1.
Random order of positive- and negative tests.
Assessed at T1 and T2 (11 month interval) The period in which the reported events took place is the same at both assessments.

Measured Values:

Happiness Query | Statistics | Remarks
---|---|---
A-AOL/g/mq**/0/a | DM=+ | positive recall
- happy Ss: T1: 9.5 T2: 11.3
- unhappy Ss T1: 7.8 T2: 8.2
DM=- | negative recall
- happy Ss: T1: 5.6 T2: 6.1
- unhappy Ss T1: 6.5 T2: 6.3
DM=+ | recall balance
- happy Ss: T1: 4.0 T2: 5.2
- unhappy Ss T1: 1.2 T2: 1.9

Time-effect ns
r=+.50 p<.001 T1 happiness with T1 balance of recalled events
r=+.45 p<.01 T1 happiness with T2 balance of recalled events
r=+.49 p<.001 T2 happiness with T1 balance of recalled events
<table>
<thead>
<tr>
<th>Correlate Code: L 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>( r = +.37 ) ( p &lt; .01 )</td>
</tr>
<tr>
<td>A-AOL/g/sq/v/11/a</td>
</tr>
<tr>
<td>rpc=+.22 ( p &lt; .02 )</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
Page 61 of 98
### Study

**SEIDL 1993/3**

**Reported in:** Seidlitz, L. and Diener E.
Memory for positive versus negative life events: Theories for the differences

**Population:** Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91

**Sample:**

**Non-Response:** Drop-out: T0-T1: 28%, T1-T2: 41%

**N:** 54

### Measured Correlate

**Class:** balance of negative- and positive life-events Code: L 6.2.1.7

**Measurement:**

**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-AOL/g/sq/v/11/a</td>
<td>r=+.28 p&lt;.05</td>
<td>rpc controlled for current mood</td>
</tr>
<tr>
<td>rpc=+.21 ns</td>
<td>rpc controlled for current mood</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

Study

SEIDL 1993/3

Reported in: Seidlitz, L. and Diener E.
Memory for positive versus negative life events: Theories for the differences

Population: Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91

Sample:

Non-Response: Drop-out: T0-T1:
28%, T1-T2:
41%

N: 54

Measured Correlate

Class: balance of negative- and positive life-events Code: L 6.2.1.7
Measurement: Ss were asked to recall and list as many positive (or negative) events as they could in 3 minutes, that had occurred since T1 (11 month ago).

Random order of positive- or negative tests.
Assessed at T2.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-AOL/g/mq/*/0/a  r=+.27  ns  T1 happiness (earlier)
r=+.24  ns  T2 happiness (current)
Findings on Happiness & LIFE-EVENTS  

**Study**  
SEIDL 1993/3  

*Reported in:*  
Seidlitz, L. and Diener E.  
Memory for positive versus negative life events: Theories for the differences  

*Population:*  
Psychology students, selected for earlier happiness, followed 11 month, USA, 1990-91  

*Sample:*  

*Non-Response:*  
Drop-out: T0-T1: 28%, T1-T2: 41%  

*N:* 54  

**Measured Correlate**  

*Class:* balance of negative- and positive life-events  
Code: L 6.2.1.7  

*Measurement:*  
Ss completed a checklist of 80 events on which they marked those that had occurred in:  
- T1: events in the last 3 years.  
- T2: events in the 3 years before T1.  

Half of the events on the list were 'concrete'; f.e. got married or fell ill.  
The other half was 'interpretative', f.e. improved character or received support  

Half of the events were 'positive', the other half 'negative.  

Assessed at T1 and T2 (11 month interval).  
At both assessments events in the same period were enumerated.  

**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-AOL/g mq&quot;/0/a</td>
<td>r=+.20 ns</td>
<td>T1 happiness (earlier)</td>
</tr>
<tr>
<td></td>
<td>r=+.15 ns</td>
<td>T2 happiness (current)</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 64 of 98
Findings on Happiness & LIFE-EVENTS

**Study**

**VERKL 1989**

*Reported in:* Verkley, H. & Stolk, J.

Does happiness lead into idleness?


*Population:* 30-50 aged, in working force, followed 1 year, urban areas, Netherlands, 1983-84

*Sample:*

*Non-Response:* T1-T2 attrition: 27%

*N:* 1100

---

**Measured Correlate**

*Class:* Balance of negative- and positive life-events  
*Code:* L 6.2.1.7

*Measurement:* Single direct question: "Over the last year, did you experience mainly positive or negative life-events?" (rated 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>A-BB/cm/mq/v/2/a</td>
<td>r=-.19</td>
<td>Data T1</td>
</tr>
</tbody>
</table>
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Study**  
BRICK 1978/1

*Reported in:*  
Brickman, P., Coates, D. & Janoff-Bulman, R.  
Lottery winners and accident victims: Is happiness relative?  

*Population:*  
Lottery winners, paralyzed accident victims, and controls, Illinois USA, 1977

*Sample:*  

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>45.5%</th>
</tr>
</thead>
</table>

*N:* 73

---

**Measured Correlate**

*Class:*  
Specific current life-events  
Code: L 6.2.2

*Measurement:*  
Major lottery winners vs accident victims and controls.  
1. Lottery winners: won $50,000 or more in Illinois State Lottery.  
   N=22, non-response 48%.
2. Accident victims: 11 paraplegic and 18 quadraplegic accident victims, drawn from the fulltime patient population of a rehabilitation institute.  
   N=29, non-response 15%.
3. Controls: 22 individuals, living in approximately the same areas of the city as the lottery winners.  
   N=22, non-response 41%.

*Measured Values:*  

<table>
<thead>
<tr>
<th></th>
<th>Lottery winners</th>
<th>Accident victims</th>
<th>Controls</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>4.00</td>
<td>2.96</td>
<td>3.82</td>
</tr>
<tr>
<td>M'</td>
<td>8.00</td>
<td>5.92</td>
<td>7.64</td>
</tr>
</tbody>
</table>

*Winners - control difference*  
ns

*Winners - victim difference*  
s (p<.01)

*Remarks:*  
Accident victims interviewed face-to-face; winners and controls interviewed by phone.

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 66 of 98
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

Study
Reported in: Brickman, P., Coates, D. & Janoff-Bulman, R.
Lottery winners and accident victims: Is happiness relative?

Population: Lottery winners, paralyzed accident victims, and controls, Illinois USA, 1977

Sample:
Non-Response: 45.5%
N: 73

Measured Correlate
Class: Specific current life-events
Code: L 6.2.2
Measurement: Accident victims vs major lottery winners and controls.
1. Accident victims: 11 paraplegic and 18 quadraplegic accident victims, drawn from the fulltime patient population of a rehabilitation institute.
N=29, non-response 15%.
2. Lottery winners: won $50000 or more in Illinois State Lottery.
N=22, non-response 48%.
3. Controls: 22 individuals, living in approximately the same areas of the city as the lottery winners.
N=22, non-response 41%.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness
Happiness Query Statistics Remarks
O-HL/c/sq/n/6/c AoV=− p<.01 Accident victims: M=2.96 M’=5.92
Lottery winners: M=4.00 M’=8.00
Controls: M=3.82 M’=7.64
Both difference with lottery winners and controls significant.
Accident victims interviewed face-to-face; winners and controls by phone.
Findings on Happiness & LIFE-EVENTS  
Correlate Code: L 6

Study  
BRICK 1978/2

Reported in: Brickman, P., Coates, D. & Janoff-Bulman, R.
Lottery winners and accident victims

Population: Lottery winners and non-lottery winners, Illinois, USA, 1977

Sample:
Non-Response: 45.5%
N: 108

Measured Correlate

Class: Specific current life-events  Code: L 6.2.2

Measurement: Non-winners vs lottery winners.
1. Lottery winners: won $50,000 or more in Illinois State Lottery.
   N=22, non-response 48%.
2. Non-winners: 86 people living close to the lottery winners.
   N=86, non-response 56%. Consisting of:
   - buyers of lottery tickets (N=59)
   - non-buyers (N=27).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/n/6/a  AoV=+  ns

Lottery winners:  M=4.00  Mt'=8.00
Non-winners/buyers:  M=3.81  Mt'=7.62
Non-winners/non-buyers:  M=4.00  Mt'=8.00

Unaffected by coverstory (lottery focus or everyday life focus).
Findings on Happiness & LIFE-EVENTS  

Correlate Code: L 6

### Study

**GRANE 1973A**  

**Reported in:** Graney, M.J.  
The Affect Balance Scale and old age.  

**Population:** 62-89 aged females, followed 4 years USA, 1967-71  

**Sample:**  

**Non-Response:** 27%; 24% unattainable, 3% incomplete.  

**N:** 44

### Measured Correlate

**Class:** Specific current life-events  
**Code:** L 6.2.2

**Measurement:** Comparison of T1 and T2.  
A significant move to a fully independent household, marriage, and taking paying employment were defined as status gains. Institutionalization, the death of supportive family members and friends, and recent geographic dispersion of supportive children were defined as losses. Ss classified as having experienced: losses / no change / gains

### 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 | tb=.13 ns  | At T1 all Ss were in good health, able to care for themselves and lived alone. Happiness assessed at T2.  
% happy at T2:  
- losses 22%  
- no change 28%  
- gains 40% |
Study

HETHE 1976

Reported in: Hetherington, E.M.; Cox, M.; Cox, R.
Divorced Fathers

Population: Parents, followed 3 years, USA, 197?-7?

Sample:

Non-Response: 33 %

N: 96

Measured Correlate

Class: Specific current life-events Code: L 6.2.2

Measurement:

Happiness assessed at T1, T2 and T3
T1: two months after divorce
T2: one year after divorce
T3: three years after divorce

Happiness assessed by focussed interviews, the tapes of which were rated by two independent raters.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query

O-Sum/se/fl/?/5/a

Statistics

DM=+

Remarks: Happiness increased steadily over the two year period, both in males and females. Despite this improvement the divorced parents remained less happy than married parents.
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Study**

**BLOCK 1981**

*Reported in:* Block, M. & Zautra, A.
Satisfaction and distress in a community, a test of the effects of life events
American Journal of Community Psychology vol 9 1981 (165-177)

*Population:* General public, 3 cities, Arizona, USA, 197?

*Sample:* Probability sample (unspecified)

*Non-Response:* 11%

*N:* 537

---

**Measured Correlate**

*Class:* Attitudes to life-events Code: L 6.3

*Measurement:* Experts rating:
15 advanced clinical psychology graduate students rated the social desirability of each event.
Scores were given for the number of socially desirable and undesirable events based on the events designated as such by the 15 judges. Events were coded as either desirable or undesirable when at least 10 of the 15 judges agreed on their ratings and no more than 1 judge gave the opposite rating. In this manner, 23 events were coded desirable and 30 undesirable; the remainder were called ambiguous and not included in these scores.

*Measured Values:* Interjudge reliability: r=+.79 (p<.05)

*Remarks:* Correlation desirable-undesirable events: r=-.33 (p<.001)

---

**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>r=+.14 p&lt;.001</td>
<td>Correlation desirable-undesirable events: r=-.33 (p&lt;.001) controlled for undesirable events</td>
</tr>
<tr>
<td></td>
<td>rpc=+.23</td>
<td></td>
</tr>
</tbody>
</table>

Findings on Happiness & LIFE-EVENTS

Study  BLOCK 1981

Reported in: Block, M. & Zautra, A.
Satisfaction and distress in a community, a test of the effects of life events
American Journal of Community Psychology vol 9 1981 (165-177)

Population: General public, 3 cities, Arizona, USA, 197?
Sample: Probability sample (unspecified)
Non-Response: 11 %
N: 537

Measured Correlate

Class: Attitudes to life-events Code: L 6.3
Measurement: Expertrating:
15 advanced clinical psychology graduate students rated the social desirability of each event.
Scores were given for the number of socially desirable and undesirable events based on the events designated as such by the 15 judges. Events were coded as either desirable or undesirable when at least 10 of the 15 judges agreed on their ratings and no more than 1 judge gave the opposite rating. In this manner, 23 events were coded desirable and 30 undesirable; the remainder were called ambiguous and not included in these scores.

Measured Values:

Error Estimates: inter-judge reliability +.79 p<.05

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-DT/u/sqt/v/7/a  r=-.22  p<.001
rpc=-.28  p<.001 controlled for desirable events
Findings on Happiness & LIFE-EVENTS

Re-interview during Cuban missile crisis in October 1962 (T2).
This crisis involved a political confrontation between the USA and the USSR and might have resulted in a (nuclear) war. Happiness compared at T1 and T2.

BRADB 1965/2

Reported in: Bradburn, N.M. & Caplovitz, D.
Reports on happiness
Aldine Publishing Company, 1965, Chicago USA

Population: Adult, general public, 2 towns, prosperous and depressed, Illinois, USA, 1962/3 - 1962/10

Sample: ?
N: 547

Measured Correlate

Class: Climate of change  Code: L 6.4

Measurement: Re-interview during Cuban missile crisis in October 1962 (T2). This crisis involved a political confrontation between the USA and the USSR and might have resulted in a (nuclear) war. Happiness compared at T1 and T2.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-BB/cw/mq/v/4/e  G= -  p<.  Index of Positive Affects only: G' = -.23 (01) Stronger among Ss who were worrying about the crisis.
O-HL/c/sq/v/3/aa  G=+.13  p<. 05  No relationship with the Index of Negative Affects.
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

**Study**

**FORTI 1983**

*Reported in:* Th.J. Forti, M.S. Hyg  
*A Documented Evaluation of Primary Prevention through Consultation*  
Community Mental Health Journal, 1983, p 290-304

*Population:* Catholic nuns, re-organized cloister, followed 4 years, Louisiana, USA, 1977-1981

*Sample:*

*Non-Response:* T1: 18%, T2: 14%, T3: 23%

*N:* T1: 146, T2: 154, T3: 137

**Measured Correlate**

*Class:* Climate of change  *Code:* L 6.4

*Measurement:* A president and council form of administration was replaced by team governance.

**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/sq/1/7/a</td>
<td>E²=+.23 p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>
T1 (before change) Mt' = 8.3  
T2 (2 years after change) Mt' = 8.5  
T3 (4 years after change) Mt' = 8.6  |
Appendix 1  Queries on Happiness used in reported Studies

Happiness Query Code  Full Text

A-AOL/g/mq/*0/a  Selfreport on 2 questions:

A: "In general how happy or unhappy do you usually feel? Check the one statement below that best describes your average happiness.
10 extremely happy (feeling ecstatic, joyous, fantastic)
9  very happy (feeling really good, elated)
8   pretty happy (spirits high, feeling good)
7    mildly happy (feeling fairly good and somewhat cheerful)
6     slightly happy (just a bit above neutral)
5      neutral (not particularly happy or unhappy)
4      slightly unhappy (just a bit below neutral)
3      mildly unhappy (just a little low)
2       pretty unhappy (somewhat "blue", spirits down)
1        very unhappy (depressed, spirits very low)
0       extremely unhappy (utterly depressed, completely down)"

B: "Consider your emotions a moment further. On the average.
- What percent of the time do you feel happy?
- What percent of the time do you feel unhappy?
- What percent of the time do you feel neutral (neither happy nor unhappy)?
Make sure the three figures add-up to equal 100%".

Scoring:
- Question A : 0.- 10
- Question B : % happy
Summation : (A * 10 + B)/2

A-AOL/g/sq/v/11/a  Selfreport on single question:

"In general how happy or unhappy do you usually feel....?"
Check the one statement that best describes your average happiness.
10 extremely happy (feeling ecstatic, joyous, fantastic)
9  very happy (feeling really good, elated)
8   pretty happy (spirits high, feeling good)
7    mildly happy (feeling fairly good and somewhat cheerful)
6     slightly happy (just a bit above neutral)
5      neutral (not particularly happy or unhappy)
4      slightly unhappy (just a bit below neutral)
3      mildly unhappy (just a little low)
2       pretty unhappy (somewhat "blue", spirits down)
1        very unhappy (depressed, spirits very low)
0       extremely unhappy (utterly depressed, completely down)

A-AOL/g/sq/v/3/b  Selfreport on single question :

"In general, how would you say you feel most of the time, in good spirits or in low spirits....?"
1 low
Findings on Happiness & LIFE-EVENTS

2 both
3 good

Selfreport on single question:

"Would you say that your spirits most of the time are...?"
3 very good
2 fair
1 low

Single direct question:

'How are you feeling now....?'
5 very good
4 good
3 neither good nor poor
2 poor
1 very poor

Original text in Danish:

'Hvordan har du det for tiden?
5 meget godt
4 godt
3 hverken godt eller darligt
2 dårligt
1 meget dårligt

Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"On the average, how happy or unhappy did you feel today....?"
2 Very unhappy. Depressed. Spirits very low.
4 Mildly unhappy. Just a little low.
5 Barely unhappy. Just this side of neutral.
6 Barely happy. Just this side of neutral.
7 Mildly happy. Feeling fairly good and somewhat cheerful.

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

Number of positive emotion words in autobiography

Content analysis by count of words/phrases that reflected an emotional experience as either positive, neutral or negative.
Coders were instructed not to code possible elicitors of emotion (such as death of a relative) but only the words that describe the emotion that was experienced. They were also instructed not to code words like good or bad, if these did not describe an emotional experienced.

Number of positive emotion sentences in autobiography

Content analysis by count of sentences that reflected an emotional experience as either positive, neutral or negative.
Coders were instructed not to code possible elicitors of emotion (such as death of a relative) but only the words that describe the emotion that was experienced. They were also instructed not to code words like good or bad, if these did not describe an emotional experienced.

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)

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
Findings on Happiness & LIFE-EVENTS

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

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

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

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

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

Name: Bradburn's Affect Balance Scale (variant)

A-BB/cw/mq/v/4/d Selfreport on 8 questions.

"During the past week, did you ever feel.....?"
A  very lonely
B  restless
C  bored
D  depressed
E  on top of the world
F  exited or interested
G  pleased about accomplishment
H proud

Answer options:
1 never
2 once
3 several times
4 often

Summation:
- Positive Affect Score (PAS): E+F+G+H
- Negative Affect Score (NAS): A+B+C+D
- Affect Balance Score (ABS): PAS-NAS+13

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

Selfreport on 9 questions:

"We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

"How often last week did you feel .....?"

A On the top of the world
B Very lonely or remote from other people
C Particularly excited or interested in something
D Depressed or very unhappy
E Pleased about having accomplished something
F Bored
G Proud because someone complimented you on something you had done
H So restless you couldn't sit long in a chair
I Vaguely uneasy about something without knowing why

Answer options:
0 not at all
1 once
2 several times
3 often

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

Possible range: -15 tot +12

Name: Bradburn's `Affect Balance Scale' (modified version)

Selfreport on 8 questions:

"Here is a list that describes some of the ways people feel at different times. How often do you feel each of these ways?"
Findings on Happiness & LIFE-EVENTS

A  Very lonely or remote from other people
B  Depressed or very unhappy
C  Bored
D  So restless you couldn't sit long in a chair
E  Vaguely uneasy about something without knowing why
F  On top of the world
G  Particularly excited or interested in something
H  Pleased about having accomplished something

Answer options:
0  never
1  sometimes
2  often

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

Possible range -10 to +6 (transformed to ridits (0 - 1))

Name: Bradburn's `Affect Balance Scale' (modified version)

A-BB/u/mq/v/3/c
A-BK/cw/mq/v/5/a

Selfreport on 96 questions:

SENTENCES
Each of the sentences below describe a FEELING. Mark HOW OFTEN you had that feeling during the past week:
A  Nothing goes right with me
B  I feel close to people around me
C  I feel as though the best years of my life are over
D  I feel my life is on the right track
E  I feel loved and trusted
F  My work gives me a lot of pleasure
G  I don't like myself
H  I feel very tense
I  I feel life isn't worth living
J  I am content with myself
K  My past life is filled with failure
L  Everything I do seems worthwhile
M  I can't be bothered doing anything
N  I feel I can do whatever I want to
O  I have lost interest in other people and don't care about them
P  Everything is going right for me
Q  I can express my feelings and emotions towards other people
R  I'm easy going
S  I seem to be left alone when I don't want to be
T  I wish I could change some parts of my life
Findings on Happiness & LIFE-EVENTS

U  I seem to have no real drive to do anything
V  The future looks good
W  I become very lonely
X  I can concentrate well on what I'm doing
Y  I feel out of place
Z  I think clearly and creatively
AA I feel alone
AB I feel free and easy
AC I smile and laugh a lot
AD I feel things are going my way
AE The world seems a cold and impersonal place
AF I feel I've made a mess of things again
AG I feel like hiding away
AH I feel confident about decisions I make
AI I feel depressed for no apparent reason
AJ I feel other people like me
AK I feel like a failure
AL I feel I'm a complete person
AM I'm not sure I'm done the wright thing
AN My future looks good
AO I'm making the most out of my life
AP Everything is going wright for me
AQ I feel unimportant
AR I feel as though there must be something wrong with me
AS I don't feel like making the effort to do anything
AT I feel confident in my dealings with the opposite sex
AU I want to hurt those who have hurt me
AV The results I have obtained make my efforts worthwhile

ADJECTIVES
Each of the objectives below describe a FEELING. Mark HOW OFTEN you had that feeling during the past week;
A  Confident
B  Hopeless
C  Pleasant
D  Insignificant
E  Discontented
F  Healthy
G  Dejected
H  Annoyed
I  Down
J  Glad
K  Glowing
L  Relaxed
M  Comfortable
N  Moody
O  Understood
P  Blue
Q  Miserable
R  Joyful
S  Tense
Findings on Happiness & LIFE-EVENTS

Correlate Code: L 6

T Insecure
U Shaky
V Satisfied
W Safe
X Successful
Y Free
Z Sad
AA Good-natured
AB Impatient
AC Rejected
AD Lively
AE Frustrated
AF Fearful
AG Lonely
AH Warm
AI Contented
AJ Good
AK Secure
AL Disappointed
AM Understanding
AN Depressed
AO Low
AP Calm
AQ Unhappy
AR Upset
AS Empty
AT Enthusiastic
AU Happy
AV Vibrant

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

C-ASG/h/mq/v/5/a Selfreport on 2 questions:

A. "How important was each of the following goals in life in the plans you made for yourself in early adulthood?"
- occupational success
- family life
- friendships
- richness of cultural life
- total service to society.
Findings on Happiness & LIFE-EVENTS

1 less important to me than to most people
2
3
4
5 of prime importance to me

B. "How successful have you been in the pursuit of these goals?"
1 little satisfaction in this area
2
3
4
5 had excellent fortune in this respect

Computation: General Satisfaction 5 is the quotient obtained by multiplying the planned goal (early adulthood) by the reported success in attaining that goal, adding the five of these multiplied areas and dividing them by the sum of the planned goals for each of the areas.

\[
\frac{Pa \cdot Sa + Pb \cdot Sb + Pc \cdot Sc + Pd \cdot Sd + Pe \cdot Se}{Pa + Pb + Pc + Pd + Pe}
\]

Pa = planned goal a (1-5)
Sa = success goal a (1-5)

O-BW/c/sq/l10/c Selfreport on single question:

"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?

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

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

O-DT/c/sq/v7/b Selfreport on single question:

"How do you feel about your life as a whole right now.....?"
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed (about equally satisfied and dissatisfied)
5 mostly satisfied
6 pleased
Findings on Happiness & LIFE-EVENTS

7 delighted
- neutral (neither satisfied nor dissatisfied)
- I never thought about it
- does not apply to me

Name: Andrews & Withey's 'Delighted-Terrible Scale' (modified version by Michalos)

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

"Which face comes closest to expressing feeling about life as a whole?",
7 delighted
6 very satisfying
5 satisfying
4 mixed
3 dissatisfying
2 very dissatisfying
1 terrible
- No opinion

Name: Andrews & Withey's "Delighted-Terrible Scale" (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/sq/t/v/10/a
Selfreport on single question asked twice in interview,

"How do you feel about your life as a whole......?"
10 delightfull
9
8
7
6
5
4
3
2
1 terrible
Summation: mean

Name: Andrews & Withey's 'Delightfull-Terrible Scale' (modified 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

Summation: arithmetic mean

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

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/n/6/a  Selfreport on single question:

"How happy are you now (not at this moment, but at this stage of life) .....?"
1  not at all
2
3
4
5
6  very much

(originally rated on horizontal line scale)

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

"How happy are you now (not at this moment, but at this stage of life) .....?"
0  not at all
1
2
3
4
5  very much

(originally rated on horizontal line scale)
Findings on Happiness & LIFE-EVENTS Correlate Code: L 6

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/ba Selfreport on single question:

"All in all, how much UNhappiness would you say that you find in life today.......?"
1 a great deal
2 some
3 almost none

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

"In general, how happy are you these days .....?"
3 very happy
2 pretty happy
1 not too happy

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

"Taking your life as a whole, are you.....?"
5 very happy
4 quite happy
3 more happy than unhappy
2 more unhappy than happy
1 quite unhappy

In German:
"Wenn Sie Ihr Leben jetzt alles im allem betrachten, sind Sie.....?"
e sehr glücklich
d ziemlich glücklich
c eher glücklich
b eher unglücklich
a ziemlich unglücklich

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  ulykklig
1  meget ulykkelig

O-HP/g/sq/o/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-QLS/c/sq/v/5/a  Selfreport on single question:

"When you take everything into consideration, your child, your adult life, etc, how would you describe your current life situation......?"
1  things are very bad right now
2
3
4
5  things are very good
(Response options not fully reported)

O-SL/?/sq/v/4/a  Selfreport on single question:

"...... how satisfied are you with your life-as-a-whole......?"
(Full question not reported)
1  not very satisfied
2  somewhat satisfied
3  very satisfied
4  extremely satisfied

O-SL/?/sq/v/5/b  Selfreport on single question:

"......satisfaction with life........"
(Full question not reported)
1  very dissatisfied
2  a little dissatisfied
3  neither dissatisfied nor satisfied
4  well satisfied
5  completely satisfied

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

Original text in Danish:
'Hvor tilfreds er du med dit liv for tiden?'
5  meget tilfreds
4  tilfreds
3  hverken tilfreds eller utilfreds
2  utilfreds
1  meget utilfreds

Selfreport on single question:

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

Selfreport on single question:

"All in all, are you currently satisfied with your life.....?"
0  not satisfied
1
2
3
4  very satisfied

In German;
"Sind Sie derzeit mit Ihrem Leben im grossen und ganzen zufrieden.....?"
0  nicht zufrieden
1
2
3
4  sehr zufrieden

Selfreport on single question:

"Taking everything into consideration: how satisfied are you with your life in
general at the present time.....?"
Findings on Happiness & LIFE-EVENTS

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

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
5
4
3
2
1. completely dissatisfied

Summation: both scores added
Possible range: 2 to 14

O-Sum/se/fl/?/5/a Selfreport in focussed interview:

Interviews on life after divorce, in which happiness and life-satisfaction were items. Content analysis of taped records by two raters. Rated instructions not reported

Ratings made on a 5 steps scale. (Rating scale not reported)

O-Sum/u/mq/*/0/a Selfreport on 3 questions:


B. Overall happiness. Single direct question: "Taking all things together, how would you say things are these days? Would you say you are ...?"
3. very happy
2. pretty happy
1. not too happy

C. Present-year score on Life-Evaluation Chart, ranging from:
1. low
2
3
4
5
6
7
8
9. high

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>
| 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-JEAN-KEULS) |
| B      | REGRESSION COEFFICIENT (non-standardized)  
Type: test statistic  
Measurement level: Correlate: metric, Happiness: metric  
Theoretical range: unlimited  
Meaning:  
B > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
B < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
B = 0 « not any correlation with the relevant correlate. |
| Beta   | (B) 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] |
Findings on Happiness & LIFE-EVENTS

**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.

**DMr**
**DIFFERENCE IN MEAN RIDITS**
Type: test statistic
Measurement level: Happiness ordinal
Range: [0; +1]

Meaning:
Mr < .50: average happiness in this subgroup lower than in the larger population
Mr = .50: average happiness in this subgroup the same as in the larger population
Mr > .50: average happiness in this subgroup higher than in the larger population

‘Ridit analysis’ compares the distribution of happiness scores in subgroups to its distribution in the entire sample ("Relative to an Identified Distribution")

Testing for significance can be performed through a "BROSS Confidence Interval" (BCI). If all values the BCI for a subgroup are above/below 0.500, the subgroup is significantly more/less happy than the larger population.

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

**r**
**PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')**
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]
Findings on Happiness & LIFE-EVENTS

**Correlate Code: L 6**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Description</th>
<th>Range</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>$r$</td>
<td>PARTIAL CORRELATION COEFFICIENT</td>
<td>$[-1, +1]$</td>
<td>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 $r &gt; 0$ « a higher correlate level corresponds with a higher happiness rating, $r &lt; 0$ « a higher correlate level corresponds with a lower happiness rating,</td>
</tr>
<tr>
<td>$\beta_L$</td>
<td>PATH COEFFICIENT OBTAINED IN A LISREL MODEL.</td>
<td>unlimited, but seldom exceeds $[-1, +1]$</td>
<td>In the Catalogue of Correlational Findings, this statistic or statistical procedure occurs very rarely only. The reader is referred to the excerpted publication for detailed information or for further reference.</td>
</tr>
<tr>
<td>$\tau_B$</td>
<td>KENDALL'S RANK CORRELATION COEFFICIENT TAU-B</td>
<td>$[-1, +1]$</td>
<td>Meaning: $\tau_B = 0$ « no rank correlation $\tau_B = 1$ « perfect rank correlation, where high values of the correlate correspond with high happiness ratings. $\tau_B = -1$ « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.</td>
</tr>
</tbody>
</table>

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
      - Happiness Queries (3)
        - Testbank
          - Abstracting and classification of findings
          - Distributional Findings: How happy people are
          - Correlational Findings: What goes with happiness

2. DIRECTORY OF INVESTIGATORS Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
3. CATALOG OF HAPPINESS QUERIES (testbank) Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
4. CATALOG OF HAPPINESS IN NATIONS Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
5. CATALOG OF HAPPINESS IN PUBLICS Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
### Appendix 4  Further Findings in the World Database of Happiness

<table>
<thead>
<tr>
<th>Main Category’s Code</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>
</tr>
<tr>
<td>C 10</td>
<td>CREATIVENESS</td>
<td>6</td>
</tr>
<tr>
<td>C 11</td>
<td>CULTURE (Arts and Sciences)</td>
<td>6</td>
</tr>
<tr>
<td>C 2</td>
<td>CHILDREN: WANT FOR (Parental aspirations)</td>
<td>6</td>
</tr>
<tr>
<td>C 3</td>
<td>CHILDREN: HAVING (parental status)</td>
<td>145</td>
</tr>
<tr>
<td>C 4</td>
<td>CHILDREN's CHARACTERISTICS</td>
<td>19</td>
</tr>
<tr>
<td>C 5</td>
<td>CHILDREN: RELATION WITH</td>
<td>8</td>
</tr>
<tr>
<td>C 6</td>
<td>CHILDREN: REARING (parental behavior)</td>
<td>11</td>
</tr>
<tr>
<td>C 7</td>
<td>COMMUNAL LIVING</td>
<td>1</td>
</tr>
<tr>
<td>C 8</td>
<td>CONCERNS</td>
<td>15</td>
</tr>
<tr>
<td>C 9</td>
<td>COPING</td>
<td>27</td>
</tr>
<tr>
<td>D 1</td>
<td>DAILY JOYS &amp; HASSLES</td>
<td>4</td>
</tr>
<tr>
<td>E 1</td>
<td>EDUCATION</td>
<td>243</td>
</tr>
<tr>
<td>E 2</td>
<td>EMPLOYMENT</td>
<td>180</td>
</tr>
<tr>
<td>E 3</td>
<td>ETHNICITY</td>
<td>63</td>
</tr>
<tr>
<td>E 4</td>
<td>EXPRESSIVE BEHAVIOR</td>
<td>10</td>
</tr>
<tr>
<td>F 1</td>
<td>FAMILY OF ORIGIN (earlier family for adults, current for young)</td>
<td>195</td>
</tr>
<tr>
<td>F 2</td>
<td>FAMILY OF PROCREATION</td>
<td>42</td>
</tr>
<tr>
<td>F 3</td>
<td>FAMILY OF RELATIVES</td>
<td>145</td>
</tr>
<tr>
<td>F 4</td>
<td>FARMING</td>
<td>30</td>
</tr>
<tr>
<td>F 5</td>
<td>FREEDOM</td>
<td>24</td>
</tr>
<tr>
<td>F 6</td>
<td>FRIENDSHIP</td>
<td>123</td>
</tr>
<tr>
<td>G 1</td>
<td>GENDER</td>
<td>252</td>
</tr>
<tr>
<td>G 2</td>
<td>GRIEF</td>
<td>1</td>
</tr>
<tr>
<td>H 10</td>
<td>HOPE</td>
<td>3</td>
</tr>
<tr>
<td>H 11</td>
<td>HOUSEHOLD: COMPOSITION</td>
<td>90</td>
</tr>
<tr>
<td>H 12</td>
<td>HOUSEHOLD: WORK</td>
<td>10</td>
</tr>
<tr>
<td>H 13</td>
<td>HOUSING</td>
<td>75</td>
</tr>
<tr>
<td>H 2</td>
<td>HANDICAP</td>
<td>13</td>
</tr>
<tr>
<td>Code</td>
<td>Category</td>
<td>Code</td>
</tr>
<tr>
<td>------</td>
<td>----------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>H 3</td>
<td>HAPPINESS: ATTITUDES</td>
<td>39</td>
</tr>
<tr>
<td>H 5</td>
<td>HAPPINESS CAREER</td>
<td>144</td>
</tr>
<tr>
<td>H 6</td>
<td>HAPPINESS: CURRENT LEVEL</td>
<td>260</td>
</tr>
<tr>
<td>H 8</td>
<td>HEALTH-BEHAVIOR</td>
<td>15</td>
</tr>
<tr>
<td>H 9</td>
<td>HELPING</td>
<td>4</td>
</tr>
<tr>
<td>I 1</td>
<td>INCOME</td>
<td>415</td>
</tr>
<tr>
<td>I 2</td>
<td>INSTITUTIONAL LIVING</td>
<td>28</td>
</tr>
<tr>
<td>I 3</td>
<td>INTELLIGENCE</td>
<td>63</td>
</tr>
<tr>
<td>I 4</td>
<td>INTERESTS</td>
<td>5</td>
</tr>
<tr>
<td>I 5</td>
<td>INTERVIEW</td>
<td>49</td>
</tr>
<tr>
<td>I 6</td>
<td>INTIMACY</td>
<td>70</td>
</tr>
<tr>
<td>L 1</td>
<td>LANGUAGE</td>
<td>1</td>
</tr>
<tr>
<td>L 10</td>
<td>LOCAL ENVIRONMENT</td>
<td>270</td>
</tr>
<tr>
<td>L 11</td>
<td>LOTTERY</td>
<td>7</td>
</tr>
<tr>
<td>L 12</td>
<td>LOVE-LIFE</td>
<td>26</td>
</tr>
<tr>
<td>L 2</td>
<td>LEADERSHIP</td>
<td>8</td>
</tr>
<tr>
<td>L 3</td>
<td>LEISURE</td>
<td>128</td>
</tr>
<tr>
<td>L 4</td>
<td>LIFE APPRAISALS: OTHER THAN HAPPINESS4</td>
<td>290</td>
</tr>
<tr>
<td>L 5</td>
<td>LIFE-CHANGE</td>
<td>26</td>
</tr>
<tr>
<td>L 6</td>
<td>LIFE-EVENTS</td>
<td>63</td>
</tr>
<tr>
<td>L 7</td>
<td>LIFE-GOALS</td>
<td>52</td>
</tr>
<tr>
<td>L 8</td>
<td>LIFE HISTORY</td>
<td>1</td>
</tr>
<tr>
<td>L 9</td>
<td>LIFE STYLE</td>
<td>4</td>
</tr>
<tr>
<td>M 1</td>
<td>MARRIAGE: MARITAL STATUS CAREER</td>
<td>32</td>
</tr>
<tr>
<td>M 10</td>
<td>MIGRATION: MIGRANT WORK</td>
<td>3</td>
</tr>
<tr>
<td>M 11</td>
<td>MILITARY LIFE</td>
<td>5</td>
</tr>
<tr>
<td>M 12</td>
<td>MODERNITY</td>
<td>5</td>
</tr>
<tr>
<td>M 13</td>
<td>MOOD</td>
<td>181</td>
</tr>
<tr>
<td>M 2</td>
<td>MARRIAGE: CURRENT MARITAL STATUS</td>
<td>315</td>
</tr>
<tr>
<td>M 3</td>
<td>MARRIAGE: RELATIONSHIP</td>
<td>99</td>
</tr>
<tr>
<td>M 4</td>
<td>MARRIAGE: PARTNER</td>
<td>34</td>
</tr>
<tr>
<td>M 5</td>
<td>MEANING</td>
<td>18</td>
</tr>
<tr>
<td>M 6</td>
<td>MEDICAL TREATMENT</td>
<td>49</td>
</tr>
<tr>
<td>M 7</td>
<td>MENTAL HEALTH</td>
<td>99</td>
</tr>
<tr>
<td>M 8</td>
<td>MIGRATION: OTHER COUNTRY</td>
<td>9</td>
</tr>
<tr>
<td>M 9</td>
<td>MIGRATION: MOVING WITHIN COUNTRY (residential mobility)</td>
<td>17</td>
</tr>
<tr>
<td>N 1</td>
<td>NATIONALITY</td>
<td>5</td>
</tr>
<tr>
<td>N 2</td>
<td>NATION: TIME &amp; PLACE</td>
<td>20</td>
</tr>
<tr>
<td>N 3</td>
<td>NATIONAL CHARACTER (modal personality)</td>
<td>2</td>
</tr>
<tr>
<td>N 4</td>
<td>NATION'S CONDITION</td>
<td>52</td>
</tr>
<tr>
<td>N 6</td>
<td>ATTITUDES TO THE NATION</td>
<td>111</td>
</tr>
<tr>
<td>N 7</td>
<td>LIVABILITY OF THE NATION</td>
<td>5</td>
</tr>
<tr>
<td>N 8</td>
<td>NUTRITION</td>
<td>18</td>
</tr>
<tr>
<td>O 1</td>
<td>OCCUPATION</td>
<td>133</td>
</tr>
<tr>
<td>Code</td>
<td>Category</td>
<td>Value</td>
</tr>
<tr>
<td>------</td>
<td>----------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>O 2</td>
<td>ORGAN TRANSPLANTATION</td>
<td>11</td>
</tr>
<tr>
<td>P 1</td>
<td>PERSONALITY: HISTORY</td>
<td>44</td>
</tr>
<tr>
<td>P 10</td>
<td>POSSESSIONS</td>
<td>26</td>
</tr>
<tr>
<td>P 12</td>
<td>PROBLEMS</td>
<td>20</td>
</tr>
<tr>
<td>P 13</td>
<td>PSYCHO-SOMATIC COMPLAINTS</td>
<td>53</td>
</tr>
<tr>
<td>P 2</td>
<td>PERSONALITY: CHANGE</td>
<td>7</td>
</tr>
<tr>
<td>P 3</td>
<td>PERSONALITY: CURRENT ORGANIZATION</td>
<td>7</td>
</tr>
<tr>
<td>P 4</td>
<td>PERSONALITY: CURRENT TRAITS</td>
<td>392</td>
</tr>
<tr>
<td>P 5</td>
<td>PERSONALITY: LATER</td>
<td>23</td>
</tr>
<tr>
<td>P 6</td>
<td>PHYSICAL HEALTH</td>
<td>286</td>
</tr>
<tr>
<td>P 7</td>
<td>PLANNING</td>
<td>7</td>
</tr>
<tr>
<td>P 8</td>
<td>POLITICS</td>
<td>197</td>
</tr>
<tr>
<td>P 9</td>
<td>POPULARITY</td>
<td>22</td>
</tr>
<tr>
<td>R 1</td>
<td>RELIGION</td>
<td>198</td>
</tr>
<tr>
<td>R 2</td>
<td>RESOURCES</td>
<td>8</td>
</tr>
<tr>
<td>R 3</td>
<td>RETIREMENT</td>
<td>46</td>
</tr>
<tr>
<td>R 4</td>
<td>ROLES</td>
<td>13</td>
</tr>
<tr>
<td>S 1</td>
<td>SCHOOL</td>
<td>92</td>
</tr>
<tr>
<td>S 10</td>
<td>SOCIAL SUPPORT: RECEIVED</td>
<td>26</td>
</tr>
<tr>
<td>S 11</td>
<td>SOCIAL SUPPORT: Provided</td>
<td>3</td>
</tr>
<tr>
<td>S 12</td>
<td>SPORTS</td>
<td>32</td>
</tr>
<tr>
<td>S 13</td>
<td>STIMULANTS</td>
<td>33</td>
</tr>
<tr>
<td>S 14</td>
<td>SUICIDE</td>
<td>4</td>
</tr>
<tr>
<td>S 15</td>
<td>SUMMED EFFECTS ON HAPPINESS</td>
<td>71</td>
</tr>
<tr>
<td>S 2</td>
<td>SELF-IMAGE</td>
<td>193</td>
</tr>
<tr>
<td>S 3</td>
<td>SEX-LIFE</td>
<td>54</td>
</tr>
<tr>
<td>S 4</td>
<td>SLEEP</td>
<td>10</td>
</tr>
<tr>
<td>S 5</td>
<td>SOCIAL MOBILITY</td>
<td>16</td>
</tr>
<tr>
<td>S 6</td>
<td>SOCIAL PARTICIPATION: PERSONAL CONTACTS</td>
<td>16</td>
</tr>
<tr>
<td>S 7</td>
<td>SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS</td>
<td>111</td>
</tr>
<tr>
<td>S 8</td>
<td>SOCIAL PARTICIPATION: TOTAL (personal + associations)</td>
<td>25</td>
</tr>
<tr>
<td>S 9</td>
<td>SOCIAL STATUS (Socio-Economic Status)</td>
<td>140</td>
</tr>
<tr>
<td>T 1</td>
<td>TIME</td>
<td>27</td>
</tr>
<tr>
<td>T 2</td>
<td>THERAPY</td>
<td>9</td>
</tr>
<tr>
<td>T 3</td>
<td>TOLERANCE</td>
<td>37</td>
</tr>
<tr>
<td>V 1</td>
<td>VALUE CAREER</td>
<td>8</td>
</tr>
<tr>
<td>V 2</td>
<td>VALUES: CURRENT PREFERENCES (own)</td>
<td>49</td>
</tr>
<tr>
<td>V 3</td>
<td>VALUES: CLIMATE (current values in environment)</td>
<td>4</td>
</tr>
<tr>
<td>V 4</td>
<td>VALUES: SIMILARITY (current fit with others)</td>
<td>5</td>
</tr>
<tr>
<td>V 5</td>
<td>VICTIM</td>
<td>11</td>
</tr>
<tr>
<td>W 1</td>
<td>WAR</td>
<td>5</td>
</tr>
<tr>
<td>W 2</td>
<td>WORK CAREER</td>
<td>1</td>
</tr>
<tr>
<td>W 3</td>
<td>WORK CONDITIONS</td>
<td>34</td>
</tr>
<tr>
<td>W 4</td>
<td>WORK-ATTITUDES</td>
<td>313</td>
</tr>
<tr>
<td>Code</td>
<td>Category</td>
<td>Value</td>
</tr>
<tr>
<td>------</td>
<td>---------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>W 5</td>
<td>WORK-PERFORMANCE (current)</td>
<td>6</td>
</tr>
<tr>
<td>W 6</td>
<td>WORRIES</td>
<td>27</td>
</tr>
<tr>
<td>X</td>
<td>UNCLASSIFIED</td>
<td>22</td>
</tr>
</tbody>
</table>
## Appendix 5  Related Topics

<table>
<thead>
<tr>
<th>This Topic</th>
<th>Related Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classification Page 1</strong></td>
<td><strong>In Subject List on Appendix 4</strong></td>
</tr>
<tr>
<td>L 6 LIFE-EVENTS</td>
<td>S 15 SUMMED EFFECTS ON HAPPINESS</td>
</tr>
<tr>
<td>L 6.1 Life-event career</td>
<td>L 8 LIFE HISTORY</td>
</tr>
<tr>
<td>L 6.1.1 Earlier life-events</td>
<td>L 5.1.1 Earlier life-change</td>
</tr>
<tr>
<td>L 6.1.1.1 burden of earlier life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.1.1.2 specific earlier life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.1.2 Change in life-event burden</td>
<td></td>
</tr>
<tr>
<td>L 6.1.4 Later life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.2 Current life-events (past few years)</td>
<td>L 5.2 Current life-change (assessed by follow up)</td>
</tr>
<tr>
<td>L 6.2.1 Burden of current life-events</td>
<td>STRESS</td>
</tr>
<tr>
<td>L 6.2.1.1 major life-change or not</td>
<td>L 5.2 Current life-change (assessed by follow up)</td>
</tr>
<tr>
<td>L 6.2.1.2 summed life-events: equal weight</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.3 summed life-events: standard weights</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.4 summed life-events: weighted in context</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.5 sum of negative life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.6 sum of positive life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.7 balance of negative- and positive life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.8 sum of negative events: weighed in context</td>
<td></td>
</tr>
<tr>
<td>L 6.2.1.9 sum of positive events: weighed in context</td>
<td></td>
</tr>
<tr>
<td>L 6.2.2 Specific current life-events</td>
<td></td>
</tr>
<tr>
<td>L 6.3 Attitudes to life-events</td>
<td>L 5.3 Attitudes to life-change</td>
</tr>
<tr>
<td>L 6.3.1 Expected life-events</td>
<td>L 5.3.2 Expected life-change</td>
</tr>
<tr>
<td>L 6.4 Climate of change</td>
<td></td>
</tr>
</tbody>
</table>

---

**End of Report**

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 98 of 98