## Classification of Findings

<table>
<thead>
<tr>
<th>Correlate Code</th>
<th>Correlate Name</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>M 7</td>
<td>MENTAL HEALTH</td>
<td>0</td>
</tr>
<tr>
<td>M 7.1</td>
<td>Mental-health career</td>
<td>0</td>
</tr>
<tr>
<td>M 7.1.1</td>
<td>Earlier mental health</td>
<td>14</td>
</tr>
<tr>
<td>M 7.2</td>
<td>Change in mental health</td>
<td>1</td>
</tr>
<tr>
<td>M 7.1.2</td>
<td>Later mental health</td>
<td>2</td>
</tr>
<tr>
<td>M 7.1.4</td>
<td>Current general mental health</td>
<td>27</td>
</tr>
<tr>
<td>M 7.2.1</td>
<td>Expert ratings of mental health</td>
<td>4</td>
</tr>
<tr>
<td>M 7.2.2.2</td>
<td>. scores on symptom inventories</td>
<td>16</td>
</tr>
<tr>
<td>M 7.2.2.3</td>
<td>. feels close to mental breakdown</td>
<td>1</td>
</tr>
<tr>
<td>M 7.3</td>
<td>Current specific mental disorders</td>
<td>5</td>
</tr>
<tr>
<td>M 7.3.1</td>
<td>Depression</td>
<td>27</td>
</tr>
<tr>
<td>M 7.3.2</td>
<td>Neurosis</td>
<td>3</td>
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<tr>
<td>M 7.3.3</td>
<td>Schizophrenia</td>
<td>1</td>
</tr>
<tr>
<td>M 7.4</td>
<td>Current positive mental health</td>
<td>2</td>
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<tr>
<td>M 7.5</td>
<td>Current treatment for mental problems</td>
<td>0</td>
</tr>
<tr>
<td>M 7.5.1</td>
<td>Perceived need for treatment</td>
<td>1</td>
</tr>
<tr>
<td>M 7.5.2</td>
<td>In ambulatory treatment</td>
<td>7</td>
</tr>
<tr>
<td>M 7.5.3</td>
<td>In mental hospital</td>
<td>6</td>
</tr>
<tr>
<td>M 7.5.4</td>
<td>Use of psycho-pharmacals</td>
<td>2</td>
</tr>
<tr>
<td>M 7.6</td>
<td>Attitudes to own mental health</td>
<td>0</td>
</tr>
<tr>
<td>M 7.6.1</td>
<td>Readiness to seek professional care</td>
<td>2</td>
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<tr>
<td>M 7.6.2</td>
<td>Satisfaction with treatment</td>
<td>0</td>
</tr>
<tr>
<td>M 7.2.2</td>
<td>Self ratings of mental health</td>
<td>3</td>
</tr>
<tr>
<td>M 7.2.2.1</td>
<td>. overall selfestimate of mental health</td>
<td>2</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 & MENTAL HEALTH
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
Findings on Happiness & MENTAL HEALTH  

Correlate Code: M 7

Study  

**BACHM 1978**  

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

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

*Sample:*  

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

*N:*  
T1 - T5:  
2213/1886/1799/ 
1620/1628

**Measured Correlate**  

*Class:*  
Earlier mental health Code: M 7.1.1

*Measurement:*  
40-item index of closed questions on irritability (7 items),  
general anxiety (7 items), anxiety and tension (5 items),  
depression (6 items), anomie (8 items) and resentment (7 items).  
Scale: 1.00 = low to 5.00 = high negativity. Assessed at T1, T2, T3 and T4

*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/mq/v/5/a</td>
<td>tau=-</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative affective states</td>
</tr>
<tr>
<td></td>
<td>Happiness</td>
<td>T1</td>
</tr>
<tr>
<td>T1</td>
<td>_ = -.54</td>
<td>.35</td>
</tr>
<tr>
<td>T2</td>
<td>_ = -.37</td>
<td>.56</td>
</tr>
<tr>
<td>T3</td>
<td>_ = -.31</td>
<td>.45</td>
</tr>
<tr>
<td>T4</td>
<td>_ = -.35</td>
<td>.42</td>
</tr>
</tbody>
</table>

All significant (001)  
**Findings on Happiness & MENTAL HEALTH**

**Correlate Code: M 7**

---

### Study

**BRADB 1969**

**Reported in:** Bradburn, N.M.

The structure of psychological well-being

Aldine Publishing Company, 1969, Chicago, USA

**Population:** 21-60 aged, general public, urban areas, USA, 1963 - 64

**Sample:**

Non-Response: ± 20%, Attrition

± 30%

**N:** 2787

---

### Measured Correlate

**Class:** Earlier mental health  

**Code:** M 7.1.1

**Measurement:** Direct question:

0 No

1 Yes

**Measured Values:**

**Error Estimates:**

**Remarks:** Data T1. Results T3 similar.

Not computed for summed ABS.

---

### 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>G= -</td>
<td></td>
</tr>
</tbody>
</table>

Index of Positive Affects:

- Males: T1: G = Data

- Females: T1: G =

Not computed for summed ABS.

Index of Negative Affects:

- Males: T1: G = +.48

- Females: T1: G = +.47

Unaffected by amount of worries.
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: Earlier mental health Code: M 7.1.1
Measurement: 42-item California Symptoms Checklist, derived from Cornwell Medical Index, administered 11 years ago at T1(1969).

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
O-HL/c/sq/v/3/cb | r= | Males: r = -.31 (05) Females: r = -.17 ns Happiness assessed at T5(1980)
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

Study       COSTA 1980/2
Reported in: Costa, P.T. & McCrae, R.R.
Influence of extraversion and neuroticism on subjective well-being: happy and

Population: 25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76
Sample:
Non-Response:
N: 234

Measured Correlate

Class: Earlier mental health Code: M 7.1.1

Measurement:
Cattell (1973) Sixteen Personality Factor Questionnaire
Assessed at T1 (10 years ago)

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/cy/mq/v/2/a</td>
<td>r = -.30</td>
<td>p &lt; .001</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hedonic level assessed at T2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NAS: r = .39 ( .001 )</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PAS: r = .08 ns</td>
</tr>
</tbody>
</table>

World Database of Happiness: www.eur.nl/fsw/research/happiness
Print date: 7-2-2003
Findings on Happiness & MENTAL HEALTH

COSTA 1981

Reported in: Costa, P.T., McCrae, R.R. & Morris, A.H.
Personal adjustment to aging: Longitudinal prediction from neuroticism and extraversion.

Population: 17-97 aged males, visitors of the Gerontology Research Centre, followed ± 10 years
Baltimore, USA. 1958-70

Sample:
Non-Response: Attrition 79% at T3, mostly among psychologically least adjusted
N: 557 at T1, 423 at T2, 117 at T3

Class: Earlier mental health
Code: M 7.1.1


Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
C-A/h/sq/v/3/a  r=  p<.s  T1 neuroticism by T1 happiness:
· young (18-49)  r= -.17 (001)
· old (50-97) r= -.15 (01)

r=-.19  p<.01  T1 neuroticism by T2 happiness (2-10 yrs later)

r=-.11  ns  T1 neuroticism by T3 happiness (10-17 yrs later)
### Study

**ESTES 1973**

**Reported in:** Estes, R.

Determinants of differential stress levels among university students.


**Population:** University students, mental patients and controls, California, USA, 1971-72

**Sample:**

**Non-Response:** N: 280

---

### Measured Correlate

**Class:** Earlier mental health  
**Code:** M 7.1.1

**Measurement:**

0. No earlier treatment

1. Received psychiatric treatment prior to college years.

---

### Observed Relation with Happiness

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

A-AOL/g/sq/v/2/a  
G=-.68  
p<.01
### Study

**ORMEL 1980**  
*Reported in:* Ormel, H.  
Moeite met leven of een moeilijk leven (Difficulty in living 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:** Earlier mental health  
- **Code:** M 7.1.1  
- **Measurement:** 4-item additive index of specified physical complaints, having occurred in the past 4 weeks and rated on a 4 point scale, 1: none, ..., 4: longer than 2 weeks:  
  1. nervousness  
  2. depression  
  3. worrying  
  4. moodiness  
  Assessed at T2(1976) and T3(1977)

### Measured Values:

### Error Estimates:

### Remarks:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cw/mq/v/4/c</td>
<td>r = -.57</td>
<td>T2 happiness by T2 complaints</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r = -.44</td>
<td>T3 happiness by T2 complaints</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r = -.32</td>
<td>T2 happiness by T3 complaints</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r = -.52</td>
<td>T3 happiness by T3 complaints</td>
</tr>
<tr>
<td></td>
<td>p &lt; .01</td>
<td></td>
</tr>
</tbody>
</table>
Study PAYNE 1974

Reported in: Payne, R.L.
N.M. Bradburn's measures of psychological well-being: an attempt at replication.
Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology

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

Sample: 4% incomplete.
N: 192

Measured Correlate

Class: Earlier mental health  Code: M 7.1.1

Measurement: Direct question:
0 no
1 yes

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/5/a</td>
<td>G=-</td>
<td>Index of Positive Affects: G = +.08</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Index of Negative Affects: G = +.19</td>
</tr>
</tbody>
</table>
## Study

**PAYNE 1974**

- **Reported in:** Payne, R.L.
- **Measurement:** Direct question:
  - 0 no
  - 1 yes

### Measured Correlate

- **Class:** Earlier mental health
- **Code:** M 7.1.1
- **Population:** Employed males, supervising jobs, England, 197?
- **Sample:**
- **Non-Response:** 4% incomplete.
- **N:** 192

### Measured Values:

<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 = +.44  
Index of Negative Affects: G = +.41 |

**Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology University of Sheffield, England, 1974.**

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

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>4% incomplete.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N:</strong></td>
<td>192</td>
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</tbody>
</table>

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

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>4% incomplete.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N:</strong></td>
<td>192</td>
</tr>
</tbody>
</table>

**Memo No: 61, MRC Social and Applied Psychology. Unit, Dpt.ofPsychology University of Sheffield, England, 1974.**
Findings on Happiness & MENTAL HEALTH

Study

SEARS 1977A

Reported in:
Sears, P.S. & Barbee, A.H.
Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The
Publ.1977, Baltimore and London, p.28-72

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: Earlier mental health Code: M 7.1.1
Measurement: Self rating of general adjustment on 3-point scale.
Assessed in 1960.

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
C-ASG/h/mq/v/5/a AoV=+ p<.01 Earlier retrospective adjustment (1960) by present
happiness (1972).
M-PL/h/sq/v/5/b Chi²= p<.00 Earlier retrospective adjustment (1960) by present
happiness (1972).
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

**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:* Earlier mental health  
*Code:* M 7.1.1

*Measurement:* Selfrating of general adjustment on 3-point scale.  
Assessed in 1960.

*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>C-ASG/h/mq/v/5/a</td>
<td>AoV=+ p&lt;.00</td>
<td>Earlier retrospective adjustment (1960) by present happiness (1972).</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>Earlier retrospective adjustment (1960) by present happiness (1972).</td>
</tr>
</tbody>
</table>
### Study

**VEROF 1962**

**Reported in:** Veroff, J., Feld, S. & Gurin, G.  
Dimensions of subjective adjustment.  

**Population:** 21+ aged, married, with children, USA, 1957

**Sample:**

**Non-Response:** -

**N:** 797

---

### Measured Correlate

**Class:** Earlier mental health  
Code: M 7.1.1

**Measurement:** Direct question: no vs yes

**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/u/sq/v/3/a</td>
<td>tb= -</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

**Males:** $b = -.10 \text{ (05)}$

**Females:** $b = -.11 \text{ (01)}$

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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 14 of 143
### 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

**Sample:**

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

**N:** 17

### Measured Correlate

**Class:** Earlier mental health  
Code: M 7.1.1

**Measurement:** Score derived from a 212-item inventory of past life experiences.

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

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

A-ARE/md/sqr/v/10/  
$r = -.46$  
$p < .10$
### 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
- **Sample:**
- **Non-Response:** 37%: 9 dropouts, incomplete; about the same happiness distribution.
- **N:** 17

### Measured Correlate

- **Class:** Earlier mental health Code: M 7.1.1
- **Measurement:** MMPI Depression Scale, taken 2 years previously (see Gough, 1953).
- **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 = -.83</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

<table>
<thead>
<tr>
<th>Study</th>
<th>CHIRI 1982</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Chiriboga, D.A.</td>
</tr>
<tr>
<td>Consistency in adult functioning: The influence of social stress</td>
<td>Ageing and Society, vol.2 part 1, p.7-29</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>People in transition followed 4 years, metropolis, USA, 1969-1980</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>Attrition after 11 years 24%</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>163 (in 1969:216)</td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** Later mental health
- **Code:** M 7.1.4
- **Measurement:** 42-item California Symptoms Checklist, derived from Cornwell Medical Index, administered 11 years later at T5(1980)

**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/v3/cb</td>
<td>r=</td>
<td>Males: $r = +.06$ ns  Females: $r = -.08$ ns  Happiness assessed at T1(1969)</td>
</tr>
</tbody>
</table>
Studies on Happiness & MENTAL HEALTH

**CHIRI 1971**

- **Reported in:** Chiriboga, D. & Lowenthal, M.F.
  
  Psychological correlates of perceived well-being
  
  Proceedings of the 79th Annual Convention, A.P.A., 1971

- **Population:** People in transition, metropolis, USA, 1969
  
  **Non-Response:** -
  
  **N:** 216

**Measured Correlate**

- **Class:** Current general mental health
  
  **Code:** M 7.2

- **Measurement:**
  
  10 indicators of psychological deficits including number of symptoms mentioned, plus a psychiatrist's ratings of the degree of psychopathology implicit in each symptom response, long- and short-term symptoms, and total symptom response set per respondent; Gottschalk anxiety scores, derived from TAT cards, global ratings by a interdisciplinary team of social scientists on perceived stress, stress impact, degree and direction of impairment.

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

- **Happiness Query:** A-BB/cw/mq/v/4/d
  
  **Statistics:** $r = -$, $p < .05$

  **Remarks:** Six of the deficit indicators correlated significantly (05) with both affect balance and with negative affect.

  No relationships with positive affect were found.
Findings on Happiness & MENTAL HEALTH

Resource-deficit configuration: the high/high combination is the most "complex", the low/low combination the most "simple".

1. Resources (aspects of positive mental health): 13 characteristics, such as familial mutuality, insight, competence, self-satisfaction, etc., rated on the basis of an interview protocol.

2. Deficits (aspects of negative mental health): 5 ratings of mental impairment based on scores on a symptom inventory and analysis of the interview protocol. Both resource level and deficit levels were divided in three categories: high, middle, low. This allowed nine combinations: high/high, high/middle, .......low/low.

Measured Correlate

Class: Current general mental health

Measurement: Resource-deficit configuration: the high/high combination is the most "complex", the low/low combination the most "simple".

1. Resources (aspects of positive mental health): 13 characteristics, such as familial mutuality, insight, competence, self-satisfaction, etc., rated on the basis of an interview protocol.

2. Deficits (aspects of negative mental health): 5 ratings of mental impairment based on scores on a symptom inventory and analysis of the interview protocol. Both resource level and deficit levels were divided in three categories: high, middle, low. This allowed nine combinations: high/high, high/middle, .......low/low.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
---|---|---

Resource/deficit combinations characteristic of the happiest among:
- high school seniors high/high
- newly weds medium/low
- middle-aged parents medium/low
- preretirees low/low

The correspondence of happiness and "complexity" in mental health declines with age.
Findings on Happiness & MENTAL HEALTH  Correlate Code: M 7

**Study**

**ALEXA 1968**  
*Reported in:* Alexander, W.E.  

**Population:** Schizophrenic males non-hospitalized, Monroe County, New York, USA, 1964-65

**Sample:**

**Non-Response:** 28%, most of them patients'or family member refusal

**N:** 178

**Measured Correlate**

**Class:** Expert ratings of mental health  
Code: M 7.2.1

**Measurement:** Rating by a psychiatrist on the basis of a detailed symptom checklist: 1-3 (minimal impairment) / 4-6 / 7-9 / 8-12 (marked impairment)

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

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

A-BB/cw/mq/v/4/f  
$r = -$  
Index of Negative Affects: $r = +.16$ (ns)  
U-shaped curve: Ss with pathology ratings of 7-9 having most negative feelings.  
Significant differences between those with ratings of 4-6 and those with ratings of 7-9 only.  
Unrelated to the Index of Positive Affects.

O-HL/c/sq/v/3/aa  
$G = -.27$ $p < .01$  
Index of Negative Affects: $r = +.16$ (ns)  
U-shaped curve: Ss with pathology ratings of 7-9 having most negative feelings.  
Significant differences between those with ratings of 4-6 and those with ratings of 7-9 only.  
Unrelated to the Index of Positive Affects.

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

**BAKER 1982**

- **Reported in:** Baker, F., Intagliata, J.
  Quality of life in the evaluation of Community Support Systems.
- **Population:** Mental patients shortly after change in institutional setting, USA, 1981
- **Sample:**
- **Non-Response:** -
- **N:** 118

### Measured Correlate

- **Class:** Expert ratings of mental health  Code: M 7.2.1
- **Measurement:** Rating by case-managers using the Global Assessment Scale (Endicott, Spitzer, Fleiss & Cohen, 1976)
- **Measured Values:**
- **Error Estimates:**
- **Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r=+.17</td>
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</table>
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

Study

Reported in: Beiser, M.
Components and correlates of mental well-being

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

Sample:

Non-Response: 10%
N: 112

Measured Correlate

Class: Expert ratings of mental health Code: M 7.2.1

Measurement: Rating by two psychiatrists on a 4-point scale, based on 6 years accumulated clinical information. (Probability that someone is suffering from a psychiatric disorder.)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BB/cq/mq/v/3/a rs= - p<. s Index of Positive Affects: r = -.19 (05)
Index of Negative Affects: r = +.42 (01)
**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:* Expert ratings of mental health  
*Code:* M 7.2.1

*Measurement:* Diagnosis of diseases, by main category  
a: infections and parasitological  
b: tumors  
c: endocrine, nutritional, metabolic disorders  
d: blood, blood forming organs  
e: mental disorders  
f: neurological  
g: circulatory  
h: respiratory  
i: digestive  
j: urological, sexual organs  
k: obstetric  
l: dermatological  
m: bones, motor connective tissues  
n: congenital malformations  
o: certain perinatal factors  
p: misc. symptoms  
q: injuries, poisoning, etc.

*Measured Values:*  

*Error Estimates:*  
Remarks: These diagnoses are not mutual exclusive  
Sick Ss only

---

**Observed Relation with Happiness**

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<td>e: Mt=5.36</td>
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These diagnoses are not mutual exclusive  
Sick Ss only
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

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

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<td>Livskvalitet i Sverige. (Lifequality in Sweden)</td>
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**Measured Correlate**

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**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 26 of 143
## Study

**CAMER 1975**

- **Reported in:** Cameron, P.

- **Population:** College students, Detroit, USA, 197?

- **Sample:**

- **Non-Response:** ?

- **N:** 187

## Measured Correlate

- **Class:** . scores on symptom inventories  
  - **Measurement:** Barron Ego-Strength Scale

### Measured Values:

### Error Estimates:

- **Remarks:** Happy mood: $r=-.08$ ns
  - Neutral mood: $r=+.02$ ns
  - Unhappy mood: $r=-.04$ ns

Happiness assessed by time sampling. Correlations concern frequency of report of happy, neutral or sad mood.

## Observed Relation with Happiness

- Happy mood: $r=-.08$ ns
- Neutral mood: $r=+.02$ ns
- Unhappy mood: $r=-.04$ ns

Happiness assessed by time sampling. Correlations concern frequency of report of happy, neutral or sad mood.
### Study

**CAMER 1975**

*Reported in:* Cameron, P.
Mood as an Indicant of Happiness: Age, Sex, Social Class and Situational

*Population:* College students, Detroit, USA, 197?

*Sample:

*Non-Response:* ?

*N:* 187

### Measured Correlate

*Class:* . scores on symptom inventories  
*Measurement:* Eysenck Neuroticism Scale

*Measured Values:

*Error Estimates:

*Remarks:* Happy mood: r=-.09 ns  
Neutral mood: r=+.05 ns  
Unhappy mood: r=+.16 (05)

Happiness assessed by time sampling. Correlations concern frequency of report of happy, neutral or sad mood.

### Observed Relation with Happiness

Happy mood: r=-.09 ns  
Neutral mood: r=+.05 ns  
Unhappy mood: r=+.16 (05)

Happiness assessed by time sampling. Correlations concern frequency of report of happy, neutral or sad mood.
Findings on Happiness & MENTAL HEALTH  

Factor derived from responses on the Heron (1967) personality inventory: most items in this inventory were drawn from the MMPI, 16 PF Cattel, Wesley rigidity scale and LSI-A.

Studý CLEME 1980/3  

Reported in: Clement, F.  
Variation of several characteristics of personality in function, especially age, sexe  

Population: Adult women, France, 1975

Sample:

Non-Response: 1893

N: 1893

Measured Correlate

Class: scores on symptom inventories  Code: M 7.2.2.2

Measurement: Factor derived from responses on the Heron (1967) personality inventory: most items in this inventory were drawn from the MMPI, 16 PF Cattel, Wesley rigidity scale and LSI-A.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

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<td>p&lt;.001</td>
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<tr>
<td>O-SP/u/sq/ol/9/a</td>
<td>r=+.18</td>
<td>p&lt;.001</td>
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Population: Adult women, France, 1975

Class: scores on symptom inventories  Code: M 7.2.2.2

Measurement: Factor derived from responses on the Heron (1967) personality inventory: most items in this inventory were drawn from the MMPI, 16 PF Cattel, Wesley rigidity scale and LSI-A.

Measured Values:

Error Estimates:

Remarks:
Findings on Happiness & MENTAL HEALTH

Study

COSTA 1980/1

Reported in: Costa, P.T. and Mc Crae, R.R.

Population: 35-85 aged white males (largely veterans), USA, 1976

Sample:
Non-Response: T1:21%; T2:18%; T3:27%; T4:46%

N: 1100

Measured Correlate

Class: scores on symptom inventories
Measurement: Eysenck (1969) Personality Inventory

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-BB/cm/mq/v/2/b \( r = \) Both hedonic level and neuroticism assessed at four times (three month intervals)
Correlations at:
T1: \( r = -.31 \) (001)
T2: \( r = -.32 \) (001)
T3: \( r = -.34 \) (001)
T4: \( r = -.39 \) (001)
NAS: \( r(\text{mean}) = .41 \)
PAS: \( r(\text{mean}) = -.13 \)
Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

---

**Study**  
**COSTA 1980/1**

*Reported in:* Costa, P.T. and Mc Crae, R.R.  
Influence of extraversion and neuroticism on subjective well-being: happy and unhappy people  

*Population:* 35-85 aged white males (largely veterans), USA, 1976

*Sample:*

*Non-Response:* T1:21%;  
T2:18%;  
T3:27%;  
T4:46%

*N:* 1100

---

**Measured Correlate**

*Class:* scores on symptom inventories  
Code: M 7.2.2.2

*Measurement:* Cattel (1973) *Sixteen Personality Factor Questionnaire*

---

**Observed Relation with Happiness**

**Happiness Query**  
A-BB/cm/mq/v/2/b

**Statistics**  

**Remarks:**  
Both hedonic level and neuroticism assessed at four times (three month intervals)

Correlations at:

T1: r = .27 (001)  
T2: r = .31 (001)  
T3: r = .34 (001)  
T4: r = .27 (001)  
NAS: r(mean) = +.36  
PAS: r(mean) = -.11
Findings on Happiness & MENTAL HEALTH  

**Study**  
**COSTA 1981**  
**Reported in:** Costa, P.T., McCrae, R.R. & Morris, A.H.  
**Population:** 17-97 aged males, visitors of the Gerontology Research Centre, followed ± 10 years. Baltimore, USA. 1958-70  
**Sample:**  
**Non-Response:** Attrition 79% at T3, mostly among psychologically least adjusted  
**N:** 557 at T1, 423 at T2, 117 at T3  

**Measured Correlate**  
**Class:** . scores on symptom inventories  
**Measurement:** Factor-score derived from Guilford/Zimmerman Temperament Survey (GZTS), labeled 'Emotional Health' in Guilford et al 1976. High loadings on: emotional stability, objectivity, friendliness and personal relationships.  
**Measured Values:**  
**Error Estimates:**  
**Remarks:**  

**Observed Relation with Happiness**  
**Happiness Query**  
<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
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</table>
| C-A/h/sq/v/3/a  
$ r = - $  
$p < .05$  
T1 neuroticism by T1 happiness:  
- Young (18-49): $ r = -.17 $ (001)  
- Old (50-97): $ r = -.15 $ (01)  
$r = -.19$  
$p < .01$  
T1 neuroticism by T2 happiness (2-10 yrs later)  
$r = -.11$  
ns  
T1 neuroticism by T3 happiness (10-17 yrs later)
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

Index of closed questions, rated on a 2-point scale, ranging from (0) True to (1) False. (order reversed)

a. No more nervous than most other people
b. Keyed up most of the time
c. Can’t keep mind on one thing very long
d. Troubled by things not a bother to others
e. Worrying about something most of the time
f. Calm - don’t get upset easily
g. Anxious about someone/something almost all of the time
h. Happy most of the time
i. Nervous some days - can’t sit still very long
j. Hard time keeping mind on work/task
k. Don’t worry about what other people think about me any more than most people
l. Take things hard (get hurt easily)
m. Life a strain much of the time
n. At times think I’m just no good at all
o. Lack faith in self
p. Feel useless at times
q. Things upset me easier than most people
r. So many problems feel couldn’t handle
s. Feel about to go to pieces
t. Deny trouble/difficult problem

Measured Correlate

Class: Index of closed questions, rated on a 2-point scale, ranging from (0) True to (1) False. (order reversed)

Measurement:

a. No more nervous than most other people
b. Keyed up most of the time
c. Can’t keep mind on one thing very long
d. Troubled by things not a bother to others
e. Worrying about something most of the time
f. Calm - don’t get upset easily
g. Anxious about someone/something almost all of the time
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o. Lack faith in self
p. Feel useless at times
q. Things upset me easier than most people
r. So many problems feel couldn’t handle
s. Feel about to go to pieces
t. Deny trouble/difficult problem

Sample:
Non-Response: T1: 18%, T2: 14%, T3: 23%
N: T1: 146, T2: 154, T3: 137

Observed Relation with Happiness

Happiness Query Statistics Remarks
a. +.03 (ns) +.03 (ns) +.32 (01)
Findings on Happiness & MENTAL HEALTH

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<td>-.25 (01)</td>
<td>-.12 (ns)</td>
<td>-.24 (01)</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td>t.</td>
<td>+.02 (ns)</td>
<td>-.09 (ns)</td>
<td>-.05 (ns)</td>
</tr>
</tbody>
</table>

All variables assessed at T1, T2, and T3. Correlation concerns same time measures.
Findings on Happiness & MENTAL HEALTH

**Study**

**GAITZ 1972**

*Reported in:*
Gaitz, C.M. & Scott, J.
Age and the measurement of mental health

*Population:*
Adults, general public, Houston, Texas, USA, 1969

*Sample:*

*Non-Response:*
2%, aged Mexican-Americans of high socio-economic status only

*N:* 1441

---

**Measured Correlate**

*Class:* scores on symptom inventories  
*Measurement:* Twenty-two Item Screening Score (see above)

**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/v2/a</td>
<td>r = -.41</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-HL/m/sq/v3/a</td>
<td>r = -.34</td>
<td>p &lt; .01</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 35 of 143
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

Study

GONZA 1967

Reported in: González, J.R.
Study of student teachers' life adjustment.

Population: Students teachers, University of California, USA, 1967

Sample:

Non-Response:

N: 75

Measured Correlate

Class: scores on symptom inventories
Code: M 7.2.2.2

Measurement:
20-item checklist of psychoneurotic and psychophysiological symptoms, indicative of mental health. (Health Opinion Survey; see Leighton et al, 1963).

high stress vs low stress.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query

Statistics

Remarks

O-HL/u/sq/v/3/c

G=+1.0

p<.01

G' based on proportion very happy (vs not very happy).
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

Study

HAES 1987

The distinction between affect and cognition


Sample:

Non-Response: 17% (6 refusals and one death in the meantime)

N: 34

Measured Correlate

Class: scores on symptom inventories Code: M 7.2.2.2
Measurement: Rotterdam Symptom Checklist (see de Haes, Pruyn & van Knippenberg, 1983)

Measured Values:

Error Estimates:

Remarks: Synchronic correlations at:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/se/sq/v/7/a</td>
<td>Beta=+.4</td>
<td>11 months after surgery (T1)</td>
</tr>
<tr>
<td></td>
<td>Beta=+.3</td>
<td>18 months after surgery (T2)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$\beta$ controlled for: fatigue, pain, gastrointestinal symptoms, loss of libido, activity level, perceived impact of surgery on body image, and fear of recurrence of cancer and death</td>
</tr>
<tr>
<td>O-SLW/se/sq/?/7/a</td>
<td>Beta=+.2</td>
<td>11 months after surgery (T1)</td>
</tr>
<tr>
<td></td>
<td>Beta=+.5</td>
<td>18 months after surgery (T2)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>$\beta$ controlled for: Fatigue, pain, gastrointestinal symptoms, loss of libido, activity level, perceived impact of breast surgery on body image, and fear of recurrence of cancer and death</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 37 of 143
Findings on Happiness & MENTAL HEALTH

**Study**
KAMMA 1979/3

*Reported in:* Kammann, R.
Sourcebook for Affectometer 1
Why Not? Foundation, Dunedin, New Zealand

*Population:* Adults, general public, Dunedin, New Zealand, 1976

*Sample:*

*Non-Response:*

\[ N: 62 \]

---

**Measured Correlate**

*Class:* scores on symptom inventories  Code: M 7.2.2.2

*Measurement:* Mental Illness Scales of the Cornell Medical Index

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/u/mq/v/5/a</td>
<td><em>r</em>-43 p&lt;.01</td>
<td>Inadequacy</td>
</tr>
<tr>
<td></td>
<td><em>r</em>-53 p&lt;.01</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td><em>r</em>-42 p&lt;.01</td>
<td>Anxiety</td>
</tr>
<tr>
<td></td>
<td><em>r</em>-51 p&lt;.01</td>
<td>Sensitivity</td>
</tr>
<tr>
<td></td>
<td><em>r</em>-36 p&lt;.01</td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td><em>r</em>-40 p&lt;.01</td>
<td>Tension</td>
</tr>
<tr>
<td></td>
<td><em>r</em>-60 p&lt;.01</td>
<td>Mental illness total</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 38 of 143
Findings on Happiness & MENTAL HEALTH

### Study

**KAMMA 1983/2**

**Reported in:**
Kammann, R.; Flett, R. 

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

**Sample:**
Non-Response: 52%
N: 112

**Measured Correlate**

**Class:**
. scores on symptom inventories

**Measurement:**
18 items General Well-being scale (GWS)
Dupuy 1978

**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=+.74 p&lt;.34</td>
<td>(N=57)</td>
</tr>
</tbody>
</table>

Page in Report: 34

Print date: 7-2-2003
Findings on Happiness & MENTAL HEALTH

Study: MILLE 1968

Reported in: Miller, H. & Wilson, W.
Relation of sexual behaviors, values and conflict to avowed happiness and personal Psychological Reports, 1968, vol. 23, p. 1075-1086.

Population: Students, undergraduates, Kent State University at Ashtabula, Ohio, USA., 1966-67

Sample:

Non-Response: 132

N:

132

Measured Correlate

Class: 
Measurement: Scale containing MMPI items, designed to identify maladjustment in a college population. (Mt scale; see Kleinmuntz, 1961)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query    Statistics    Remarks

M-TH/g/sq/v9/a     r = -     males: r = -.20 (ns)

females: r = -.45 (05)
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

Study PHILL 1967B

Reported in: Phillips, D.L.
Mental health status, social participation and happiness

Population: Adult, general public, New Hampshire, USA, 196?

Sample:

Non-Response: 1%
N: 593

Measured Correlate

Class: . scores on symptom inventories Code: M 7.2.2.2

Measurement: Twenty-two Item Screening Score of psychiatric symptoms indicating impairment. (Langner, 1962)

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/u/sq/v/3/a G=+.39 p<.01 Unaffected by age, S.E.S. and sex
Findings on Happiness & MENTAL HEALTH

Study: PORTE 1967

Reported in: Porter J.
Sex-role concepts, their relationships to psychological well-being and to future plans
Unpublished doctoral dissertation, 1967, University of Rochester, New York, USA

Population: Female students college seniors, followed two months, Rochester, USA, 1965-66

Sample:
Non-Response: 8%; unaffected by place of residence

N: 162

Measured Correlate

Class: . scores on symptom inventories
Measurement: 68-item index tapping a general factor of psychopathology, reflecting degree of maladjustment or ego-dysfunction, irrespective of differential diagnosis. (Ego Strength Scale: see BARRON, 1956)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-AOL/cq/sq/v/10/a r=.27 p<.01 Both variables assessed at T2

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 42 of 143
### Study

**WARR 1976**  
*Reported in:* Warr, P.  
A study of psychological well-being  
British Journal of Psychol. 1978, vol.69, 111-121  
*Population:* Steel workers, six months after closure of their plant, Manchester, U.K., 1976  
*Sample:*  
*Non-Response:* 9% (4% ill, 5% refused), 13% not contacted  
*N:* 1655

### Measured Correlate

*Class:* . feels close to mental breakdown  
*Measurement:* Single closed question concerning Ss anxiety of having a nervous breakdown in the past few weeks rated on an 11-point scale from 'not at all' to 'a great deal'

### 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/n7/a</td>
<td>$r = -.24$</td>
<td></td>
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</table>
Findings on Happiness & MENTAL HEALTH

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

<table>
<thead>
<tr>
<th>Measured Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class:</strong></td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></td>
</tr>
<tr>
<td><strong>Remarks:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Observed Relation with Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Happiness Query</strong></td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

**Study**  
**KAINU 1998**  
*Reported in:* Kainulainen, Sakari  
Elämäntapahtumat ja elämään tyytyväisyys eri sosiaaliluokissa, (Life Events and Satisfaction with Life in Different Social Classes; in Finnish)  
Kuopio University Publications (E Social Sciences 62), Kuopio, Finland. ISBN 951-781-821-1

*Population:* 18+ aged, general public, non-institutionalized, former province Kuopio, Finland, 1991-96.  
*Sample:* Probability sample (unspecified)  
*Non-Response:* not rep  
*N:* 2682

**Measured Correlate**

*Class:* Current specific mental disorders  
Code: M 7.3

*Measurement:* Have you experienced losing your memory (a) during the last year? (b) ever in your life?  
Answers: No (=0) or Yes (=1).

*Measured Values:*  
- Never: N = 2021  
- Ever in your life: N = 408

*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-SLu/c/sq/v/5/g</td>
<td>r=-.11 p&lt;.</td>
<td>during the last year</td>
</tr>
<tr>
<td></td>
<td>r=-.13 p&lt;.</td>
<td>ever in your life</td>
</tr>
</tbody>
</table>
|                 | DM=- p<.   | never:
|                 |            | ever in your life:  
|                 |            | M = 3.91  
|                 |            | M = 3.63  
|                 |            | 95% CI for difference: [0.19 ; 0.37]
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

Study

KAINU 1998

Reported in: Kainulainen, Sakari
Elämäntapahtumat ja elämään tyytyväisyys eri sosiaaliluokissa, (Life Events and Kuopio University Publications (E Social Sciences 62), Kuopio, Finland.
ISBN 951-781-821-1


Non-Response: not rep
N: 2682

Measured Correlate

Class: Current specific mental disorders Code: M 7.3

Measurement: Have you experienced losing your mind (a) during the last year? (b) ever in your life?
Answer: No (=0) or Yes (=1).

Measured Values: Never: N = 2142
Ever in your life: N = 287

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLu/c/sq/v/5/g r=-.19 p<. during the last year
r=-.19 p<. ever in your life
DM=- p<. never: M = 3.92
ever in your life: M = 3.45
95% CI for difference: [0.35 ; 0.59]
**Findings on Happiness & MENTAL HEALTH**

**Correlate Code: M 7**

<table>
<thead>
<tr>
<th>Study</th>
<th>KAMMA 1979/3</th>
</tr>
</thead>
</table>
| **Reported in:** | Kammann, R.  
Sourcebook for Affectometer 1  
Why Not? Foundation, Dunedin, New Zealand |
| **Population:** | Adults, general public, Dunedin, New Zealand, 1976 |
| **Sample:** |  |
| **Non-Response:** |  |
| **N:** | 62 |

**Measured Correlate**

| **Class:** | Current specific mental disorders  
Code: M 7.3 |
| **Measurement:** | Mental Illness Scales of the Cornell Medical Index |

**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/u/mq/v/5/a</td>
<td>$r = -0.43$, $p &lt; 0.01$</td>
<td>Inadequacy</td>
</tr>
<tr>
<td></td>
<td>$r = -0.53$, $p &lt; 0.01$</td>
<td>Depression</td>
</tr>
<tr>
<td></td>
<td>$r = -0.42$, $p &lt; 0.01$</td>
<td>Anxiety</td>
</tr>
<tr>
<td></td>
<td>$r = -0.51$, $p &lt; 0.01$</td>
<td>Sensitivity</td>
</tr>
<tr>
<td></td>
<td>$r = -0.36$, $p &lt; 0.01$</td>
<td>Anger</td>
</tr>
<tr>
<td></td>
<td>$r = -0.40$, $p &lt; 0.01$</td>
<td>Tension</td>
</tr>
<tr>
<td></td>
<td>$r = -0.60$, $p &lt; 0.01$</td>
<td>Mental illness total</td>
</tr>
</tbody>
</table>
### 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:** Current specific mental disorders  
**Code:** M 7.3

**Measurement:** Single question:

Do you at present suffer from any of the following illnesses or disorders?

**a:** no illnesses/disorders
**b:** nervous/mental disorders
**c:** anorexia/bulimia
**d:** mental depression

**Measured Values:**

N: a:367, b:70, c:8, d:12

**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/v/5/a</td>
<td>DMt=-</td>
<td></td>
</tr>
<tr>
<td>a: no illnesses/disorders</td>
<td>Mt=8.18</td>
<td></td>
</tr>
<tr>
<td>b: nervous/mental disorders</td>
<td>Mt=5.33</td>
<td></td>
</tr>
<tr>
<td>c: anorexia/bulimia</td>
<td>Mt=5.31</td>
<td></td>
</tr>
<tr>
<td>d: mental depression</td>
<td>Mt=4.79</td>
<td></td>
</tr>
<tr>
<td>All</td>
<td>Mt=7.60</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>DMt=</td>
<td></td>
</tr>
<tr>
<td>a: no illnesses/disorders</td>
<td>Mt=7.19</td>
<td></td>
</tr>
<tr>
<td>b: nervous/mental disorders</td>
<td>Mt=5.18</td>
<td></td>
</tr>
<tr>
<td>c: anorexia/bulimia</td>
<td>Mt=6.56</td>
<td></td>
</tr>
<tr>
<td>d: mental depression</td>
<td>Mt=4.79</td>
<td></td>
</tr>
<tr>
<td>All</td>
<td>Mt=6.80</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>DMt=-</td>
<td></td>
</tr>
<tr>
<td>a: no illnesses/disorders</td>
<td>Mt=7.78</td>
<td></td>
</tr>
<tr>
<td>b: nervous/mental disorders</td>
<td>Mt=5.08</td>
<td></td>
</tr>
<tr>
<td>c: anorexia/bulimia</td>
<td>Mt=5.00</td>
<td></td>
</tr>
<tr>
<td>d: mental depression</td>
<td>Mt=4.16</td>
<td></td>
</tr>
<tr>
<td>All</td>
<td>Mt=7.21</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**ABBEY 1985**

**Reported in:** Abbey, A. and Andrews, F.M.
Modeling the psychological determinants of life quality

**Population:** Tranquilizer users, Detroit, USA, 1984

**Sample:** Non-probability purposive-quota sample

**Non-Response:** 40%

**N:** 675

### Measured Correlate

**Class:** Depression  Code: M 7.3.1

**Measurement:** Sub-scale of Hopkins Symptom Checklist items were trapped: lonely, blue, hopeless. 1 = not at all, 4 = extremely.

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

**Happiness Query**  Statistics  Remarks

M-ACO/cw/mq/*/6/a  r=-.69
Findings on Happiness & MENTAL HEALTH

Reported in: Dershem, L.D.; Patsiorkovski, V.V.; O'Brien, D.J.
The use of the CES-D for measuring symptoms of depression in three rural Russian villages, Russia 1993

Population: Household heads, villages, Russia 1993
Sample: Probability stratified sample
Non-Response: not reported
N: 263

Measured Correlate

Class: Depression Code: M 7.3.1
Measurement: Self report on 11 questions about symptoms during the past week:
- Blues
- Effort
- Depressed
- Fearful
- Poor appetite
- Happy
- Enjoyed life
- Hopeful
- People disliked me
- Lonely
- Could not get going
Rating:
0 = none of the time,
1 = some or little
2 = occasionally or moderate amount
3 = most or all of the time

Shortened Russian version of CES-D scale (original 20 items)

Measured Values: Range 3.33 to 48.12, mean 22.45
70% showed symptoms of depression (higher than 16)

Error Estimates: Cronbach alpha: 0.79

Remarks: 21% did not answer all items of the inventory and were excluded (mostly males)

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SL?/g/sq/n/7/a r=-.42 p<.01

21% did not answer all items of the inventory and were excluded (mostly males)
### Study

**HEADE 1999/1**

**Reported in:** Headey, B.

*Old Age is not downhill: the Satisfaction and Well-being of older Australians*

*Australian Journal on Ageing, 1999, Vol. 18, 32-37*

**Population:** 24 - 76 aged, general public

*Victoria, Australia, 1987*

**Sample:** Probability simple random sample

**Non-Response:** 0 %

**N:** 649

---

### Measured Correlate

**Class:** Depression  
**Code:** M 7.3.1

**Measurement:** *Beck (1961) Depression Inventory (BDI)*.

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r = -.59</td>
<td>Correlations were disattenuated for measurement error</td>
</tr>
</tbody>
</table>
### Study

**LICHT 1980/2**

*Reported in:* Lichter, S., Haye, F., & Kamman, R.

Increasing happiness through cognitive retraining

*New Zealand Psychologist*

*Population:* Psychology students, followed 2 weeks, University of Otago New Zealand, 1976

*Sample:*

*Non-Response:*

- Control group
- Experimental group: 23, experimental group: 25

---

### Measured Correlate

*Class:* Depression  
*Code:* M 7.3.1

*Measurement:* Assessed at T1

*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/u/mq/v/5/b</td>
<td>r=-.72</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH

LOMRA 1981

Reported in: Lomranz, J., Lubin, B., Eyal, N. & Medini, G.
A Hebrew Version of the Depression Adjective Check Lists

Population: 18-40 aged college students Tel Aviv, Israel, 198?

Sample:

Non-Response:
N: 167

Measured Correlate

Class: Depression Code: M 7.3.1

Measurement:
The DACL (Depression Adjective Check Lists, Lubin, 1967) is a 34 item self report inventory of state depression. Respondents completed three versions, which were presented in random order.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
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A-BB/cm/mq/v/2/a | r=-.51 p<.01 | Version E
| r=-.50 p<.01 | Version F
| r=-.49 p<.01 | Version G
O-BW/c/sq/l/11/a | r=-.52 p<.01 | Version E
| r=-.49 p<.01 | Version F
| r=-.47 p<.01 | Version G
Findings on Happiness & MENTAL HEALTH


Reported in: Lomranz, J., Lubin, B., Eyal, N. & Medini, G.
A Hebrew Version of the Depression Adjective Check Lists

Population: 18-40 aged college students Tel Aviv, Israel, 198?

Sample:
Non-Response:
N: 167

Measured Correlate

Class: Depression  Code: M 7.3.1

Measurement: The DACL (Depression Adjective Check Lists, Lubin, 1967) is a 34 item self report inventory of state depression. Respondents completed three versions, which were presented in random order.

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

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Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

### Study  
**LOMRA 1981**

**Reported in:**  
Lomranz, J., Lubin, B., Eyal, N. & Medini, G.  
A Hebrew Version of the Depression Adjective Check Lists  

**Population:**  
18-40 aged college students Tel Aviv, Israel, 198?

**Sample:**

**Non-Response:**

**N:** 167

### Measured Correlate

**Class:** Depression  
**Code:** M 7.3.1

**Measurement:**  
The DACL (Depression Adjective Check Lists, Lubin, 1967) is a 34 item self-report inventory of state depression. Respondents completed three versions, which were presented in random order.

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

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Findings on Happiness & MENTAL HEALTH

**Study**

**LUDWI 1971**

*Reported in:* Ludwig, L.D.

Elation-Depression and skill as determinants of desire for excitement.

Unpublished doctoral dissertation, 1971, University of Wisconsin, USA.

*Population:* Female students, undergraduates, University of Wisconsin, USA, 197?

*Sample:* 81%; 61% refusal, 5% eliminated on basis of screening data, 15% miscellaneous re

*Non-Response:* 81%; 61% refusal, 5% eliminated on basis of screening data, 15% miscellaneous re

*N:* 72

**Measured Correlate**

*Class:* Depression  Code: M 7.3.1

*Measurement:* 21-item index containing closed questions on pessimism, failure, dissatisfaction, sadness, guilt, punishment, disappointment, inferiority, suicide, crying, irritation, losing interest, indecisiveness, ugliness, inability to work, sleeplessness, tiredness, lack of appetite, loss of weight, concern about health, sexual listlessness. (Depression Inventory; see Beck et al., 1961)

**Observed Relation with Happiness**

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Print date: 7-2-2003  Page 56 of 143 World Database of Happiness: www.eur.nl/fsw/research/happiness
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

**Study**  
**NEUBE 1978**

**Reported in:** Neuberger, O. & Allerbeck, M.
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-Verlag Hans Huber, 1978, Bern, Switzerland

**Population:** Employees, glass-repairing industry, West-Germany, 1976

**Sample:**

**Non-Response:**

**N:** 106

---

**Measured Correlate**

**Class:** Depression  
**Code:** M 7.3.1

**Measurement:**

Index of direct questions about: Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.

Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

**Measured Values:**

**Error Estimates:**

**Remarks:**

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**Observed Relation with Happiness**

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

O-SLS/c/sq/f/7/a  
r=-.25  
p<.05

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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 57 of 143
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

Study NEUBE 1978

Reported in: Neuberger, O. & Allerbeck, M.
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-Verlag Hans Huber, 1978, Bern, Switzerland)

Population: Employees, glass-repairing industry, West-Germany, 1976

Sample:
Non-Response:
N: 106

Measured Correlate

Class: Depression Code: M 7.3.1
Measurement:
Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLS/c/sq/l/7/a r=-.25 p<.05
Findings on Happiness & MENTAL HEALTH

Study: NEUBE 1978/2  
Reported in: Neuberger, O. & Allerbeck, M.  
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-Verlag Hans Huber, 1978, Bern, Switzerland)

Population: Employees, commercial and textile-manufacturing occupations, West-Germany, 1977

Sample:
Non-Response: 110

N: 110

Measured Correlate
Class: Depression  Code: M 7.3.1
Measurement: Index of direct questions about: Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action. Part of 114 item Freiburger Persönlichkeits Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness
Happiness Query  Statistics  Remarks
O-SLS/c/sq/f/7/a  r=-.24  p<.01
Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

Study  
**NEUBE 1978/2**  
*Reported in:* Neuberger, O. & Allerbeck, M.  

*Population:* Employees, commercial and textile-manufacturing occupations, West-Germany, 1977  

*Sample:*  

*Non-Response:* N: 110

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**Measured Correlate**  

*Class:* Depression  
*Code:* M 7.3.1  

*Measurement:* Index of direct questions about: 
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.  
Part of 114 item Freiburger Persönlichkeits Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

*Measured Values:*  

*Error Estimates:*  

*Remarks:*  

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**Observed Relation with Happiness**  

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**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 61 of 143
Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

**Study**  
**NEUBE 1978/3**  
*Reported in:* Neuberger, O. & Allerbeck, M.  
Verlag Hans Huber, 1978, Bern, Switzerland

*Population:* Employees, metal-industry, West-Germany, 1977

*Sample:*  
*Non-Response:* 84

*Measured Correlate*  
*Class:* Depression  
*Code:* M 7.3.1

*Measurement:* Index of direct questions about: Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action. Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

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

**Observed Relation with Happiness**  
*Happiness Query*  
*Statistics*  
*Remarks*

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**Error Estimates:**

**Remarks:**

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# Study

**NEUBE 1978/5**

*Reported in:* Neuberger, O. & Allerbeck, M.
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-Verlag Hans Huber, 1978, Bern, Switzerland)

*Population:* Administrative employees, General Sickfund, West-Germany, 1976

*Sample:

*Non-Response:*

*N:*

# Measured Correlate

*Class:* Depression  *Code: M 7.3.1*

*Measurement:* Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).

*Measured Values:

*Error Estimates:

*Remarks:

# Observed Relation with Happiness

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Findings on Happiness & MENTAL HEALTH

**Correlate Code: M 7**

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**Study**

**NEUBE 1978/5**

*Reported in:* Neuberger, O. & Allerbeck, M.
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-
Verlag Hans Huber, 1978, Bern, Switzerland

*Population:* Administrative employees, General Sickfund, West-Germany, 1976

*Sample:*

*Non-Response:*

*N:* 60

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**Measured Correlate**

*Class:* Depression  Code: M 7.3.1

*Measurement:*

Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-
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Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger
Personality Inventory: Fahrenberg & Selg, 1973, short form A).

*Measured Values:*

*Error Estimates:*

*Remarks:*

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**Observed Relation with Happiness**

*Happiness Query*  
O-SLS/c/sq/t/7/a

*Statistics*  
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 66 of 143
## Study

**NEUBE 1978/7**  
**Reported in:** Neuberger, O. & Allerbeck, M.  
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-Zufriedenheit)  
Verlag Hans Huber, 1978, Bern, Switzerland

**Population:** Employees, assembly-industry, West-Germany, 1976

**Sample:**

| N: | 111 |

### Measured Correlate

**Class:** Depression  
**Code:** M 7.3.1

**Measurement:** Index of direct questions about:  
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-dreamy behavior vs well-balanced, satisfied, certain, positive action.  
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger Personality Inventory: Fahrenberg & Selg, 1973, short form A).  

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

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**Measured Correlate**

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Study: NEUBE 1978/9

Reported in: Neuberger, O. & Allerbeck, M.
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-
Verlag Hans Huber, 1978, Bern, Switzerland

Population: Young female employees, cure-clinic, West Germany, 1976

Sample:

Non-Response:

N: 150

Measured Correlate

Class: Depression  Code: M 7.3.1

Measurement: Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-
dreamy behavior vs well-balanced, satisfied, certain, positive
action.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger
Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SLS/c/sq/f/7/a  r=-.36  p<.01
Findings on Happiness & MENTAL HEALTH

Study

NEUBE 1978/9

Reported in: Neuberger, O. & Allerbeck, M.
Messung und Analyse von Arbeitszufriedenheit. (Measurement and Analysis of Work-
Verlag Hans Huber, 1978, Bern, Switzerland

Population: Young female employees, cure-clinic, West Germany, 1976

Sample:

Non-Response:

N: 150

Measured Correlate

Class: Depression  Code: M 7.3.1

Measurement:

Index of direct questions about:
Displeased, uncertain, low-spirited, dissatisfied, inferior, day-
dreamy behavior vs well-balanced, satisfied, certain, positive
action.
Part of 114 item Freiburger Persönlichkeits-Inventar (Freiburger
Personality Inventory: Fahrenberg & Selg, 1973, short form A).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks

O-SLS/c/sq/t/7/a  r=-.36  p<.01
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

Study SCHWA 1972/1 Page in Report: 74
Reported in: Schwarz, D. & Strian, F.
Psychometric investigations on well-being in psychiatric and medical patients. (In Archiv für Psychiatrie und Nervenkrankheiten, 1972, vol. 216 no. 1, p. 70-81

Population: Psychiatric patients, West Germany, 197?
Sample:
Non-Response: -
N: 56

Measured Correlate
Class: Depression Code: M 7.3.1
Measurement: Expert rating on a 9-point scale.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness
Happiness Query Statistics Remarks
A-ASA/mi/mq/v/3/a r = - p < .01 Stronger among internal depressed patients. Lower among depressed schizophrenic patients and among neurotic depressed patients.
Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

<table>
<thead>
<tr>
<th>Study</th>
<th>SCHWA 1972/2</th>
<th>Page in Report: 75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Schwarz, D. &amp; Strian, F.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Psychometric investigations on well-being in psychiatric and medical patients (In Ärchip für Psychiatrie und Nervenkrankheiten, 1972, vol. 216no. 1, p. 70-81.</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>Medical patients, West Germany, 197?</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>180</td>
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</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Depression</th>
<th>Code: M 7.3.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>Self-rating scale (Zimmerman &amp; v. Zerssen 'Depressions-Skala').</td>
<td></td>
</tr>
<tr>
<td>Measured Values:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Error Estimates:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Remarks:</td>
<td></td>
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</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ASA/mi/mq/v/3/a</td>
<td>r=-.98</td>
<td>Scattergram shows linear relation</td>
</tr>
</tbody>
</table>
### Study: SCHWA 1972/2

**Reported in:** Schwarz, D. & Strian, F.
Psychometric investigations on well-being in psychiatric and medical patients (In Archiv für Psychiatrie und Nervenkrankheiten, 1972, vol. 216no. 1, p. 70-81.

**Population:** Medical patients, West Germany, 197?

**Sample:**

**Non-Response:** -

**N:** 180

### Measured Correlate

**Class:** Depression  
**Code:** M 7.3.1

**Measurement:** Expert rating (see Hamilton, 1960).

**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-ASA/mi/mq/v/3/a</td>
<td>r=-.86</td>
<td>Scattergram shows linear relation</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 73 of 143
Findings on Happiness & MENTAL HEALTH  
Correlate Code: M 7

Study  
**VERKL 1989**  
*Reported in:* Verkley, H. & Stolk, J.  
Does happiness lead into idleness?  
Veenhoven, R. (ed):"How Harmfull is happiness? Consequences of enjoying life or not",Universitaire Pers Rotterdam,1989  
*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:* Depression  
Code: M 7.3.1  
*Measurement:* Number of depressive complaints  
(POF questionnaire, Dijkstra et al 1983)  
*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=-.41</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>r=-.40</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

T1 happiness by T2 depression  
T1 depression by T2 happiness  
Computed for unemployed Ss only
Findings on Happiness & MENTAL HEALTH  

**Study**  
**WEBB  1915/1**  

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

*Population:* Male college students, England, 1912

*Sample:* 

*Non-Response:* - 

*N:* 194

---

**Measured Correlate**

*Class:* Depression  
Code: M 7.3.1

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

*Measured Values:* 

*Error Estimates:* 

*Remarks:* 

---

**Observed Relation with Happiness**

*Happiness Query*  
Statistics  
Remarks

A-CP/g/rdp/ro/7/a  
r = -.53
Study COSTA 1981

Reported in: Costa,P.T., McCrae,R.R. & Morris,A.H.
Personal adjustment to aging: Longitudinal prediction from neuroticism and extraversion.

Population: 17-97 aged males, visitors of the Gerontology Research Centre, followed ± 10 years Baltimore, USA. 1958-70

Sample:
Non-Response: Attrition 79% at T3, mostly among psychologically least adjusted
N: 557 at T1, 423 at T2, 117 at T3

Measured Correlate

Class: Neurosis Code: M 7.3.2
High loadings on: emotional stability, objectivity, friendliness and personal relationships.

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>C-A/h/sq/v/3/a</td>
<td>r=-</td>
<td>T1 neuroticism by T1 happiness:</td>
</tr>
<tr>
<td></td>
<td>p&lt;.s</td>
<td>- young (18-49) r = -.17 (001)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- old (50-97) r = -.15 (01)</td>
</tr>
<tr>
<td></td>
<td>r=-.19</td>
<td>T1 neuroticism by T2 happiness (2-10 yrs later)</td>
</tr>
<tr>
<td></td>
<td>p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>r=-.11</td>
<td>T1 neuroticism by T3 happiness (10-17 yrs later)</td>
</tr>
<tr>
<td></td>
<td>ns</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH

Adapted Super Neuroticism Scale, focusing on behavior and early childhood experiences, indicative of neuroticism (see Shaffer, 1968)

HARDE 1969

Self-actualization, mood, and personality adjustment in married women.
Unpublished doctoral dissertation, 1969, Teachers College, Columbia University, USA

Population: Married females, USA, 196?
Sample:
Non-Response: -
N: 62

Measured Correlate

Class: Neurosis Code: M 7.3.2
Measurement: Adapted Super Neuroticism Scale, focusing on behavior and early childhood experiences, indicative of neuroticism (see Shaffer, 1968)

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-AOL/cy/sq/v/10/a r=-.34 p<.01
### 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:**

**Non-Response:** 52%

**N:** 112

### Measured Correlate

**Class:** Neurosis  
**Code:** M 7.3.2

**Measurement:** 24 items EPI Neuroticism  
Eysenck & Eysenck (1964)

**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=-.70 p&lt;.01</td>
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</table>
Findings on Happiness & MENTAL HEALTH  

Correlate Code: M 7

<table>
<thead>
<tr>
<th>Study</th>
<th>ALEXA 1968</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Alexander, W.E.</td>
</tr>
<tr>
<td>Population:</td>
<td>Schizophrenic males non-hospitalized, Monroe County, New York, USA, 1964-65</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>28%, most of them patients' or family member refusal</td>
</tr>
<tr>
<td>N:</td>
<td>178</td>
</tr>
</tbody>
</table>

Measured Correlate

| Class: | Schizophrenia |
| Code: | M 7.3.3 |
| Measurement: | Possibly schizophrenic vs definitely schizophrenic, as assessed by relative number of independent diagnoses, and having schizophrenic symptoms |

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>Chi²= ns</td>
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</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 79 of 143
Findings on Happiness & MENTAL HEALTH

Study
CHIRI 1971

Reported in:
Chiriboga, D. & Lowenthal, M.F.
Psychological correlates of perceived well-being
Proceedings of the 79th Annual Convention, A.P.A., 1971

Population:
People in transition, metropolis, USA, 1969

Sample:

Non-Response:
-

N: 216

Measured Correlate

Class:
Current positive mental health
Code: M 7.4

Measurement:
14 indicators of psychological resources including measures of mutuality (familial and extra-familial), resolution of losses, contextual and temporal perspective, growth, competence, insight, perceived and judged encroachment, hope, and satisfaction with intrapersonal and interpersonal competence in general.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BB/cw/mq/v/4/d r= + In total, significant correlations were found between two indicators of resources and psychological well-being.

There were four significant or near significant correlations with positive affect, four with negative affect (including two inverse relationships), and eight with affect balance.

O-HL/c/sq/v/3/cb r= + In total significant correlations were found between two indicators of resources and psychological well-being.
Findings on Happiness & MENTAL HEALTH

**Reported in:**
Harde, J.M.

**Population:**
Married females, USA, 196?

**Sample:**

**Non-Response:**
-

**N:**
62

---

**Measured Correlate**

**Class:**
Current positive mental health  Code: M 7.4

**Measurement:**
Bi-polar factor, having strong positive correlations with time competence (+.78), and inner directedness (+.74), and strong negative correlations with neuroticism (-.64) and anxiety (-.77).

**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/cy/sq/v/10/a</td>
<td>r=+.11</td>
<td>ns</td>
</tr>
<tr>
<td>A-ARE/md/sqr/v/10/</td>
<td>r=+.46</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 81 of 143
Study  
**CHERL 1975**  
*Reported in:* Cherlin, A. & Reeder, L.G. 
The dimensions of psychological well-being. A critical review.  
Sociological Methods & Research, 1975, vol.4, p. 189-214 
*Population:* Adults, general public, Los Angeles County, USA, 1972-73  
*Sample:* 

**Measured Correlate**  
*Class:* Perceived need for treatment  
*Code:* M 7.5.1  
*Measurement:* Closed question: 'During the past year did you ever feel that you could use some help in dealing with emotional problems or family troubles?'  
never/ not very often/ sometimes/ often  
*Measured Values:* 
*Error Estimates:*  
*Remarks:* 

**Observed Relation with Happiness**  
*Happiness Query*  
<table>
<thead>
<tr>
<th>A-BB/cm/mq/v/2/a</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=-.25 p&lt;.001</td>
<td></td>
<td>Computed for 1973 data only:</td>
</tr>
<tr>
<td></td>
<td>Index of Positive Affects: r = +.01 (ns)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Index of Negative Affects: r = +.40 (001)</td>
<td></td>
</tr>
</tbody>
</table>
**Study**  
**BAKER 1982**  
*Reported in:* Baker, F., Intagliata, J.  
Quality of life in the evaluation of Community Support Systems.  

*Population:* Mental patients shortly after change in institutional setting, USA, 1981

*Sample:*  
*Non-Response:* -  
*N:* 118

**Measured Correlate**  
*Class:* In ambulatory treatment  
*Measurement:*  
- National population USA 1978 (Data Campbell 1981)  
- Client of community support system

*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>DM=-</td>
<td>Clients experiences reported less positive and more negative experiences</td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH

<table>
<thead>
<tr>
<th>Study</th>
<th>BANZI 1983A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Banziger, G. &amp; Foos, D.</td>
</tr>
<tr>
<td></td>
<td>The relationship of Personal Financial Status to the Utilization of Community Mental Health Centers in rural Appalachia</td>
</tr>
<tr>
<td>Population:</td>
<td>Clients of community mental health centers, Ohio and West Virginia, 1982</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability sample (unspecified)</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>?</td>
</tr>
<tr>
<td>N:</td>
<td>151</td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** In ambulatory treatment Code: M 7.5.2
- **Measurement:** Utilisation of community health center; number of visits
- **Measured Values:** not reported
- **Error Estimates:**
- **Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>O-SL?/?/sq/?/0/a</td>
<td>r=-.02</td>
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</tbody>
</table>
Findings on Happiness & MENTAL HEALTH

Study  BRISC 1982  Page in Report:  22

Reported in:  Briscoe, M.
Sex differences in psychological well-being
Psychological Medicine, Cambridge University Press, 1982

Population:  Married couples with high incidence of minor psychiatric problems, London, U.K.,
1977

Sample:
Non-Response:  11%
N:  100

Measured Correlate

Class:  In ambulatory treatment  Code: M 7.5.2

Measurement:
0 No complaints
1 Complaints (six or more visits to doctor)

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

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

With  Without
very happy  34%  42%
fairly happy  56%  54%
not too happy  10%  6%
Findings on Happiness & MENTAL HEALTH

Study: BRISC 1982

Reported in: Briscoe, M.
Sex differences in psychological well-being
Psychological Medicine, Cambridge University Press, 1982


Sample:
Non-Response: 11%
N: 100

Measured Correlate

Class: In ambulatory treatment
Code: M 7.5.2

Measurement:
1 Married couples with complaints (six or more visits to a doctor in last year)
0 Control group of national sample of married persons.
See also HALL 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>O-HL/c/sq/v/3/ab</td>
<td>G=-.21 p&lt;.01</td>
<td>married persons with complaints</td>
</tr>
<tr>
<td></td>
<td></td>
<td>national sample of marrieds</td>
</tr>
<tr>
<td></td>
<td></td>
<td>very happy 34%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>fairly happy 56%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>not too happy 10%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(n=50)</td>
</tr>
<tr>
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<td></td>
</tr>
</tbody>
</table>

Page in Report: 22
Findings on Happiness & MENTAL HEALTH  

**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:* In ambulatory treatment  
*Code:* M 7.5.2

*Measurement:* Index of closed questions: (order reversed)

1. 'Have you seen a doctor or counselor past 2 months for emotional-type health care?' (1) yes, (2) no;
2. 'If so, how many times?', rated on a 4-point scale: (1) 1-2 times, (4) >6 times.
3. 'Have you seen a doctor or counselor past year for emotional-type health care?' (1) yes, (2) no;
4. 'If so, how many times?', rated on a 6-point scale: (1) 1-2 times, (6) >10 times.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>.13 (ns)</td>
<td>+.20 (01) .21 (01)</td>
</tr>
<tr>
<td>2.</td>
<td>.00 (ns)</td>
<td>+.08 (ns) +.38 (ns)</td>
</tr>
<tr>
<td>3.</td>
<td>-.06 (ns)</td>
<td>-.20 (01) -.14 (05)</td>
</tr>
<tr>
<td>4.</td>
<td>-.05 (ns)</td>
<td>+.26 (ns) .</td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

Study: JOL 1985

Reported in: Jol, C.


Population: 18+ aged, general public, The Netherlands, 1974-83

Sample: 1974: 28%, 1983: 43%


Measured Correlate

Class: In ambulatory treatment Code: M 7.5.2

Measurement: Number of professional help agencies contacted in the last two years.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-SLL/c/sq/v/5/a Beta=-.2 p<.05 Singles 1983 (N = 484)

Beta=-.1 p<.05 All 1983 (N = 3981)

β controlled for sex and age.

Results 1974 not significantly different.
<table>
<thead>
<tr>
<th>Study</th>
<th>MORIW 1974</th>
<th>Page in Report: 76</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in</td>
<td>Moriwaki, S.Y.</td>
<td></td>
</tr>
<tr>
<td>Measurement:</td>
<td>The Affect Balance Scale: A validity study with aged samples</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>60+ aged, psychiatric cases and controls, Los Angeles, USA, 1971</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td>N=8, sample 1: N=19</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>N=27; sample 1:</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** In ambulatory treatment  
- **Measurement:** Normal vs psychiatric out-patients.  
  - psychiatric outpatients selected from 2 clinics.  
  - normal controls selected from members of Lutheran Church all in good physical and mental health.

**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/c/mq/w/2/a</td>
<td>DM=+ p&lt;.001</td>
<td>Normal subjects also scored significantly higher than the psychiatric out-patients on the Index of Positive Affects (005) and lower on the Index of Negative Affects (001).</td>
</tr>
</tbody>
</table>
### Study

**HACKE 1969**

- **Reported in:** Hacker, S.L. & Gaits, C.M.
The moral career of the elderly mental patient.
The Gerontologist, 1969, vol.9, p.120-127.
- **Population:** Aged mental patients, 1 year after admission, USA, 1966
- **Sample:**
- **Non-Response:** 66% drop-outs: 33% dead, 17% could not be located, 16% incoherent or refusal.
- **N:** 36

### Measured Correlate

- **Class:** In mental hospital  Code: M 7.5.3
- **Measurement:**
  - 0 Expatients: released (N=18)
  - 1 Inpatients: still in hospital (N=18)
- **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>p&lt;.05</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**HACKE 1969**

**Reported in:** Hacker, S.L. & Gaits, C.M.
The moral career of the elderly mental patient.
The Gerontologist, 1969, vol.9, p.120-127.

**Population:** Aged mental patients, 1 year after admission, USA, 1966

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>66% drop-outs:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>33% dead, 17%</td>
</tr>
<tr>
<td></td>
<td>could not be</td>
</tr>
<tr>
<td></td>
<td>located, 16%</td>
</tr>
<tr>
<td></td>
<td>inco-herent or</td>
</tr>
<tr>
<td></td>
<td>refusal.</td>
</tr>
</tbody>
</table>

**N:** 36

### Measured Correlate

**Class:** In mental hospital  Code: M 7.5.3

**Measurement:**

<table>
<thead>
<tr>
<th>0 Expatients: released (N=18)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Inpatients: still in hospital (N=18)</td>
</tr>
</tbody>
</table>

**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>p&lt;.05</td>
<td>Significant differences for the Index of Negative Affects only.</td>
</tr>
</tbody>
</table>
### Study MATLI 1966/1

**Reported in:** Matlin, N.  
The demography of happiness  
University of Puerto Rico, School of Medicine, Department of Public Health, 1966, San Juan.

**Population:** 20+ aged, general public, Puerto Rico, 1963-64

**Sample:**

**Non-Response:**  

| N: | 1417 (excluding validation sample) |

---

### Measured Correlate

**Class:** In mental hospital  
Code: M 7.5.3

**Measurement:**
- **Normals**
- 1 Out-patients of psychiatric hospital, diagnosed as suffering from anxiety and depression. (Sample MATLI 1966/1 vs sample MATLI 1966/2)

**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/v2/a</td>
<td>G = -0.57</td>
<td>p &lt; 0.01</td>
</tr>
<tr>
<td>O-HL/c/sq/v3/af</td>
<td>G = -0.35</td>
<td>p &lt; 0.01</td>
</tr>
</tbody>
</table>

Index of Positive Affects: G' = +0.03 (ns)  
Index of Negative Affects: G' = +0.65 (01)
Findings on Happiness & MENTAL HEALTH

**Study**

**PANDE 1971**

**Reported in:** Pandey, C.


**Population:** Mentally retarded males, hospital, USA, 196?

**Sample:**

**Non-Response:**

N: 149

---

**Measured Correlate**

**Class:** In mental hospital  Code: M 7.5.3

**Measurement:**

0 Open ward
1 Closed ward

**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-CP/g/rdn/?/7/a | DM=+  p<.001 | Open ward : M = 4.7  Mt’ = 6.7  
Closed ward: M = 5.4  Mt’ = 7.8 |
Findings on Happiness & MENTAL HEALTH

PIERC 1973

Reported in: Pierce, R.C. & Clark, M.M.  
Measurement of morale in the elderly.  

Population: 60+ aged, psychiatric cases and controls, San Francisco, USA, 1962

Sample:
Non-Response: 62% dropouts after 2 interviews (2 years)
N: 435

Measured Correlate

Class: In mental hospital  Code: M 7.5.3

Measurement:
0 normals: probability community sample, stratified by age, sex and living arrangement (N = 264).
1 psychiatric patients: np chunk sample of patient admitted to local hospitals in 1959 (N = 171, 90 discharged in same year).

Measured Values:
Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-AOL/g/sq/v/3/b  G=-.57  p<.01  G' based on proportion very happy
O-HL/c/sq/v/3/m  G=-.50  p<.01  G' based on proportion very happy
O-SLL/c/sq/v/3/d  G=-.47  p<.01  G' based on proportion very happy
Findings on Happiness & MENTAL HEALTH

Study

SIMPS 1989

Reported in: Simpson, C.J.; Hyde, C.E.; Faragher, E.B.
The Chronically Mentally Ill in Community Facilities. A Study of Quality of Life
British Journal of Psychiatry 1989; vol 154, pp 77-82

Population: Chronic mental patients, Manchester, Great Britain, 1987

Sample: Non-probability chunk sample

Non-Response: 21%

N: 33

Measured Correlate

Class: In mental hospital Code: M 7.5.3

Measurement:

a. Patients from the acute ward of the District General Hospital (DGH)
b. Residents of a Hostel ward
c. Patients from a Group Home of the Withington Trust

Measured Values:

N: a=11 b=10 c=13

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-DT/u/sq/v/7/a DM= p<. 

a. M=3.09 SD=1.36
b. M=3.60 SD=1.97
c. M=4.73 SD=1.87

Significance differences were examined using the Tukey multiple-comparison test

Patients in Group Home(c) significantly happier than in Hospital ward(a) and Hostel(b)
### Findings on Happiness & MENTAL HEALTH

**Correlate Code: M 7**

#### Study

**ABBYEY 1985**

**Reported in:** Abbey, A. and Andrews, F.M.

Modeling the psychological determinants of life quality


**Population:** Tranquilizer users, Detroit, USA, 1984

**Sample:** Non-probability purposive-quota sample

**Non-Response:** 40%

**N:** 675

#### Measured Correlate

**Class:** Use of psycho-pharmacals  
**Code:** M 7.5.4

**Measurement:** Non-valium-users vs valium-users. 
Respondents were interviewed every six weeks (Q.O.L. and anxiety every week via retrospection) during a 24-week period. Bivariate correlations of quality of life-as-a-whole evaluations and psychosocial factors were compared during this period at indicated time-lags.

**Measured Values:**

**Error Estimates:**

**Remarks:**

#### Observed Relation with Happiness

**Happiness Query**

M-ACO/cw/mq/*6/a

**Statistics**

SNR=-

**Remarks**

Valium-users in this study tended to rate their life quality slightly lower than did respondents in national studies, usually by about 0.4 on a 7-point scale. Non-valium-users rated their life quality at a level comparable to national studies.
Study  | MOSER 1969  
--- | ---  
Reported in: | Moser - Peters, C.M.J.  
Sample: |  
Non-Response: | 14% unattainable etc.  
N: | 300  

Measured Correlate  
Class: | Use of psycho-pharmacals  
Code: M 7.5.4  
Measurement: | Direct question: 'Have you taken something against the nerves, during the last 14 days?'  
0 nothing  
1 taken something  

Measured Values:  
Error Estimates:  
Remarks:  

Observed Relation with Happiness  
Happiness Query  | Statistics  | Remarks  
O-HL/c/sq/v/5/c  | G=-.41  | p<.01  

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 97 of 143
Findings on Happiness & MENTAL HEALTH

Study

GONZA 1967

Reported in: González, J.R.
Study of student teachers' life adjustment.

Population: Students teachers, University of California, USA, 1967

Sample:
Non-Response:
N: 75

Measured Correlate

Class: Readiness to seek professional care Code: M 7.6.1

Measurement: 3 item index containing: attitude towards professional help, use of professional help and perceived competence to handle problems one self.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/u/sq/v/3/c G=-.34 p<.05 G' based on proportion very happy (vs not very happy).

Page in Report: 130

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 98 of 143
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

Study: GURIN 1960

Reported in: Gurin, G., Veroff, J. & Feld, S.
Americans view their mental health. A nation wide interview survey.
Basic Books Inc. 1960, New York, USA

Population: 21+ aged, general public, non-institutionalized, USA, 1957

Sample:
Non-Response: 13%; 5% not at home, 8% refusals
N: 2460

Measured Correlate

Class: Readiness to seek professional care  Code: M 7.6.1

Measurement: 3-item index, containing attitude to professional help, use of professional help, and perceived competence to handle one's problems oneself strong self help / self help / might need help / could have used help / has used help.

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/aa</td>
<td>G = - p&lt;.</td>
<td>Grade school : G' = -.09 (05)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>High school : G' = -.15 (01)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>College : G' = -.24 (01)</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 99 of 143
FINDINGS ON HAPPINESS & MENTAL HEALTH

Suffer a lot from these health problems:

a: no severe inconvenience
b: pain/discomfort shoulder/ nape of neck
c: pain/discomfort back/ loin
d: discomfort arms, legs, hip or joints
e: headache
f: palpitations
g: nervousness, anxiety
h: difficult sleeping or insomnia
i: melancholy, depressed or unhappy
j: tiredness
k: stomach pain
l: indigestion or diarrhoea/ constipation
m: eczema, rash itching
n: cold, head cold or cough
o: breathing difficulties
p: discomfort or problems in the internal female sexual organs

Measured Correlate

Class: Self ratings of mental health Code: M 7.2.2
Measurement: Suffer a lot from these health problems:

Error Estimates:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-AOL/m/sq/v/5/a  DMt=  a: Mt=8.20
                      b: Mt=6.59
                      c: Mt=6.63
                      d: Mt=6.46
                      e: Mt=6.51
                      f: Mt=5.00
                      g: Mt=4.30
                      h: Mt=4.86
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

i: Mt=3.44
j: Mt=5.86
k: Mt=5.21
l: Mt=5.79
m: Mt=6.89
n: Mt=6.91
o: Mt=5.26
p: Mt=5.81
All Mt=7.55

O-HL/c/sq/v/5/h DMt=
a: Mt=7.18
b: Mt=6.56
c: Mt=6.30
d: Mt=6.59
e: Mt=6.39
f: Mt=5.75
g: Mt=4.55
h: Mt=4.86
i: Mt=3.44
j: Mt=6.05
k: Mt=5.86
l: Mt=5.74
m: Mt=6.38
n: Mt=6.64
o: Mt=6.35
p: Mt=6.15
All Mt=7.29

O-SLu/c/sq/v/5/e DMt=
a: Mt=7.76
b: Mt=6.68
c: Mt=6.59
d: Mt=6.63
e: Mt=6.60
f: Mt=6.00
g: Mt=4.30
h: Mt=4.93
i: Mt=3.06
j: Mt=5.90
k: Mt=5.55
l: Mt=5.46
m: Mt=7.11
n: Mt=7.13
o: Mt=6.46
p: Mt=5.78
All Mt=7.29
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

**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:* Self ratings of mental health  Code: M 7.2.2

*Measurement:* Single question:

"Do you at present suffer from any of the following illnesses or disorders?"

- a: no illnesses/disorders
- b: nervous/mental disorders
- c: anorexia/bulimia
- d: mental depression

*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 | DMt=-      | a: no illnesses/disorders Mt=8.18  
b: nervous/mental disorders Mt=5.33  
c: anorexia/bulimia Mt=5.31  
d: mental depression Mt=4.79  
All Mt=7.60 |

| O-HL/c/sq/v/5/h | DMt=       | a: no illnesses/disorders Mt=7.19  
b: nervous/mental disorders Mt=5.18  
c: anorexia/bulimia Mt=6.56  
d: mental depression Mt=4.79  
All Mt=6.80 |

| O-SLu/c/sq/v/5/e | DMt=       | a: no illnesses/disorders Mt=7.78  
b: nervous/mental disorders Mt=5.08  
c: anorexia/bulimia Mt=5.00  
d: mental depression Mt=4.16  
All Mt=7.21 |

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 102 of 143
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

Single question: “Do you at present suffer from any of the following illnesses or disorders?”
1: no illnesses/disorders
2: one or more of the following:
   2a: nervous/mental disorders
   2b: anorexia/bulimia
   2c: mental depression
   2d: schizophrenia
   2e: borderline cases


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

Self ratings of mental health Code: M 7.2.2

VENTE 1996

Population:

Sample:
Non-response:

N: 1: 1303; 2:313; 2a:239; 2b:25; 2c:39; 2d:5; 2e:5

Measured Correlate

Class:

Measurement:
Single question: 'Do you at present suffer from any of the following illnesses or disorders?'
1: no illnesses/disorders
2: one or more of the following:
   2a: nervous/mental disorders
   2b: anorexia/bulimia
   2c: mental depression
   2d: schizophrenia
   2e: borderline cases

Measured Values:
N: 1: 1303; 2:313; 2a:239; 2b:25; 2c:39; 2d:5; 2e:5

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics

A-AOL/m/sq/v/5/a
1: Mt = 8.19
2: Mt = 4.88
2a: Mt = 5.03
2b: Mt = 4.90
2c: Mt = 3.98
2d: Mt = 4.50
2e: Mt = 5.00

O-HL/c/sq/v/5/h
1: Mt = 7.33
2: Mt = 4.91
2a: Mt = 5.00
2b: Mt = 5.40
2c: Mt = 4.23
2d: Mt = 4.50
2e: Mt = 4.00
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

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

1: $Mt = 7.80$
2: $Mt = 4.83$
2a: $Mt = 5.01$
2b: $Mt = 4.90$
2c: $Mt = 3.71$
2d: $Mt = 4.00$
2e: $Mt = 5.00$
Findings on Happiness & MENTAL HEALTH

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: . overall selfestimate of mental health Code: M 7.2.2.1

Measurement: Single question:
"How do you rate your mental health at present ?"
1: very good
2: good
3: neither/nor
4: bad
5: very bad

N: 1:489, 2:596, 3:236, 4:60, 5:12

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.66 p&lt;.00</td>
<td>1: Mt = 9.08 2: Mt = 7.85 3: Mt = 6.19 4: Mt = 3.91 5: Mt = 3.12 All Mt = 7.79</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.52 p&lt;.00</td>
<td>1: Mt = 7.95 2: Mt = 6.98 3: Mt = 5.81 4: Mt = 4.26 5: Mt = 3.54 All Mt = 6.98</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.62 p&lt;.00</td>
<td>1: Mt = 8.64 2: Mt = 7.55 3: Mt = 5.98 4: Mt = 3.75 5: Mt = 2.50 All Mt = 7.46</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
Findings on Happiness & MENTAL HEALTH  

Study | VENTE 1996 | Page in Report: 204
---|---|---
Reported in: | Ventegodt, S. | 
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: . overall selfestimate of mental health  
Code: M 7.2.2.1
Measurement: 
Single question:  
"How do you rate your mental health at present ?"  
1: very bad  
2: bad  
3: neither/nor  
4: good  
5: very good

Measured Values:  
N: All:4468;  %:1:1,3;  2:5,8;  3:16,8;  4:38,5;  5:37,6

Error Estimates:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=+.70  p<.00 | 1: Mt =1.84  
2: Mt =4.24  
3: Mt =6.20  
4: Mt =7.80  
5: Mt =9.14 |
| O-HL/c/sq/v/5/h | r=+.58  p<.00 | 1: Mt =2.75  
2: Mt =4.44  
3: Mt =5.76  
4: Mt =7.03  
5: Mt =8.16 |
| O-SLu/c/sq/v/5/e | r=+.65  p<.00 | 1: Mt =2.13  
2: Mt =3.95  
3: Mt =5.89  
4: Mt =7.50  
5: Mt =8.76 |
Appendix 1
Queries on Happiness used in reported Studies

Happiness Query Code Full Text

A-AOL/cq/sq/v/10/a Selfreport on single question:

"Mood is usually applied to states lasting for minutes or hours, but most people can estimate their average or typical mood over a long period of time. Using the following scale, please indicate which statement best describes your typical mood for the current spring semester. Draw a circle around the number of the statement which best describes your average level of happiness or unhappiness during this semester.

10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good, "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat "blue"
3 Depressed and feeling very low. Definitely "blue"
2 Tremendously depressed. Feeling terrible, really miserable, "just awful"
1 Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

A-AOL/cy/sq/v/10/a Selfreport on single question:

"In thinking over the past year, indicate how elated or depressed, happy or unhappy you have felt....?"

10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy,
8 Elated and in high spirits
7 Feeling very good and cheerful
6 Feeling pretty good, "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat "blue"
3 Depressed and feeling very low. Definitely "blue"
2 Tremendously depressed. Feeling terrible, really miserable, "just awful"
1 Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

A-AOL/g/sq/v/2/a Selfreport on single question:

"....feeling in good spirits usually..."

2 yes
1 no

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
2 both
3 good

**A-AOL/m/sq/v/5/a**  
Single direct question:  
'How are you feeling now....?'  
5 very good  
4 good  
3 neither good nor poor  
2 poor  
1 very poor

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

**A-AOL/se/sq/v/7/a**  
Selfreport on single question  
"Taken things together: how did you feel since you got ill....?"  
7 very good  
6  
5  
4  
3  
2  
1 very bad

**A-AOL/u/mq/v/10/a**  
Selfreport on 4 questions:  
"The following are statements of feelings or mood. Please read them over and then indicate which of these overall feelings best describes your feelings."  
A) Right now you feel ........  
B) The best you felt today ....  
C) The worst you felt today ...  
D) The way you usually feel ...  
Response options:
10. Complete elations, rapturous joy, and soaring ecstasy.  
9. Very elated and in very high spirits; tremendous delight and bouyancy.  
8. Elated and in high spirits.  
7. Feeling very good and cheerful.  
6. Feeling pretty good, "OK".  
4. Spirits low and somewhat blue.  
3. Depressed and feeling very low. Definitely blue.  
2. Tremendously depressed. Feeling terrible, really miserable, "just awful".  
1. Utter depression and gloom. Completely down. All is black
and leaden. Wish it were all over.

Summation: average scores on A,B,C,D.

Name: Elation-Depression Scale (variant)

A-ARE/md/sqr/v/10/a 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.
3 Pretty unhappy. Somewhat 'blue'. Spirits down.
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.
10 Extremely happy. Feeling ecstatic, joyful, fantastic.

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

A-ARE/md/sqr/v/10/b Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today?"
10 Complete elation, rapturous joy and soaring ecstasy
9 Very elated and in very high spirits. Tremendous delight and buoyancy
8 Elated and in high spirits
7 Feeling very good and cheerfull
6 Feeling pretty good, "OK"
5 Feeling a little bit low. Just so-so
4 Spirits low and somewhat 'blue'
3 Depressed and feeling very low.
2 Tremendously depressed.
1 Utter depression and gloom. Completely down.
All is black and leaden. Wish it were all over.

Name: Wesssman & Ricks' Elation - depression scale'

A-ASA/ma/mq/v/3/a Selfreport on 22 questions:

Below is a list of opposed attributes. Please indicate which applies best to your situation at this moment. Don't think too long. Place a cross next to the word this fits best. If you cannot decide, use the neither/nor option. Do not skip any lines.

"At the moment I am feeling....."

A refreshed ....................... listless
B indifferent toward ............... interested in others
C pleased .................................. depressed
D successful .................................. unsuccessful
E irritable .................................. peaceful
F indecisive .................................. ready to make decisions
G cheerful .................................. Tearful
H in a good mood ...................... in a bad mood
I lacking in appetite .................. with a good appetite
J sociable ................................. withdrawn
K unworthy ................................. worthy
L relaxed .................................. tense
M happy .................................. unhappy
N shy .................................. communicative
O sinful and wicked ...................... pure
P secure .................................. threatened
Q abandoned ................... cared for
R even-tempered .................. driven
S confident .................................. insecure
T miserable .................................. comfortable
U flexible .................................. inflexible
V tired .................................. rested
W hesitant .................................. firm
X calm .................................. restless
Y lacking in energy .................. energetic
Z useless .................................. indispensable
AA sluggish .................................. lively
AB superior .................................. inferior

Response options:
3 positive option
2 neither nor
1 negative option

Summation: Mean

Name: Zerssen's 'Befindlichkeits Skala' version 1 (B-S)

In Deutsch:
In folgenden finden Sie eine Reihe von Eigenschaftspaaren. Bitte, entscheiden Sie - ohne lange zu überlegen - welche der beiden Eigenschaften Ihrem augenblicklichen Zustand am ehesten entspricht. Machen Sie in das Kästchen vor der eher zutreffenden Eigenschaft ein Kreuz. Nur wenn Sie sich gar nicht entscheiden können, machen Sie ein Kreuz in die Spalte "weder - noch". Lassen Sie keine Zeile aus!

A frisch .................. matt
B teilnahmslos ............ teilnahmsvoll
C froh .......................... schwermütig
D erfolgreich .................. erfolglos
E gereizt .......................... friedlich
F entschlusslos ............ entschlussfreudig
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

G  lustig....................... weinerlich
H  wohlgelaunt............verstimmt
I  appetitos..............appetitfreudig
J  gesellig..................zurückgezogen
K  minderwertig..........vollwertig
L  entspannt..............gespannt
M  glücklich...............unglücklich
N  scheu.....................zugänglich
O  sündig..................... rein
P  sicher.....................bedroht
Q  verlassen...............umsorgt
R  ausgewogen..............innerlich getrieben
S  selbstsicher...........unsicher
T  elend......................munter
U  beweglich...............star
V  müde......................ausgeruht
W  zögernd...............bestimmt
X  ruhig......................unruhig
Y  lahm......................schwungvoll
Z  nutzlos.................... unentbehrlich
AA schwerfällig...........lebhaft
AB überlegen...............unterlegen

Selfreport on 10 questions:

"Looking at your present life situation, have you felt....?"
(yes/no)
A  Particularly excited, or interested in something?
B  So restless that you could not sit long in a chair?
C  Proud because someone complimented you on something you had done?
D  Very lonely or remote from people?
E  Pleased about having accomplished something?
F  Bored?
G  On top of the world?
H  Depressed?
I  That things were going your way?
J  Upset because someone criticized you?

Response options scoring:
- yes = 1
- no = 0

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

Possible range: -5 to +5

Name: Bradburn's 'Affect Balance Scale' (modified version)
"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)
"During the past four weeks have you ever felt.....?" (yes/no)

A  Pleased about having accomplished something.
B  Things going my way.
C  Proud because someone complimented me on something I had done.
D  Particularly excited or interested in something I had done.
E  On top of the world.
F  A deep sense of joy.
G  Pleased because my life feels orderly and secure.
H  Bored.
I  Very lonely and remote from other people.
J  Jealous of somebody.
K  Angry with someone.
L  Disappointed in myself.
M  Unhappy about the small number of times I have pleasant feelings and experiences.

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

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

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

A-BB/cq/mq/v/3/a Selfreport on 10 questions:
"During the past few months, have you ever felt..... (often, sometimes, never?)"

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

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

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

A-BB/cw/mq/v/2/a

Selfreport on 10 questions:

"During the past week, did you ever feel.....?"

A So restless that you could not sit long in a chair
B Proud, because someone had complimented you
C Very lonely or remote from people?
D Pleased about having accomplished something
E Bored
F On top of the world?
G Depressed
H That things were going your way?
I Upset because someone criticized you?
J Could not do anything, simply because you could not start?

Answer options and scoring:
- yes = 1
- no = 0

Summation:
Positive Affect Score (PAS): summed scores on B,D,F,H
Negative Affect Score (NAS): summed scores on A,C,E,G,I,J
Affect Balance Score (ABS): PAS minus NAS
Possible range -6 to +4

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

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

Selfreport on 11 questions:

"During the past few weeks, did you ever feel.....?"

A angry
B bored
C could not get going
D depressed
E lonely
F too busy
G uneasy
H excited
I on top of the world
J pleased
K proud

Answer options and scoring:
- yes = 1
- no = 0

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

Possible range: -7 to +5

Name: Bradburn's 'Affect 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 criticized you
C Proud because someone complimented you one something you had done
D That things are going your way
E So restless you couldn't sit long in a chair
F Unhappy or depressed
G Particularly interested in something
H Lonely and remote from other people

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

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

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

Name: Bradburn's Affect Balance Scale (variant)

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 excited 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 10 questions:

"We are interested in how people are feeling these days. The following items describe some of the ways people feel at different times. Please indicate how often you felt each way during the last week.
A Pleased about having accomplished something.
B That things were 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 Upset because someone criticized you.
G So restless that you could not sit long in a chair.
H Bored.
I Very lonely or remote from other people.
J Depressed or very unhappy.

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

Summation:
- Positive Affect Score (PAS): Average A to E
- Negative Affect Score (NAS): Average F to J
- Affect Balance Score (AB): PAS minus NAS
Possible range: -25 to +25

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

Selfreport on 10 questions asked 4 times a year at 3 month intervals.

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

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’

Self-report on 96 questions:

SENTENCES
Each of the sentences below describes 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
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 right thing
AN My future looks good
AO I'm making the most out of my life
AP Everything is going right 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
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

A-BK/u/mq/v/5/a  Self-report on 96 questions:

SENTENCES
Each of the sentences below discribe a FEELING. Mark HOW OFTEN you had
that feeling:
(Timeframe choosen by the subject: mostly past weeks.)
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
Findings on Happiness & MENTAL HEALTH

Correlate Code: M 7

ADJECTIVES
Each of the objectives below describe a FEELING. Mark HOW OFTEN you had that feeling;
A  Confident
B  Hopeless
C  Pleasant
D  Insignificant
E  Discontented
F  Healthy
G  Dejected
H  Annoyed
I  Down
J  Glad
<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>K</td>
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<td>Sad</td>
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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
Findings on Happiness & MENTAL HEALTH

Possible range - 4 to +4

Selfreport on 48 questions:

"Over this period I have had the feeling":
(Timeframe chosen by subjects: mostly past few weeks)

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
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
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Findings on Happiness & MENTAL HEALTH

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

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

A-CP/g/rdn/?/7/a Rating by two independant staffmembers who were familiar with the patient.
7 happy
6
5
4
3
2
1 depressed

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

'R general tendency to be 'cheerful' (as opposed to being depressed and low spirited)
+3 very high compared to average
+2 distinctly above average
+1 slightly above average
0 average
-1 slightly below average
-2 distinctly below average
-3 lowest as compared to average

C-A/h/sq/v/3/a Selfreport on single question:

"How do you feel about what you have accomplished in life...?"
3 well satisfied
2 reasonable satisfied
1 dissatisfied:

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.
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)

Selfreport on 5 questions, repeated every week during 24 weeks:

A. "How do you feel about your life as a whole?"
1 terrible
2
3
4
5
6
7 delighted

B. "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. "To what extent has your life as a whole been what you wanted it to be?"
5
4
3
D. "How much have you really enjoyed your life as a whole?"
1 not at all,
2
3
4
5 a great deal

E. "How much has your life as a whole made you feel emotionally upset?"
1 not at all
2
3
4
5 a great deal

Summation: Average

M-FH/u/sq/ol/9/a Selfreport on single question:

"Place a cross on the line on the place you estimate to be what corresponds best with your state".
1 | I don't feel very well in my skin
2 |
3 |
4 |
5 | I don't feel too well in my skin
6 |
7 |
8 |
9 | I feel very well in my skin

Scoring: rated on open horizontal line scale divided afterwards in 9 sections.

In French:
"Placez une croix, sur chaque ligne, a l'endroit que vous estimez etre celui qui correspond mieux a votre etat, par rapport aux definitions proposées.

a | Je ne me sens pas tres bien dans ma peau
b |
c |
d |
e | Je me sens assez bien dans ma peau
f |
g |
h |
i | Je me sens tres bien dans ma peau

M-PL/h/sq/v/5/b Selfreport on single question: following enumeration of lifegoals in six areas, the last of wich was 'joy in living'

" How successfull have you been in pursuit of that goal.....?"
Findings on Happiness & MENTAL HEALTH

(joy in living)

5 had excellent fortune in this respect
4
3
2
1 found little satisfaction in this area

M-TH/g/sq/v/9/a Self report on single question:

"Please estimate your happiness on the scale below by marking a number from 1 to 9"
1 not very happy most of the time
2
3
4
5 happy most of the time
6
7
8
9 very happy most of the time

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

"Here is a picture of a ladder. Suppose we say that the top of the ladder represents the best possible life for you and the bottom represents the worst possible life for you. Where on the ladder do you feel you personally stand at the present time?"
[10] best possible life
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ]
[ 0 ] worst possible life

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

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

O-DT/u/sq/f/1/7/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
Findings on Happiness & MENTAL HEALTH Correlate Code: M 7

2 very dissatisfying
1 terrible
- No opinion

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

O-DT/u/sq/v7/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/sqtv7/a
Selfreport on single question, asked twice in interview:

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

Summation: arithmetic mean

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

O-DT/u/sqtv9/a
Selfreport on single question asked twice

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

O-HL/c/sq/n7/a
Selfreport on single question:

"Here are some words and phrases. We would like you to use these in describing how you feel about your present life."
1 unhappy
Findings on Happiness & MENTAL HEALTH  

<table>
<thead>
<tr>
<th>Item in Campbell's semantic differential</th>
<th>Selfreport on single question:</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>‘Taken all together, how would you say things are these days? Would you say that you are...?’</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/ab</td>
<td>“Taking all things together, how would you say thing are these days? Would you say you are...?”</td>
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<tr>
<td>O-HL/c/sq/v/3/af</td>
<td>“All things considered, how would you describe yourself these days? Would you say you are...?”</td>
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<tr>
<td>O-HL/c/sq/v/3/cb</td>
<td>“In general, how happy are you these days .....?”</td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/m</td>
<td>“All in all, how much happiness would you say you find in life today?”</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/c</td>
<td>“Taking all things together, how would you say you are these days.....?”</td>
</tr>
</tbody>
</table>
Findings on Happiness & MENTAL HEALTH

1 not too happy

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

- e buitengewoon gelukkig
d zeer gelukkig
c gelukkig
b tamelijk gelukkig
a niet zo gelukkig

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

'How happy are you now?'
5 very happy
4 happy
3 neither happy nor unhappy
2 unhappy
1 very unhappy

Original text in Danish:
'Hvor lykkelig er du for tiden?'
5 meget lykkelig
4 lykkelig
3 hverken eller
2 ullykklig
1 meget ullykkelig

O-HL/m/sq/v/3/a Selfreport on single question:

"All things considerd, how happy would you say you are right now.....?"
3 very happy
2 pretty happy
1 not too happy

O-HL/u/sq/ol/9/a Selfreport on single question:

"Place a cross, on each line, on the place you estimate to be that which corresponds best with your state"
1 I am not very happy
2 |
3 |
4 |
5 | I am not too happy
6 |
7 |
8 |
9 I am quite happy

Scoring: rated on an open horizontal line scale, divided afterwards in 9 sections.

In French:
"Placez une croix, sur chaque ligne, a l'endroit que vous estimez être celui qui correspond le mieux a votre état, par rapport aux definitions proposées"

a | je ne suis pas tout à fait heureux
Findings on Happiness & MENTAL HEALTH Code: M 7

O-HL/u/sq/v/3/a Selfreport on single question:

"Taking all together: how happy would you say you are? Would you say you are.....?"
3 very happy
2 pretty happy
1 not too happy

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

"Would you say:......?"
1 You are unhappy?
2 You are reasonably happy?
3 You are happy?

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

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

Response options:
5 almost always true
4 often true
3 sometimes true
2 seldom true
1 never true

Summation: average
Possible range: 1 to 5

O-SL/?/sq/?/0/a Selfreport on single question:

".....satisfaction with life ....."
Full question not reported

O-SL/g/sq/n/7/a Selfreport on single question:

".....satisfaction of life in general"
(Full item not reported)
Findings on Happiness & MENTAL HEALTH

1 completely dissatisfied
2
3
4
5
6
7 completely satisfied

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

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

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

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

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

O-SLS/c/sq/fi/7/a Selfreport on single question:

" When you're not only thinking of your job, but of your total present situation (house, prices, health, love, politics, neighbours, etc.), how satisfied are you with your life as-a-whole? Please mark the appropriate face below."

Rated on pictorial scale, consisting of seven smilies, expressing variations from very dissatisfied (a) to very satisfied (g) (Kunin's 'Faces scale') Pictures not reproduced here).
1 unhappy face
.
.
4 neutral face
.
.
7 happy face

In German:
"Wenn Sie nun nicht nur die Arbeit betrachten, sondern Ihre gesamte derzeitige Situation berücksichtigen (Wohnung, Preise, Gesundheit, Liebe, Politik, Nachbarn usw.), wie zufrieden sind Sie dann insgesamt mit Ihrem Leben? Streichen Sie bitte
text to be translated
6
5
4
3
2
1 very dissatisfied

O-SP/u/sq/ol/9/a Selfreport on single question:

"Place a cross on the line below, on the spot you estimate that corresponds best with your state."
1 | I am not very satisfied
2 |
3 |
4 |
5 | I am not too satisfied
6 |
7 |
8 |
9 | I am very satisfied

Scoring: rated on an open horizontal line scale divided afterwards in 9 sections.

In French:
"Placer une croix, sur chaque ligne, a 'endroit que vous estimez etre celui qui correspond le mieux a votre etat, par rapport aux definitions proposees."

a | Je ne suis pas tout a fait satisfait
b |
c |
d |
e | Je ne suis pas tres satisfait
f |
g |
h |
i | Je suis tout a fait satisfait

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-NEWMAN-KEULS). |
| Beta   | (8) STANDARDIZED REGRESSION COEFFICIENT  
Type: test statistic.  
Measurement level: Correlates: all metric, Happinessl: 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. |
| Chi²   | CHI-SQUARE  
Type: test statistic  
Range: \([0; Ne*(min(c,r)-1)]\), where c and r are the number of columns and rows respectively in a cross tabulation of Ne sample elements.  
Meaning:  
\( \chi^2 \leq (c-1) * (r-1) \) means: no association  
\( \chi^2 > (c-1) * (r-1) \) means: strong association |
| 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. |
| DMt    | |
### DIFFERENCE of MEANS AFTER TRANSFORMATION
*Type:* descriptive statistic only.  
*Measurement level:* Correlate: dichotomous, Happiness: metric  
*Theoretical range:* \([-10; +10]\)

Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.

### G
**GOODMAN & Kruskal's GAMMA**  
*Type:* test statistic  
*Measurement level:* Correlate: ordinal, Happiness: ordinal  
*Range:* \([-1; +1]\)

Meaning:  
- \(G = 0\) « no rank correlation  
- \(G = +1\) « strongest possible rank correlation, where high correlate values correspond with high happiness ratings  
- \(G = -1\) « strongest possible rank correlation, where high correlate values correspond with low happiness ratings.

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

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

### rs
**SPEARMAN'S RANK CORRELATION COEFFICIENT**  
*Type:* test statistic  
*Range:* \([-1; +1]\)

Meaning:  
- \(rs = 0\) « no rank correlation  
- \(rs = 1\) « perfect rank correlation, where high correlate values are associated with high happiness ratings  
- \(rs = -1\) « perfect rank correlation, where high correlate values are associated with low happiness ratings

### SNR Statistic Not Reported

### tau
**GOODMAN & Kruskal's TAU**  
*Type:* descriptive statistic only.  
*Measurement level:* Correlate: nominal, Happiness: ordinal  
*Range:* \([0; +1]\)

Meaning:  
- \(tau = 0\) « knowledge of the correlate value does not improve the prediction quality of the happiness rating  
- \(tau = 1\) « knowledge of the correlate value enables a perfect (error-free) prediction of
the happiness rating.

**tb**

**KENDALL’S RANK CORRELATION COEFFICIENT TAU-B**

Type: test statistic

Measurement level: Correlate: ordinal, Happiness: ordinal

Range: [-1; +1]

**Meaning:**

- \( tb = 0 \) « no rank correlation
- \( tb = 1 \) « perfect rank correlation, where high values of the correlate correspond with high happiness ratings.
- \( tb = -1 \) « perfect rank correlation, where high values of the correlate correspond with low happiness ratings.

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

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

- Literature on happiness
  - Selection on subject
  - Bibliography (1)
  - Directory (2)
- Selection of Empirical studies
  - Selection on valid measurement
- Happiness Queries (3)
  - Testbank
  - Abstracting and classification of findings
  - Distributional Findings
    - How happy people are
    - Correlational Findings
      - What goes with happiness
      - o Happiness in Nations (4)
      - o Happiness in Publics (6)


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

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

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

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

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

<table>
<thead>
<tr>
<th>Main Category's</th>
<th>Category Name</th>
<th>Number of Studies in this Category</th>
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</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>
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<tr>
<td>A 3</td>
<td>AFFECTIVE LIFE</td>
<td>31</td>
</tr>
<tr>
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<td>AGE</td>
<td>279</td>
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<td>AGGRESSION</td>
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<tr>
<td>A 6</td>
<td>ANOMY</td>
<td>30</td>
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<tr>
<td>A 7</td>
<td>APPEARANCE (good looks)</td>
<td>8</td>
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<tr>
<td>A 8</td>
<td>ATTITUDES</td>
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<tr>
<td>A 9</td>
<td>AUTHORITARIANISM</td>
<td>4</td>
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<td>B 3</td>
<td>BODY</td>
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<td>C 1</td>
<td>CHILDREN 1:</td>
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<td>C 10</td>
<td>CREATIVENESS</td>
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<td>C 11</td>
<td>CULTURE (Arts and Sciences)</td>
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<td>C 2</td>
<td>CHILDREN: WANT FOR (Parental aspirations)</td>
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<tr>
<td>C 3</td>
<td>CHILDREN: HAVING (parental status)</td>
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<td>CHILDREN's CHARACTERISTICS</td>
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<td>CHILDREN: RELATION WITH</td>
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<td>C 6</td>
<td>CHILDREN: REARING (parental behavior)</td>
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<td>C 7</td>
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<td>COPING</td>
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<td>DAILY JOYS &amp; HASSLES</td>
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<tr>
<td>E 1</td>
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<td>243</td>
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<td>EMPLOYMENT</td>
<td>180</td>
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<td>ETHNICITY</td>
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<td>E 4</td>
<td>EXPRESSIVE BEHAVIOR</td>
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<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>
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</tr>
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<td>FARMING</td>
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<td>FREEDOM</td>
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<td>HOUSEHOLD: COMPOSITION</td>
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<td>HOUSEHOLD: WORK</td>
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<td>HOUSING</td>
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<td>HANDICAP</td>
<td>13</td>
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Correlate Code: M 7

Findings on Happiness & MENTAL HEALTH

H 3 HAPPINESS: ATTITUDES 39
H 5 HAPPINESS CAREER 144
H 6 HAPPINESS: CURRENT LEVEL 260
H 8 HEALTH-BEHAVIOR 15
H 9 HELPING 4
I 1 INCOME 415
I 2 INSTITUTIONAL LIVING 28
I 3 INTELLIGENCE 63
I 4 INTERESTS 5
I 5 INTERVIEW 49
I 6 INTIMACY 70
L 1 LANGUAGE 1
L 10 LOCAL ENVIRONMENT 270
L 11 LOTTERY 7
L 12 LOVE-LIFE 26
L 2 LEADERSHIP 8
L 3 LEISURE 128
L 4 LIFE APPRAISALS: OTHER THAN HAPPINESS4 290
L 5 LIFE-CHANGE 26
L 6 LIFE-EVENTS 63
L 7 LIFE-GOALS 52
L 8 LIFE HISTORY 1
L 9 LIFE STYLE 4
M 1 MARRIAGE: MARITAL STATUS CAREER 32
M 10 MIGRATION: MIGRANT WORK 3
M 11 MILITARY LIFE 5
M 12 MODERNITY 5
M 13 MOOD 181
M 2 MARRIAGE: CURRENT MARITAL STATUS 315
M 3 MARRIAGE: RELATIONSHIP 99
M 4 MARRIAGE: PARTNER 34
M 5 MEANING 18
M 6 MEDICAL TREATMENT 49
M 7 MENTAL HEALTH 99
M 8 MIGRATION: OTHER COUNTRY 9
M 9 MIGRATION: MOVING WITHIN COUNTRY (residential mobility) 17
N 1 NATIONALITY 5
N 2 NATION: TIME & PLACE 20
N 3 NATIONAL CHARACTER (modal personality) 2
N 4 NATION'S CONDITION 52
N 6 ATTITUDES TO THE NATION 111
N 7 LIVABILITY OF THE NATION 5
N 8 NUTRITION 18
O 1 OCCUPATION 133
<table>
<thead>
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<td>PERSONALITY: HISTORY</td>
<td>44</td>
</tr>
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<td>POSSESSIONS</td>
<td>26</td>
</tr>
<tr>
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<td>PROBLEMS</td>
<td>20</td>
</tr>
<tr>
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<td>PSYCHO-SOMATIC COMPLAINTS</td>
<td>53</td>
</tr>
<tr>
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<td>PERSONALITY: CHANGE</td>
<td>7</td>
</tr>
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<td>PERSONALITY: CURRENT ORGANIZATION</td>
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<tr>
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<td>PERSONALITY: CURRENT TRAITS</td>
<td>392</td>
</tr>
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<td>PERSONALITY: LATER</td>
<td>23</td>
</tr>
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<td>PHYSICAL HEALTH</td>
<td>286</td>
</tr>
<tr>
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<td>PLANNING</td>
<td>7</td>
</tr>
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<td>POLITICS</td>
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<td>RETIREMENT</td>
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<td>SOCIAL SUPPORT: RECEIVED</td>
<td>26</td>
</tr>
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<td>SOCIAL SUPPORT: Provided</td>
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<td>SPORTS</td>
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</tr>
<tr>
<td>S 13</td>
<td>STIMULANTS</td>
<td>33</td>
</tr>
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<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>
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</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>
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<td>SOCIAL PARTICIPATION: VOLUNTARY ASSOCIATIONS</td>
<td>111</td>
</tr>
<tr>
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<td>THERAPY</td>
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<td>TOLERANCE</td>
<td>37</td>
</tr>
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<td>8</td>
</tr>
<tr>
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<td>VALUES: CURRENT PREFERENCES (own)</td>
<td>49</td>
</tr>
<tr>
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<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>
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<td>WORK CONDITIONS</td>
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<td>313</td>
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## Appendix 5  Related Topics

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<td><strong>In Subject List on Appendix 4</strong></td>
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<td>Readiness to seek professional care</td>
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<td>Satisfaction with treatment</td>
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End of Report