



**World Database of Happiness**

**Correlational Findings**

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

**Findings on Happiness & PERSONALITY:  
HISTORY**

**Correlate Code: P 1**

<b>Classification of Findings</b>		<b>Number of Studies on this Subject</b>
<b>Correlate Code</b>	<b>Correlate Name</b>	
P 1	PERSONALITY: HISTORY	0
P 1.1	Earlier personality organization	2
P 1.2	Earlier personality traits	4
P 1.2.5	Earlier tendency to agree	1
P 1.2.7	Earlier anxiety	1
P 1.2.9	Earlier approval seeking	1
P 1.2.14	Earlier cleverness	1
P 1.2.16	Earlier conscientiousness	2
P 1.2.36	Earlier emotionality	1
P 1.2.40	Earlier fail-anxiety	1
P 1.2.54	Earlier independence	1
P 1.2.57	Earlier inhibition	1
P 1.2.58	Earlier inner-control	8
P 1.2.76	Earlier openness	0
P 1.2.77	Earlier optimism	2
P 1.2.81	Earlier persistence	2
P 1.2.85	Earlier positive thinking	2
P 1.2.89	Earlier resignation	1
P 1.2.96	Earlier need for self-actualization	2
P 1.2.100	Earlier self-confidence	4
P 1.2.101	Earlier self-disclosing	1
P 1.2.108	Earlier hurriedness	1
P 1.2.113	Earlier tolerance	1
P 1.2.115	Earlier trust in people	1
P 1.2.117	Earlier vigor	1
P 1.2.8	Earlier assertiveness	1
P 1.2.109	Earlier stability	1

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

Cite as: Veenhoven, R.: Findings on Happiness & PERSONALITY: HISTORY  
World Database of Happiness. Internet: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
Erasmus University Rotterdam, 2003, Netherlands

---

---

<b>Study</b>	<b>KAHN 1985</b>	<i>Page in Report:</i>	1320
<i>Reported in:</i>	Kahn, S, Zimmermann, G, Csikszentmihalyi, M, Getzels, J.W. Relation Between Identity in Young Adulthood and Intimacy at Midlife Journal of Personality and Social Psychology, 1985, Vol. 49, P. 1316-1322		
<i>Population:</i>	Allumni artschool followed 18 years, USA, 1963-81		
<i>Sample:</i>			
<i>Non-Response:</i>	75%		
<i>N:</i>	71		

---

**Measured Correlate**

<i>Class:</i>	Earlier personality organization Code: P 1.1
<i>Measurement:</i>	7-point bipolar choice semantic differential, based on the Eriksonian model. Assessed at T1 (18 yrs ago)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

---

**Observed Relation with Happiness**

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLW/c/sq/n/7/a	r=+ p<.	Happiness assessed at T2 Females : r = +.17 (ns) Males : r = +.27 (01)

<b>Study</b>	<b>SEARS 1977A</b>	<i>Page in Report:</i>	40-62/4
<i>Reported in:</i>	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
<i>Population:</i>	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition in 1972: 25%		
<i>N:</i>	1928 N=671: 1972 N=430		

### Measured Correlate

<i>Class:</i>	Earlier personality organization Code: P 1.1
<i>Measurement:</i>	Ratings of Ss personal i ty. - Parent rating a. in 1940  - Sel f rating b. in 1940 c. in 1950
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Earlier integration (1940, 1950) by present happiness (1972). Subjects age in 1972 about 62.

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV= ns	a.
	AoV= ns	b.
	AoV= ns	c.
M-PL/h/sq/v/5/b	Chi <sup>2</sup> = ns	a.
	Chi <sup>2</sup> = ns	b.
	Chi <sup>2</sup> = ns	c.

Earlier integration (1940, 1950) by present happiness (1972). Subjects age in 1972 about 62.

<b>Study</b>	<b>MUSSE 1980</b>	<i>Page in Report:</i>	342
<i>Reported in:</i>	Mussen, P., Eichorn, D.H., Honzik, M.P., Bieber, S.L. & Meredith, W.M. Continuity and change in women's characteristics over four decades International Journal of Behavioral Development 1980, vol 3, page 333-347		
<i>Population:</i>	Mothers, followed from age 30 to 70, Berkeley, USA, 1930-70		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	81		

### Measured Correlate

*Class:* Earlier personality traits Code: P 1.2

*Measurement:* Both personality and happiness were assessed at age 30 and age 70. Ratings were made on 7 point scales by independent interviewers. 21 characteristics were subjected to a factor analysis, from which the following three factors appeared:

- Stationary or common factors at ages 30 and 70:
  1. Open minded, accurate thinking
  2. Unworried, satisfied, self-assured
  3. Excitable, energetic, talkative, restless
- Factors unique to age 30:
  4. Interested in child, uncritical to child, talkative
  5. Intelligence, interested in child
- Factors unique to age 70:
  6. Good use of language, worrisome, restless, high self esteem
  7. Intelligent, interested in child, uncritical of child
  8. Talkative, critical

*Measured Values:*

*Error Estimates:*

*Remarks:* Guidance group only (N=58)

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/fi/n/7/a	r=+.07 ns	1
	r=+.33 ns	2
	r=+.31	3
	r=+.01 ns	4
	r=-.20 ns	5
	r=+.10 ns	6

Guidance group only (N=58)

---

	$r=-.29$	ns	7
	$r=-.08$	ns	8
O-SLC/g/fi/v/7/b	$r=+.05$	ns	1
	$r=+.37$	$p<.05$	2
	$r=+.17$	ns	3
	SNR=		4
	$r=+.11$	ns	5
	$r=+.13$	ns	6
	$r=-.08$	ns	7
	$r=-.23$	ns	8

---

<b>Study</b>	<b>SCHAE 1963/2</b>	<i>Page in Report:</i>	107
<i>Reported in:</i>	Schaefer, E.S. & Bailey, N. Maternal behavior, child behavior and their intercorrelations from infancy through Monographs of the Society for Research in Child Development Serial 87, vol 28, nr 3, 1963.		
<i>Population:</i>	Girls, followed from age 0 to 18, Berkely, California, USA, 1929-47		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	19		

---

### Measured Correlate

*Class:* Earlier personality traits Code: P 1.2

*Measurement:* Expert ratings on the basis of observation of behavior in various test-situations. Rated on bi-polar 7 point rating scales. Subjects were rated 14 times between 27-96 months of age. Personality ratings were combined for the following periods: 27+30 /33+36 /42+48 / 54+60 / 60+72 /78+84 /90+96.

1. Friendliness  
3 item index
  - initial response to situation (negative-friendly)
  - secondary response to situation (negative-friendly)
  - attitude to task (unwilling-eager)
2. Cooperativeness  
2 item index
  - variability in cooperation (variable-consistent)
  - attention to instructions (attentive-alert)
3. Attentiveness  
3 item index
  - external distraction (distractable-single minded)
  - association (flightly-controlled)
  - maintenance of effort (easily discouraged-persistent)
4. Facility  
3 item index
  - comprehension of task (slow-swift)
  - verbal response (vague-definite)

- method of [performance  
(random-systematic)

Measured Values:

Error Estimates:

Remarks: Happiness as assessed in adolescence (age 12-18)

Personality as assessed in childhood (age 2 -8)

month of  
personality  
assessment      correlation with  
adolescent  
happiness

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks	
A-CP/g/fi/v/7/a	mr=+.04	1. friendliness	
		27-30	Happiness as assessed in adolescence (age 12-18) r=+.11 (ns)
		33-36	r=-.22 (ns)
		42-48	r=-.04 (ns)
		54-60	r=+.11 (ns)
		66-72	Personality as assessed in childhood (age 2 -8) r=+.05 (ns)
		78-84	r=+.27 (ns)
		90-96	r=+.22 (ns)
		mr=-.18	2. Cooperativeness
	27-30		month of personality assessment correlation with adolescent happiness r=-.14 (ns)
	33-36		r=-.39 (ns)
	42-48		r=-.38 (ns)
	54-60		r=-.22 (ns)
	66-72		r=-.21 (ns)
	78-84		r=+.18 (ns)
	90-96		r=-.14 (ns)
	mr=-.17		3. Attentiveness
		27-30	r=-.09 (ns)
		33-36	r=-.36 (ns)
		42-48	r=-.41 (ns)
		54-60	r=-.26 (ns)
		66-72	r=-.16 (ns)
		78-84	r=+.19 (ns)
		90-96	r=-.08 (ns)



---

	mr=+.04	4. Faci l i ty	
		27-30	r=-. 12 (ns)
		33-36	r=-. 01 (ns)
		42-48	r=-. 04 (ns)
		54-60	r=+. 06 (ns)
		66-72	r=+. 04 (ns)
		78-84	r=+. 24 (ns)
		90-96	r=+. 08 (ns)
O-Sum/g/rc/v/7/a	mr=+.20	1. fri endl i ness	
		27-30	r=+. 13 (ns)
		33-36	r=+. 08 (ns)
		42-48	r=+. 18 (ns)
		54-60	r=+. 34 (ns)
		66-72	r=+. 13 (ns)
		78-84	r=+. 37 (ns)
		90-96	r=+. 13 (ns)
	mr=-.01	2. Cooperati veness	
		27-30	r=+. 04 (ns)
		33-36	r=-. 13 (ns)
		42-48	r=-. 05 (ns)
		54-60	r=-. 02 (ns)
		66-72	r=-. 08 (ns)
		78-84	r=+. 34 (ns)
		90-96	r=-. 19 (ns)
	mr=+.06	3. Attenti veness	
		27-30	r=+. 30 (ns)
		33-36	r=-. 18 (ns)
		42-48	r=-. 17 (ns)
		54-60	r=+. 08 (ns)
		66-72	r=+. 08 (ns)
		78-84	r=+. 47 (05)
		90-96	r=-. 19 (ns)
	mr=+.17	4. Faci l i ty	
		27-30	r=+. 02 (ns)
		33-36	r=+. 05 (ns)
		42-48	r=+. 06 (ns)
		54-60	r=+. 34 (ns)
		66-72	r=+. 10 (ns)
		78-84	r=+. 40 (ns)
		90-96	r=+. 20 (ns)

---

<b>Study</b>	<b>SEARS 1977A</b>	<i>Page in Report:</i>	40-62/4
<i>Reported in:</i>	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
<i>Population:</i>	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition in 1972: 25%		
<i>N:</i>	1928 N=671: 1972 N=430		

---

### Measured Correlate

<i>Class:</i>	Earlier personality traits Code: P 1.2
<i>Measurement:</i>	- Intellectual traits. a. 1922 b. 1928  - Volitional traits. c. 1922 d. 1928
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Earlier traits (1922, 1928) by present happiness.

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV= ns	a.
	AoV= ns	b.
	AoV= ns	c.
	AoV= ns	d.
M-PL/h/sq/v/5/b	Chi²= ns	a.
	Chi²= ns	b.
	Chi²= ns	c.
	Chi²= ns	d.

---

<b>Study</b>	<b>SEARS 1977A</b>	<i>Page in Report:</i>	40-62/4
<i>Reported in:</i>	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
<i>Population:</i>	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition in 1972: 25%		
<i>N:</i>	1928 N=671: 1972 N=430		

---

### Measured Correlate

*Class:* Earlier personality traits Code: P 1.2

*Measurement:*

- Feelings of inferiority
  - a. parent rating 1940
  - b. self rating 1940
  - c. self rating 1950
- Persistence
  - d. parent rating 1940
  - e. self rating 1940
  - f. self rating 1950
- Integration
  - g. parent rating 1940
  - h. self rating 1940
  - i. self rating 1950

*Measured Values:*

*Error Estimates:*

*Remarks:* Earlier ratings (1940, 1950) by present happiness (1972). Subjects age in 1972 about 62.

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV=- p<.00	a.
	AoV=- p<.00	b.
	AoV= ns	c.

Earlier ratings (1940, 1950) by present happiness (1972). Subjects age in 1972 about 62.

---

---

	AoV=	ns	d.
	AoV=	ns	e.
	AoV=+	p<.05	f.
	AoV=	ns	g.
	AoV=	ns	h.
	AoV=	ns	i.
M-PL/h/sq/v/5/b	Chi <sup>2</sup> =	ns	a.
	Chi <sup>2</sup> =	ns	b.
	Chi <sup>2</sup> =	ns	c.
	Chi <sup>2</sup> =	ns	d.
	Chi <sup>2</sup> =	ns	e.
	Chi <sup>2</sup> =	ns	f.
	Chi <sup>2</sup> =	ns	g.
	Chi <sup>2</sup> =	ns	h.
	Chi <sup>2</sup> =	ns	i.

---

<b>Study</b>	<b>ORMEL 1980</b>	<i>Page in Report:</i>	350
<i>Reported in:</i>	Ormel,H. Moeite met leven of een moeilijk leven (Difficulty in living or a difficult life) Dissertation 1980, University of Groningen, the Netherlands, publisher: Konstapel, Groningen, the Netherlands.		
<i>Population:</i>	15-60 aged, general public, followed 12 month, The Netherlands, 1967-77		
<i>Sample:</i>			
<i>Non-Response:</i>	18%		
<i>N:</i>	296		

---

### Measured Correlate

*Class:* Earlier tendency to agree Code: P 1.2.5

*Measurement:* 3-item additive index revealing the inclination to answer positively. Each rated on a 5-point scale.  
Typical items are:  
- If someone asks me something personal I reply straightforwardly.  
- If someone starts talking to you, you have to be as honest as possible. - It is a good thing that people say what they really feel.  
Assessed at T2(1976)

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/c	r=+.01 ns	T2 happiness by T2 year-saying
	r=+.10 p<.05	T3 happiness by T2 year-saying

Study	COSTA 1980/1	Page in Report:	672-673
<i>Reported in:</i>	Costa, P.T. and Mc Crae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, p.668-678		
<i>Population:</i>	35-85 aged white males (largely veterans), USA, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>	T1:21%; T2:18%;  T3:27%; T4:46%		
<i>N:</i>	1100		

### Measured Correlate

*Class:* Earlier anxiety Code: P 1.2.7

*Measurement:* 5-item index from the EASI-III Temperament Survey (Buss and Plomin, 1975: 24-242), rated on a 5-point scale ranging from 'a little' to 'a lot':

1. "I am easily frightened"
2. "I often feel insecure"
3. "I tend to be nervous in new situations"
4. "I have fewer fears than most people my age" (reverse)"
5. "When I get scared, I panic"

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/b	r=-.40 p<.001	Hedonic level assessed at T1, T2, T3 and T4 (3 month-intervals). Fear at T2.  Correlations with hedonic level at: T1: r = -.29 (001) T2: r = -.36 (001) T3: r = -.31 (001) T4: r = -.32 (001) Sum: r = -.40 (001)  PAS: r(mean) = -.19 NAS: r(mean) = +.30

---

<b>Study</b>	<b>BACHM 1978</b>	<i>Page in Report:</i>
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

---

### Measured Correlate

<i>Class:</i>	Earlier approval seeking Code: P 1.2.9
<i>Measurement:</i>	31-item index of true/false statements (Social Desirability Scale; see Crowne & Marlowe, 1964). Assessed at T1
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/mq/v/5/a	tau=+ p<.001	T1 happiness:        _ = +.31 (001) T2 happiness:        _ = +.27 (001) T3 happiness:        _ = +.16 (001) T4 happiness:        _ = +.19 (001) T1: 1966, T2: 1968, T3: 1969, T4: 1970

---

<b>Study</b>	<b>MUSSE 1980/1</b>	<i>Page in Report:</i>	342
<i>Reported in:</i>	Musse, P.; Eichorn, D.H.; Honzik, M.P.; Bieber, S.L.; Meredith, W.M. Continuity and Change in Women's Characteristics over Four Decades International Journal of Behavioral Development, Vol. 3 1980, p. 333 - 347		
<i>Population:</i>	Mothers, followed from age 30 to 70, Berkeley USA, 1928-68		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	53		

---

### Measured Correlate

*Class:* Earlier cleverness Code: P 1.2.14

*Measurement:* Personality factor that appears in an analysis of ratings by two interviewers on 71 personality-social characteristics. This factor only appeared in young adulthood (T1: age 30).

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLC/g/fi/v/7/b	r=-.11 ns	



---

<b>Study</b>	<b>MCCRA 1990</b>	<i>Page in Report:</i>	23/24
<i>Reported in:</i>	McCrae, R.R. & Costa jr, P.T. Adding Liebe und Arbeit. The full five factor model and Well-being Personality and Social Psychology Bulletin, vol.? (1990)p.?		
<i>Population:</i>	Single males and couples followed 7 years, Baltimore, USA, 1979-86		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	429		

---

### Measured Correlate

*Class:* Earlier conscientiousness Code: P 1.2.16

*Measurement:* Index of closed questions answered by Ss and spouse. NEO Personality Inventory (Costa et al 1985). Typical characteristics of high scores are:  
-organized, reliable  
-neat  
-ambitious, persevering  
Assessed at T1(1979), T2(1981) and T3(1986)

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sq/v/7/a	r=+.18 p<.01	T1 happiness (ABS) by T3 self-rated conscientiousness
	r=+.20 p<.01	T2 happiness (ABS) by T3 self-rated conscientiousness
	r=+.14 p<.05	T1 happiness (ABS) by T3 spouse-rated conscientiousness
	r=+.03 ns	T2 happiness (ABS) by T3 spouse-rated conscientiousness

---

<b>Study</b>	<b>MCCRA 1990</b>	<i>Page in Report:</i>	23/24
<i>Reported in:</i>	McCrae,R.R. & Costa jr,P.T. Adding Liebe und Arbeit. The full five factor model and Well-being Personality and Social Psychology Bulletin, vol.? (1990)p.?		
<i>Population:</i>	Single males and couples followed 7 years, Baltimore, USA, 1979-86		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	429		

---

### Measured Correlate

*Class:* Earlier conscientiousness Code: P 1.2.16

*Measurement:* Index of closed questions answered by Ss and spouse. NEO  
Personality Inventory (Costa ea 1985). Typical characteristics of  
high scores are:  
-organized, reliable  
-neat  
-ambitious, persevering  
Assessed at T1(1979), T2(1981) and T3(1986)

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cm/mq/v/2/a	r=+.21 p<.01	T1 happiness (ABS) by T3 self-rated conscientiousness
	r=+.24 p<.01	T2 happiness (ABS) by T3 self-rated conscientiousness
	r=+.14 p<.05	T1 happiness (ABS) by T3 spouse-rated conscientiousness
	r=+.15 p<.05	T2 happiness (ABS) by T3 spouse-rated conscientiousness

<b>Study</b>	<b>COSTA 1980/1</b>	<i>Page in Report:</i>	672-673
<i>Reported in:</i>	Costa, P.T. and Mc Crae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, p.668-678		
<i>Population:</i>	35-85 aged white males (largely veterans), USA, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>	T1:21%; T2:18%;  T3:27%; T4:46%		
<i>N:</i>	1100		

### Measured Correlate

*Class:* Earlier emotionality Code: P 1.2.36

*Measurement:* 5-item index from the EASI-III Temperament Survey (Buss and Plomin, 1975:241-242) rated on a 5-point scale. Each item ranging from 'a little' to 'a lot':

1. "I frequently get upset"
2. "I am almost always calm - nothing ever bothers me (reverse)"
3. "I get excited easily"
4. "I am somewhat emotional"
5. "I often feel like crying"

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cm/mq/v/2/b	r=-.33 p<.001	Hedonic level assessed at T1, T2, T3 and T4 (3 month-intervals). Emotionality at T2.  Correlations with hedonic level at: T1: r = -.25 (001) T2: r = -.29 (001) T3: r = -.28 (001) T4: r = -.23 (001) Sum: r = -.33 (001)  PAS: r(mean) = -.08 NAS: r(mean) = +.33

Study	BACHM 1978	Page in Report:
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

<i>Class:</i>	Earlier fail-anxiety Code: P 1.2.40
<i>Measurement:</i>	A mean of 14 true/false items, adopted from the Mandler-Sarason Test Anxiety Questionnaire, measuring how anxious respondent gets about tests and exams. Scale: 1.00 = low; 2.00 = high test anxiety. Assessed at T1 and T2
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HP/g/mq/v/5/a	tau=- p<.s	Test anxiety
		Happiness
		T1
		T2
		T1
		T2
		T3
		T4
		T1: 1966, T2: 1968, T3: 1969, T4: 1970

<b>Study</b>	<b>KIRCH 1984</b>	<i>Page in Report:</i>	279
<i>Reported in:</i>	Kirchler, E. Everyday-experiences of unemployed - well-being, activity structure and social Psychologie und Praxis, Zeitschrift für Arbeits- und Organisationspsychologie, 1984, 28 (N.F. 2)		
<i>Population:</i>	Unemployed, followed 6 months after job loss, Linz Austria, 1983		
<i>Sample:</i>			
<i>Non-Response:</i>	Dropout due to refusal 23%		
<i>N:</i>	31		

### Measured Correlate

*Class:* Earlier independence Code: P 1.2.54

*Measurement:* Three types derived from scores on  
German version of the Cattell 16 PF test  
(Schneewind et al 1987)

Happiness assessed at four times after  
falling unemployed:

T1 1 month  
T2 2 month  
T3 3 month  
T4 6 month

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-AOL/mi/sqr/v/5/a	DMt= p<.01	<p>Happiness at T1</p> <ul style="list-style-type: none"> <li>-Social sensitive dependents Mt' = 7.94</li> <li>-Self-assured dominants Mt' = 8.51</li> <li>-Insecure-submissive types Mt' = 7.70</li> </ul> <p>This pattern remains largely identical from T1 to T4, both among Ss who remain unemployed and who find a job. After becoming re-employed insecure-submissive Ss improved most in happiness (Ms' = 9.15)</p>

Study	COSTA 1980/1	Page in Report:	672-673
<i>Reported in:</i>	Costa, P.T. and Mc Crae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, p.668-678		
<i>Population:</i>	35-85 aged white males (largely veterans), USA, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>	T1:21%; T2:18%;  T3:27%; T4:46%		
<i>N:</i>	1100		

### Measured Correlate

*Class:* Earlier inhibition Code: P 1.2.57

*Measurement:* 5-item index from the EASI-III Temperament Survey (Buss and Plomin, 1975: 241-242) rated on a 5-point scale ranging from 'a little' to 'a lot':

1. "I have trouble controlling my impulses"
2. "Usually I can't stand waiting"
3. "I can tolerate frustration better than most" (reverse)
4. "I have trouble resisting my cravings (for food, cigarettes, etc)"
5. "I like to spend my money right away rather than save it for long-range goods".

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/b	r=-.22 p<.001	Hedonic level assessed at T1, T2, T3, and T4 (3 month-intervals). Poor inhibition of impulse at T2. Correlations with hedonic level at: T1: r = -.16 (001) T2: r = -.23 (001) T3: r = -.18 (001) T4: r = -.18 (001) Sum: r = -.22 (001)  PAS: r(mean) = -.05 NAS: r(mean) = +.24

<b>Study</b>	<b>BACHM 1978</b>	<i>Page in Report:</i>
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

<i>Class:</i>	Earlier inner-control Code: P 1.2.58
<i>Measurement:</i>	A mean of items adapted from the Rotter internality scale (see Rotter, 1966) Scale: 1.00 = low to 2.00 = high internal control. Assessed at T1, T2, T3 and T4
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/mq/v/5/a	tau=+ p<.s	Internal control
		Happi ness    T1        T2        T3        T4
		T1        _ = +. 21        +. 14        +. 14        +. 13
		T2        _ = +. 12 (01) +. 21        +. 19        +. 19
		T3        _ = +. 10 (01) +. 14        +. 23        +. 20
		T4        _ = +. 13        +. 15        +. 21        +. 28
		All _ si gni fi cant wi th (001), un less i ndi cated otherwi se
		T1: 1966, T2: 1968, T3: 1969, T4: 1970

<b>Study</b>	<b>BACHM 1978*</b>	<i>Page in Report:</i>
<i>Reported in:</i>	Bachman, J. G., O'Malley, P. M., Johnston, J. Youth in transition, vol. VI: Adolescence to adulthood, change and stability in the Institute for Social Research, University of Michigan, Ann Arbor, Michigan, 1978	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	t1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

<i>Class:</i>	Earlier inner-control Code: P 1.2.58
<i>Measurement:</i>	A mean of items adapted from the Rotter internality scale (see Rotter, 1966) Scale: 1.00 = low to 2.00 = high internal control. Assessed at T1, T2, T3 and T4
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/mq/v/5/a	tau=+ p<.s	Internal control
		Happiness T1 T2 T3 T4
		T1 _ = +. 21 +. 14 +. 14 +. 13
		T2 _ = +. 12 (01) +. 21 +. 19 +. 19
		T3 _ = +. 10 (01) +. 14 +. 23 +. 20
		T4 _ = +. 13 +. 15 +. 21 +. 28
		All _ significant with (001) unless indicated otherwise
		T1: 1966, T2: 1968, T3: 1969, T4: 1970



---

<b>Study</b>	<b>COSTA 1980/2</b>	<i>Page in Report:</i>	675
<i>Reported in:</i>	Costa, P.T. & McCrae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, pp. 668-678		
<i>Population:</i>	25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	234		

---

### Measured Correlate

<i>Class:</i>	Earlier inner-control Code: P 1.2.58
<i>Measurement:</i>	Cattell (1973) Sixteen Personality Factor Questionnaire Assessed at T1 (10 years ago)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cy/mq/v/2/a	r=+.14 p<.05	Hedonic level assessed at T2 NAS: r = +.03 ns PAS: r = +.23 (001)

---

<b>Study</b>	<b>COSTA 1980/2</b>	<i>Page in Report:</i>	675
<i>Reported in:</i>	Costa, P.T. & McCrae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, pp. 668-678		
<i>Population:</i>	25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	234		

---

### Measured Correlate

<i>Class:</i>	Earlier inner-control Code: P 1.2.58
<i>Measurement:</i>	Cattell (1973) Sixteen Personality Factor Questionnaire Assessed at T1 (10 years ago)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cy/mq/v/2/a	r=+.14 p<.05	Hedonic level assessed at T2 NAS: r = +.03 ns PAS: r = +.23 (.001)

---

<b>Study</b>	<b>COSTA 1981</b>	<i>Page in Report:</i>
<i>Reported in:</i>	Costa,P.T., McCrae,R.R. & Morris,A.H. Personal adjustment to aging: Longitudinal prediction from neuroticism and Journal of Gerontology, vol.36(1981), p.78-85	
<i>Population:</i>	17-97 aged males, visitors of the Gerontology Research Centre, followed $\pm$ 10 years Baltimore, USA. 1958-70	
<i>Sample:</i>		
<i>Non-Response:</i>	Attrition 79% at T3, mostly among psychologically least adjusted	
<i>N:</i>	557 at T1, 423 at T2, 117 at T3	

---

### Measured Correlate

<i>Class:</i>	Earlier inner-control Code: P 1.2.58
<i>Measurement:</i>	Factor-score derived from Guilford/ Zimmerman Temperament Survey (GZTS), by Guilford et al 1976. Defined by restraint and thoughtfulness
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-A/h/sq/v/3/a	r=+ ns	T1 thinking introversion by T1 happiness: - young(18-49) : r= +.06 ns - old (50-97) : r= +.04 ns

---

<b>Study</b>	<b>COSTA 1981</b>	<i>Page in Report:</i>
<i>Reported in:</i>	Costa,P.T., McCrae,R.R. & Morris,A.H. Personal adjustment to aging: Longitudinal prediction from neuroticism and Journal of Gerontology, vol.36(1981), p.78-85	
<i>Population:</i>	17-97 aged males, visitors of the Gerontology Research Centre, followed $\pm$ 10 years Baltimore, USA. 1958-70	
<i>Sample:</i>		
<i>Non-Response:</i>	Attrition 79% at T3, mostly among psychologically least adjusted	
<i>N:</i>	557 at T1, 423 at T2, 117 at T3	

---

### Measured Correlate

*Class:* Earlier inner-control Code: P 1.2.58

*Measurement:* Factor-score derived from Guilford/ Zimmerman Temperament Survey (GZTS),  
by Guilford et al 1976.  
Defined by general activity, ascendance and sociability.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-A/h/sq/v/3/a	r=+ p<.s	T1 extraversion by T1 happiness: - young(18-49) : r= +.26 (001) - old (50-97) : r= +.12 (05)
	r=+.12 p<.01	T1 extraversion by T2 happiness (2-10 yrs later)
	r=+.26 p<.01	T1 extraversion by T3 happiness (10-17 yrs later)

---

<b>Study</b>	<b>ORMEL 1980</b>	<i>Page in Report:</i>	350,255,60
<i>Reported in:</i>	Ormel,H. Moeite met leven of een moeilijk leven (Difficulty in living or a difficult life) Dissertation 1980, University of Groningen, the Netherlands, publisher: Konstapel, Groningen, the Netherlands.		
<i>Population:</i>	15-60 aged, general public, followed 12 month, The Netherlands, 1967-77		
<i>Sample:</i>			
<i>Non-Response:</i>	18%		
<i>N:</i>	296		

---

### Measured Correlate

*Class:* Earlier inner-control Code: P 1.2.58

*Measurement:* External vs internal control.  
12-item additive index rated on a 3-point scale. Shortened version of Rotter(1966) Scale.  
Typical questions are:  
- Whether people like you or not is something you can't influence.  
- I seldom feel myself victim of circumstances.  
Assessed at T2(1976)

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/c	r=+.24 p<.01	T2 happiness by T2 internal control
	r=+.33 p<.01	T3 happiness by T2 internal control
	$\beta$ L=+.17	T2 happiness by T2 internal control. $\beta$ L path coefficient in a LISREL model, also involving neuroticism, self-esteem, intimacy with partner, adequacy of coping and self- and externally induced burdens.
	$\beta$ L=+.28	T3 happiness by T3 internal control. $\beta$ L path coefficient in a LISREL model, also involving neuroticism, self-esteem and quality of life.

---

 $\beta_L = +.21$ 

T2 happiness by T2 internal control.  
 $\beta_L$  path coefficient in a LISREL model, also involving neuroticism, self-esteem, unhappy childhood and traumatic childhood experiences.

---

<b>Study</b>	<b>PALMO 1981</b>	<i>Page in Report:</i>	103
<i>Reported in:</i>	Palmore, E.B. Social Patterns in Normal Aging: Findings from the Duke Longitudinal Study. Duke University Press, Durham, North Carolina, USA, 1981; pp 95-107.		
<i>Population:</i>	46+ aged whites, North Carolina, USA, 1968 - 1976.		
<i>Sample:</i>	Probability stratified sample		
<i>Non-Response:</i>			
<i>N:</i>	375		

---

### Measured Correlate

*Class:* Earlier inner-control Code: P 1.2.58

*Measurement:* Index containing four pairs of statements e.g, "some of the good and some of the bad things in my life have happened by chance" (external control).  
"What happened to me has been my own doing" (internal control).  
Each S was asked which one of each pair is more true for him.  
(from the Internal-External Control of Reinforcement Scale; see Jesson et al. (1968).  
0= external  
1= internal  
Scale 0-4.  
Assessed at T1.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-BW/c/sq/l/10/c	r=+.14 p<.05	Women T1 internal control by T2 life satisfaction.

---

<b>Study</b>	<b>WESSM 1966/2</b>	<i>Page in Report:</i>	116
<i>Reported in:</i>	Wessman, A.E. & Ricks, D.F. Mood and personality Holt, 1966, New York, USA		
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60		
<i>Sample:</i>			
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.		
<i>N:</i>	17		

---

### Measured Correlate

*Class:* Earlier optimism Code: P 1.2.77

*Measurement:* Factor Optimism - Pessimism, based on indirect agree/disagree questionnaire items, e.g. chances of success in life, most endeavors are worthwhile, life consists of a procession of disillusionments, the future looks black as pitch. Assessed two years earlier.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-ARE/md/sqr/v/10/	r=+.58 p<.05	



---

<b>Study</b>	<b>WESSM 1966/2</b>	<i>Page in Report:</i>	116
<i>Reported in:</i>	Wessman, A.E. & Ricks, D.F. Mood and personality Holt, 1966, New York, USA		
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60		
<i>Sample:</i>			
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.		
<i>N:</i>	17		

---

### Measured Correlate

*Class:* Earlier optimism Code: P 1.2.77

*Measurement:* Factor Optimism - Pessimism, based on indirect agree / disagree questionnaire items, e.g. chances of success in life, most endeavors are worthwhile, life consists of a procession of disillusionments, the future looks black as pitch. Assessed two years earlier.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-ARE/md/sqr/v/10/	r=+.58	ns

---

<b>Study</b>	<b>SEARS 1977A</b>	<i>Page in Report:</i>	40-62/4
<i>Reported in:</i>	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
<i>Population:</i>	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition in 1972: 25%		
<i>N:</i>	1928 N=671: 1972 N=430		

---

### Measured Correlate

<i>Class:</i>	Earlier persistence Code: P 1.2.81		
<i>Measurement:</i>	Combined parent and teacher ratings of perseverance and desire to exet.  Assessed in 1928.		
<i>Measured Values:</i>			
<i>Error Estimates:</i>			
<i>Remarks:</i>			

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV=+ p<.01	Earlier perseverance (1928) by present happiness (1972).

---

<b>Study</b>	<b>SEARS 1977A</b>	<i>Page in Report:</i>	40-62/4
<i>Reported in:</i>	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
<i>Population:</i>	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition in 1972: 25%		
<i>N:</i>	1928 N=671: 1972 N=430		

---

### Measured Correlate

<i>Class:</i>	Earlier persistence Code: P 1.2.81
<i>Measurement:</i>	Ratings of Ss personal it y. - Parents rating a. in 1940  - Self rating b. in 1940 c. in 1950
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Earlier persistence (1940, 1950) by present happiness (1972).

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV= ns	a.
	AoV= ns	b.
	AoV=+ p<.05	c.
M-PL/h/sq/v/5/b	Chi²= ns	a.
	Chi²= ns	b.
	Chi²= ns	c.

Earlier persistence (1940, 1950) by present happiness (1972).

---

<b>Study</b>	<b>GOODH 1985</b>	<i>Page in Report:</i>	223
<i>Reported in:</i>	Goodhart, D.E. Some psychological effects associated with positive and negative thinking about Journal of Personality and Social Psychology, 1985, Vol. 48,p. 216-232.		
<i>Population:</i>	Students in stress, followed 8 weeks, Illinois, USA, 1983		
<i>Sample:</i>			
<i>Non-Response:</i>	1.7% dropout		
<i>N:</i>	173		

### Measured Correlate

*Class:* Earlier positive thinking Code: P 1.2.85

*Measurement:* Ss were invited to think of a stressful event in the recent past and then complete a 46-item event-outcome-appraisal questionnaire (Goodhart 1981); 20 items in the questionnaire described negative outcomes.  
Typical items are:  
Self-relevant items:  
1. I began to feel that I was doing little toward my life enjoyment or personal development.  
2. I became more uncertain about who I am or want to become.  
3. I began to doubt whether my present career plans are consistent with true interests and skills.  
Externally relevant items:  
1. The event made it more difficult to carry out ordinary daily activities.  
2. The event created a financial strain.  
3. Others were unaware of or insensitive to my difficulties.  
Negative thinking assessed at T1.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sq/v/7/a	Beta=-.4 p<.001	T1 negative thinking by T1 happiness. -Self relevant thinking $\beta=-.37$ (001) -Externally relevant thinking $\beta=-.00$ (ns) $\beta$ 's controlled for T1 positive thinking.

Beta=-.3 p<.001 T1 negative thinking by T2 happiness.  
-Self relevant thinking  $\beta=-.36$  (.001)  
-Externally relevant thinking  $\beta=-.00$  (ns)  
 $\beta$ 's controlled for T1 positive thinking.

<b>Study</b>	<b>GOODH 1985</b>	<i>Page in Report:</i>	223
<i>Reported in:</i>	Goodhart, D.E. Some psychological effects associated with positive and negative thinking about Journal of Personality and Social Psychology, 1985, Vol. 48,p. 216-232.		
<i>Population:</i>	Students in stress, followed 8 weeks, Illinois, USA, 1983		
<i>Sample:</i>			
<i>Non-Response:</i>	1.7% dropout		
<i>N:</i>	173		

### Measured Correlate

*Class:* Earlier positive thinking Code: P 1.2.85

*Measurement:* Ss were invited to think of a stressful event in the recent past and then completed a 46-item event-outcome- appraisal questionnaire (Goodhart 1981); 20 items in this questionnaire described positive outcomes.  
Typical items are:  
Self-relevant items:  
1. I developed greater trust in my judgments of situations or people.  
2. I modified personal or career goals to more closely match my true interests, abilities or values.  
3. By coping with events, I gained confidence in my ability to handle other difficulties.  
Externally relevant items:  
1. I learned to consider others' advice when planning career or personal development goals.  
2. I discovered I could rely on others for help in getting through difficulties.  
3. Others became more sympathetic toward my situation or difficulties.  
Positive thinking assessed at T1.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-DT/u/sq/v/7/a	Beta=+.2 p<.001	T1 positive thinking by T1 happiness. -Self relevant thinking: $\beta=+.34$ (001) -Externally relevant thinking: $\beta=+.00$ (ns) $\beta$ 's controlled for T1 negative thinking.

Beta=+.0 ns

T1 positive thinking by T2 happiness.  
-Self relevant thinking:  $\beta=+.00$  (ns)  
-Externally relevant thinking:  $\beta=+.14$  (ns)  
 $\beta$ 's controlled for T1 negative thinking.

<b>Study</b>	<b>MOUM 1988</b>	<i>Page in Report:</i>	128
<i>Reported in:</i>	Moum, T. Yea-saying and mood-of-the day effects in self-reported quality of life Social Indicators Research vol.20, 1988, p.117-139		
<i>Population:</i>	Adult, general public, county, followed 2 years, Norway, 1984-86		
<i>Sample:</i>			
<i>Non-Response:</i>	20%		
<i>N:</i>	622		

### Measured Correlate

*Class:* Earlier resignation Code: P 1.2.89

*Measurement:* Index of 4 closed questions, having the same content but phrased pairwise positively or negatively.

- 1 If people stopped complaining about everything, everybody would be better off.
- 2 You have to learn how to let others know you're not satisfied, or else there'll be no improvements.
- 3 You have to content yourself with what you've got, otherwise you'll just be disappointed and bitter.
- 4 If you're not satisfied, it is important to let others know about it.

Questions rated on a 5 point scale. 1: disagree completely, .. 5: agree completely. Scores of questions 2 and 4 were then subtracted from the summed score of questions 1 and 3. Administered at T3.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-SLu/c/sq/n/7/a	r=+	happiness at T1 happiness at T2 happiness at T3
		r= +.14 r= +.21 r= +.16



<b>Study</b>	<b>BACHM 1978</b>	<i>Page in Report:</i>
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

<i>Class:</i>	Earlier need for self-actualization Code: P 1.2.96
<i>Measurement:</i>	15-item index containing closed questions designed to measure the need for self-development. Scale: 1.00 = low; 5.00 = high need for self-development. Assessed at T1, T2, T3, and T4
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/mq/v/5/a	tau=+ p<.001	Need for self-development
		Happiness
		T1 T2 T3 T4
		T1 _ = +.34 +.19 +.20 +.15
		T2 _ = +.21 +.33 +.24 +.22
		T3 _ = +.18 +.18 +.32 +.21
		T4 _ = +.13 +.15 +.22 +.30
		All _ significant (.001)
		T1: 1966, T2: 1968, T3: 1969, T4: 1970

Study	BACHM 1978	Page in Report:
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

<i>Class:</i>	Earlier need for self-actualization Code: P 1.2.96
<i>Measurement:</i>	8-item index containing closed questions concerning use of one's existing skills and abilities. Scale: 1.00 = low; 5.00 = high need for self-utilization. Assessed at T1, T2, T3 and T4
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
O-HP/g/mq/v/5/a	tau=+	Need for self-utilization
		Happiness T1 T2 T3 T4
		T1 _ = +.27 +.15 +.17 +.12 (01)
		T2 _ = +.14 +.26 +.20 +.15
		T3 _ = +.09 (05) +.12 (01) +.26 +.16
		T4 _ = +.07 (ns) +.11 (01) +.19 +.25
		All _ significant with (001) unless indicated otherwise
		T1: 1966, T2: 1968, T3: 1969, T4: 1970

<b>Study</b>	<b>BRAY 1980</b>	<i>Page in Report:</i>	278
<i>Reported in:</i>	Bray, D.W. & Howard, A. Career Success and Life Satisfaction of Middle-Aged Managers Competence and coping during adulthood, pp 258-287, University Press of New England, Hanover, New Hampshire 1980. Also "Managerial Lives in Transition" by Howard, A. & Bray, D.W., The Guilford Press 1988.		
<i>Population:</i>	40+ aged, male managers, Bell Telephone Company, 1978		
<i>Sample:</i>	Non-probability purposive-quota sample		
<i>Non-Response:</i>	panel loss a t T5: 37%		
<i>N:</i>	422 * *)		

### Measured Correlate

*Class:* Earlier self-confidence Code: P 1.2.100

*Measurement:* Guilford-Martin Inventory of Factors: GAMIN-I scale.  
This inventory reflects on characteristics of a positive self-concept.  
This sub-scale in particular reflects lack on inferiority feelings. High scorers believe they can cope with most situations, and that people will treat them well. They feel worthy as individuals without the approval of others.

Assessed at T1 (20 years before T5).

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
M-PL/c/rc/v/5/a	r=+.35 p<.01	T1 selfconfidence by T5 happiness  Later analysis of the full study-group (N=266) also showed a significantly positive correlation (BRAY 1983 p 303).

---

<b>Study</b>	<b>MUSSE 1980/1</b>	<i>Page in Report:</i>	342
<i>Reported in:</i>	Musse, P.; Eichorn, D.H.; Honzik, M.P.; Bieber, S.L.; Meredith, W.M. Continuity and Change in Women's Characteristics over Four Decades International Journal of Behavioral Development, Vol. 3 1980, p. 333 - 347		
<i>Population:</i>	Mothers, followed from age 30 to 70, Berkeley USA, 1928-68		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	53		

---

### Measured Correlate

*Class:* Earlier self-confidence Code: P 1.2.100

*Measurement:* Personality factor that appears in an analysis of ratings by two interviewers on 71 personality-social characteristics. This factor appeared in young adulthood (T1: age 30) as well as in old age (T2: age 70). Correlation over this 40-year-period is  $+ .34$ .

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-CP/g/fi/v/7/a	$r=+.33$ ns	Happiness assessed at T1 and T2 load similarly on this factor.

<b>Study</b>	<b>SEARS 1977A</b>	<i>Page in Report:</i>	40-62/4
<i>Reported in:</i>	Sears, P.S. & Barbee, A.H. Career and Life satisfactions among Terman's gifted women. Chapter 3 in: 'The Stanley, J.C., George, W.C. & Solano, C.H. (eds.) The Johns Hopkins Univ.Press Publ.1977, Baltimore and London, p.28-72		
<i>Population:</i>	"Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72		
<i>Sample:</i>			
<i>Non-Response:</i>	Attrition in 1972: 25%		
<i>N:</i>	1928 N=671: 1972 N=430		

### Measured Correlate

<i>Class:</i>	Earlier self-confidence Code: P 1.2.100
<i>Measurement:</i>	Ratings of Ss feeling of inferiority.  Parent rating a. in 1940  Self ratings b. in 1940 c. in 1950
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Earlier ratings (1940, 1950) by present happiness (1972). Subjects age in 1972 about 62.

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
C-ASG/h/mq/v/5/a	AoV=- p<.00	a.
	AoV=- p<.00	b.
	AoV= ns	c.
M-PL/h/sq/v/5/b	Chi²= ns	a.
	Chi²=- p<.00	b.
	Chi²=- p<.03	c.

Earlier ratings (1940, 1950) by present happiness (1972). Subjects age in 1972 about 62.

---

<b>Study</b>	<b>WESSM 1966/2</b>	<i>Page in Report:</i>	117
<i>Reported in:</i>	Wessman, A.E. & Ricks, D.F. Mood and personality Holt, 1966, New York, USA		
<i>Population:</i>	Male college students, followed 3 years, Harvard University, USA, 1957-60		
<i>Sample:</i>			
<i>Non-Response:</i>	37%: 9 dropouts, incomplete; about the same happiness distribution.		
<i>N:</i>	17		

---

### Measured Correlate

<i>Class:</i>	Earlier self-confidence Code: P 1.2.100		
<i>Measurement:</i>	Index of agree / disagree statements, indicative of a successful life, self-confidence, success in achieving goals, etc. Assessed two years earlier.		
<i>Measured Values:</i>			
<i>Error Estimates:</i>			
<i>Remarks:</i>			

---

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-ARE/md/sqr/v/10/	r=+.50 p<. 05	

---

<b>Study</b>	<b>ORMEL 1980</b>	<i>Page in Report:</i>	350
<i>Reported in:</i>	Ormel,H. Moeite met leven of een moeilijk leven (Difficulty in living or a difficult life) Dissertation 1980, University of Groningen, the Netherlands, publisher: Konstapel, Groningen, the Netherlands.		
<i>Population:</i>	15-60 aged, general public, followed 12 month, The Netherlands, 1967-77		
<i>Sample:</i>			
<i>Non-Response:</i>	18%		
<i>N:</i>	296		

---

### Measured Correlate

*Class:* Earlier self-disclosing Code: P 1.2.101

*Measurement:* 8 item additive index about willingness to discuss delicate matters. Each rated on a 5-point scale.  
Typical items are:

- It is incomprehensible that people reveal their marriage problems.
- These days people talk easily about their problems.
- You have to solve your own problems without complaining.

Assessed at T2(1976)

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BB/cw/mq/v/4/c	r=+.03 ns	T2 happiness by T2 tolerance degree
	r=+.12 p<.05	T3 happiness by T2 tolerance degree

Study	COSTA 1980/1	Page in Report:	672-673
<i>Reported in:</i>	Costa, P.T. and Mc Crae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, p.668-678		
<i>Population:</i>	35-85 aged white males (largely veterans), USA, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>	T1:21%; T2:18%;  T3:27%; T4:46%		
<i>N:</i>	1100		

### Measured Correlate

*Class:* Earlier hurriedness Code: P 1.2.108

*Measurement:* 5-item indexes from the EASI-III Temperament Survey (Buss & Plomin, 1975: 241-242)

1. I usually seem to be in a hurry
2. For relaxation I like to slow down (rev)
3. I like to be off, as soon as I wake up
4. I like to keep busy all the time
5. My life is fast paced

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/b	r=+.13 p<.01	Hedonic level assessed at T1, T2, T3, and T4 (3 month-intervals). Tempo at T2.  Correlations with hedonic level at: T1: r = +.08 (05) T2: r = +.10 (001) T3: r = +.08 (05) T4: r = +.10 (01) Sum: r = +.13 (01)  PAS: r(mean) = +.18 NAS: r(mean) = +.04



<b>Study</b>	<b>BACHM 1978</b>	<i>Page in Report:</i>
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

*Class:* Earlier tolerance Code: P 1.2.113

*Measurement:* A mean of three items asking the respondent how much he would mind having close contact with people of a different race. A high score indicates a large social distance. Assessed at T3, T4 and T5.

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>			
O-HP/g/mq/v/5/a	tau=-	Social distance			
		Happiness	T3	T4	T5
		T1	- = -.05	-.01	-.02
		T2	- = -.04	-.01	-.03
		T3	- = -.07	-.02	-.04
		T4	- = -.08 (05)	-.06	-.06
		All _ not significant, unless indicated otherwise			
		T1: 1966, T2: 1968, T3: 1969, T4: 1970, T5: 1974			

<b>Study</b>	<b>BACHM 1978</b>	<i>Page in Report:</i>
<i>Reported in:</i>	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	
<i>Population:</i>	Public highschool boys followed 8 years from grade 10, USA, 1966-74	
<i>Sample:</i>		
<i>Non-Response:</i>	2.8% at T1, 17.2% at T2, 21.0% at T3, 28.9% at T4, 28.5% at T5	
<i>N:</i>	T1 - T5: 2213/1886/1799/ 1620/1628	

### Measured Correlate

<i>Class:</i>	Earlier trust in people Code: P 1.2.115
<i>Measurement:</i>	6-item index of closed questions on trust in people, assessed at T1, T2, T3 and T4. Scale: 1.00 = low trust to 2.00 = high trust
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HP/g/mq/v/5/a	tau=+ p<.s	Trust in people
		Happiness T1 T2 T3 T4
		T1 _ = +.16 +.14 +.08 (05) +.08 (05)
		T2 _ = +.13 +.23 +.21 +.17
		T3 _ = +.12 (01) +.15 +.19 +.15
		T4 _ = +.08 (05) +.10 (01) +.14 +.21
		All _ significant with (001) unless indicated otherwise
		T1: 1966, T2: 1968, T3: 1969, T4: 1970

Study	COSTA 1980/1	Page in Report:	672-673
<i>Reported in:</i>	Costa, P.T. and Mc Crae, R.R. Influence of extraversion and neuroticism on subjective well-being: happy and Journal of Personality and Social Psychology, vol. 38: 4, 1980, p.668-678		
<i>Population:</i>	35-85 aged white males (largely veterans), USA, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>	T1:21%; T2:18%;  T3:27%; T4:46%		
<i>N:</i>	1100		

### Measured Correlate

*Class:* Earlier vigor Code: P 1.2.117

*Measurement:* 5-item indexes from the EASI-III Temperament Survey (Buss & Plomin, 1975: 241-242)

1. I like to wear myself out
2. I often feel sluggish (rev)
3. I often feel busting with energy
4. When I do things I do them vigorously
5. My movements are forceful and emphatic

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

Happiness Query	Statistics	Remarks
A-BB/cm/mq/v/2/b	r=+.28 p<.001	Correlations with hedonic level at: T1: r = +.19 (001) T2: r = +.20 (001) T3: r = +.18 (001) T4: r = +.24 (001) Sum: r = +.28 (001)  PAS: r(mean) = +.25 NAS: r(mean) = -.07

<b>Study</b>	<b>BRAY 1980</b>	<i>Page in Report:</i>	278
<i>Reported in:</i>	Bray, D.W. & Howard, A. Career Success and Life Satisfaction of Middle-Aged Managers Competence and coping during adulthood, pp 258-287, University Press of New England, Hanover, New Hampshire 1980. Also "Managerial Lives in Transition" by Howard, A. & Bray, D.W., The Guilford Press 1988.		
<i>Population:</i>	40+ aged, male managers, Bell Telephone Company, 1978		
<i>Sample:</i>	Non-probability purposive-quota sample		
<i>Non-Response:</i>	panel loss at T5: 37%		
<i>N:</i>	422 **)		

### Measured Correlate

*Class:* Earlier assertiveness Code: P 1.2.8

*Measurement:* Guilford-Martin Inventory of Factors: GAMIN-A scale.  
This inventory reflects on characteristics of a positive self-concept.  
This sub-scale in particular measures social assertiveness and has items reflecting a willingness to stand for one's rights and a lack of fearfulness of standing out in a crowd, taking action in a troublesome situation or confronting disagreement.

Assessed at T1 (20 years before T5).

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
M-PL/c/rc/v/5/a	r=+.23 p<.05	T1 ascendancy by T5 happiness

---

<b>Study</b>	<b>BRAY 1980</b>	<i>Page in Report:</i>	278
<i>Reported in:</i>	Bray, D.W. & Howard, A. Career Success and Life Satisfaction of Middle-Aged Managers Competence and coping during adulthood, pp 258-287, University Press of New England, Hanover, New Hampshire 1980. Also "Managerial Lives in Transition" by Howard, A. & Bray, D.W., The Guilford Press 1988.		
<i>Population:</i>	40+ aged, male managers, Bell Telephone Company, 1978		
<i>Sample:</i>	Non-probability purposive-quota sample		
<i>Non-Response:</i>	panel loss a t T5: 37%		
<i>N:</i>	422 * *)		

---

### Measured Correlate

*Class:* Earlier stability Code: P 1.2.109

*Measurement:* Guilford-Martin Inventory of Factors GAMIN-N scale,  
This inventory reflects on characteristics of a positive self-concept.  
This sub-scale in particular contains items reflecting lack of nervousness and possession of a steady temperament.

Assessed at T1 (20 years before T5).

*Measured Values:*

*Error Estimates:*

*Remarks:*

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
M-PL/c/rc/v/5/a	r=+.31 p<.01	T1 emotional stability by T5 happiness.  Later analysis of full study-group show also a significantly positive correlation. (BRAY 1983: 302).

---

## **Appendix 1**      **Queries on Happiness used in reported Studies**

*Happiness Query Code*    *Full Text*

---

A-AOL/mi/sqr/v/5/a      Selfreport on single question in diary, filled in 6 times a day during 40 days in a 6 month period.

- 2 clearly positive
- 1 rather positive
- 0 indifferent
- 1 rather negative
- 2 clearly negative

ary was filled in 6 times a day during 40 days in a six month period.

Registrations took place in:

- 1 First month after job loss. (T1)
- 2 Second month after job loss. (T2)
- 3 Thrd month after job loss. (T3)
- 4 Sixth month after job loss. (T4)

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....?"

- 1 Extremely unhappy. Utterly depressed. Completely down.
- 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.
- 8 Pretty happy. Spirits high. Feeling good.
- 9 Very happy. Feeling really good. Elated.
- 10 Extremely happy. Feeling ecstatic, joyous, fantastic.

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

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

"During the past few weeks, did you ever feel ....?" (yes/no)

- A Particularly excited or interested in something?
- B So restless that you couldn't sit long in a chair?
- C Proud because someone complimented you on something you had done?

- D Very lonely or remote from other people?
- E Pleased about having accomplished something?
- F Bored?
- G On top of the world?
- H Depressed or very unhappy?
- I That things were going your way?
- J Upset because someone criticized you?

Answer options and scoring:

yes = 1

no = 0

Summation:

-Positive Affect Score (PAS): A+C+E+G+I

-Negative Affect Score (NAS): B+D+F+H+J

-Affect Balance Score (ABS): PAS minus NAS

Possible range: -5 to +5

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

A-BB/cm/mq/v/2/b

Selfreport on 10 questions, repeated four times at 3 months intervals:

"During the past few weeks, did you ever feel ....?" (yes/no)

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

Answer options and scoring:

yes = 1

no = 0

Summation:

-Positive Affect Score (PAS): A+C+E+G+I

-Negative Affect Score (NAS): B+D+F+H+J

-Affect Balance Score (ABS): PAS minus NAS

Possible range: -5 to +5

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

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

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 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?

Scoring: yes = 1, no is = 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'

A-CP/g/fi/n/7/a

Selfreport in focussed interview:

Rating of cheerfulness by interviewer on the basis of an extensive interview.

Rating options:

- 7 cheerfull
- 6
- 5
- 4
- 3



---

A-CP/q/fi/v/7/a	<p>2 1 gloomy Selfreport in focussed interview</p> <p>Rating two independant interviewers. A. Psychiatric social worker who interviewed parents at home. Interview focussed on child B. Clinical psychologist who interviewed parents separately. Interview focussed on family life.</p> <p>Rating options: 7 extremely cheerfull, animated, jolly 6 5 4 usually good-humored air 3 2 1 dejected, melancholic appearance, in the dumps</p>
C-A/h/sq/v/3/a	<p>Summation: average ratings A and B Selfreport on single question:</p> <p>"How do you feel about what you have accomplished in life...?" 3 well satisfied 2 reasonable satisfied 1 dissatisfied:</p>
C-ASG/h/mq/v/5/a	<p>Selfreport on 2 questions:</p> <p>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</p> <p>B. "How succesfull have you been in the persuit of these goals?" 1 little satisfaction in this area 2 3 4 5 had excellent fortune in this respect</p> <p>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</p>

---

planned goals for each of the areas.

$$\text{Pa.Sa} + \text{Pb.Sb} + \text{Pc.Sc} + \text{Pd.Sd} + \text{Pe.Se}$$

$$\text{Pa} + \text{Pb} + \text{Pc} + \text{Pd} + \text{Pe}$$

Pa = planned goal a (1-5)

Sa = success goal a (1-5)

M-PL/c/rc/v/5/a

Clinical rating by 4 experts on the basis of multi-method assessments during periodical stays in assesment center.

Rater instruction:

"To what extend does this person find pleasure in life at the present time.....?"

1 low

2

3 average

4

5 high

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.....?"

(joy in living)

5 had excellent fortune in this respect

4

3

2

1 found little satisfaction in this area

O-BW/c/sq/l/10/c

Selfreport on single question:

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

[ 9 ] best possible life for you

[ 8 ]

[ 7 ]

[ 6 ]

[ 5 ]

[ 4 ]

[ 3 ]

[ 2 ]

[ 1 ]

[ 0 ] worst possible life for you

O-DT/u/sq/v/7/a

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

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-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-SLC/q/fi/v/7/b

Selfreport in focussed interview

Two independent interviews. Each interviewer rated `satisfaction with lot' on the same scale.

- 1 tremendously satisfied
- 2
- 3
- 4 average
- 5
- 6
- 7 extremely dissatisfied

O-SLu/c/sq/n/7/a

Selfreport on single question:

"Overall, how satisfied are you with your life as it is at this time.....?"

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

O-SLW/c/sq/n/7/a

Selfreport on single question:

"We have talked about various parts of your life, now I want to ask you about your

---

life as a whole. How satisfied are you with your life as a whole these days.....?"

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

O-Sum/g/rc/v/7/a

Clinical rating.

Ratings by four judges on the basis of notes from observations and interviews between age 12-18.

Ratings were made on the following dimensions:

- A. discontented
- B. unhappy
- C. dissatisfied
- D. complaints

Rating options:

- 1 not at all true
- 2
- 3
- 4 average
- 5
- 6
- 7
- 8 extremely true

Summation: not reported

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: [www.eur.nl/fsw/research/happiness/hap\\_quer/hqi\\_fp.htm](http://www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm). This is the introductory text to the Catalog of Happiness Queries.

## Appendix 2 *Statistics used in reported studies*

<i>Symbol</i>	<i>Explanation</i>
AoV	<p>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 <math>N_e - 1</math> 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.</p> <p>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)</p>
Beta	<p>(<math>\beta</math>) STANDARDIZED REGRESSION COEFFICIENT            Type: test statistic.            Measurement level: Correlates: all metric, Happiness!: metric.            Range: [-1 ; +1]</p> <p>Meaning:  <math>\beta &gt; 0</math> « a higher correlate level corresponds with, on an average, higher happiness rating.  <math>\beta &lt; 0</math> « a higher correlate level corresponds with, on an average, lower happiness rating.  <math>\beta = 0</math> « no correlation.  <math>\beta = + 1</math> or <math>-1</math> « perfect correlation.</p>
Chi <sup>2</sup>	<p>CHI-SQUARE            Type: test statistic            Range: [0; <math>N_e * (\min(c,r)-1)</math>], where c and r are the number of columns and rows respectively in a cross tabulation of <math>N_e</math> sample elements.</p> <p>Meaning:  <math>\chi^2 \leq (c-1) * (r-1)</math> means: no association  <math>\chi^2 \gg (c-1) * (r-1)</math> means: strong association</p>
DMt	<p>DIFFERENCE of MEANS AFTER TRANSFORMATION            Type: descriptive statistic only.            Measurement level: Correlate: dichotomous, Happiness: metric            Theoretical range: [-10; +10]</p> <p>Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.</p>
mr	<p>Mean correlation coefficient (r).</p>

---

r	<p>For r, see PRODUCT-MOMENT CORRELATION          PRODUCT-MOMENT CORRELATION COEFFICIENT (Also 'Pearson's correlation coefficient' or simply 'correlation coefficient')          Type: test statistic.          Measurement level: Correlate: metric, Happiness: metric          Range: [-1; +1]</p> <p>Meaning:  <math>r = 0</math> « no correlation ,  <math>r = 1</math> « perfect correlation, where high correlate values correspond with high happiness values, and  <math>r = -1</math> « perfect correlation, where high correlate values correspond with low happiness values.</p>
SNR βL	<p>Statistic Not Reported          PATH COEFFICIENT OBTAINED IN A LISREL MODEL.          Range: unlimited, but seldom exceeds [-1, +1].</p> <p>In the Catalogue of Correlational Findings, this statistic or statistical procedure occurs very rarely only.          The reader is referred to the excerpted publication for detailed information or for further reference.</p>
tau	<p>GOODMAN &amp; Kruskal's TAU          Type: descriptive statistic only.          Measurement level: Correlate: nominal, Happiness: ordinal          Range: [0; +1]</p> <p>Meaning:  <math>\tau = 0</math> « knowledge of the correlate value does not improve the prediction quality of the happiness rating.  <math>\tau = 1</math> « knowledge of the correlate value enables a perfect (error-free) prediction of the happiness rating.</p>

On the web you will find a text explaining the statistics used in more detail. Go to: [www.eur.nl/fsw/research/happiness/hap\\_cor/cor\\_fp.htm](http://www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm). This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

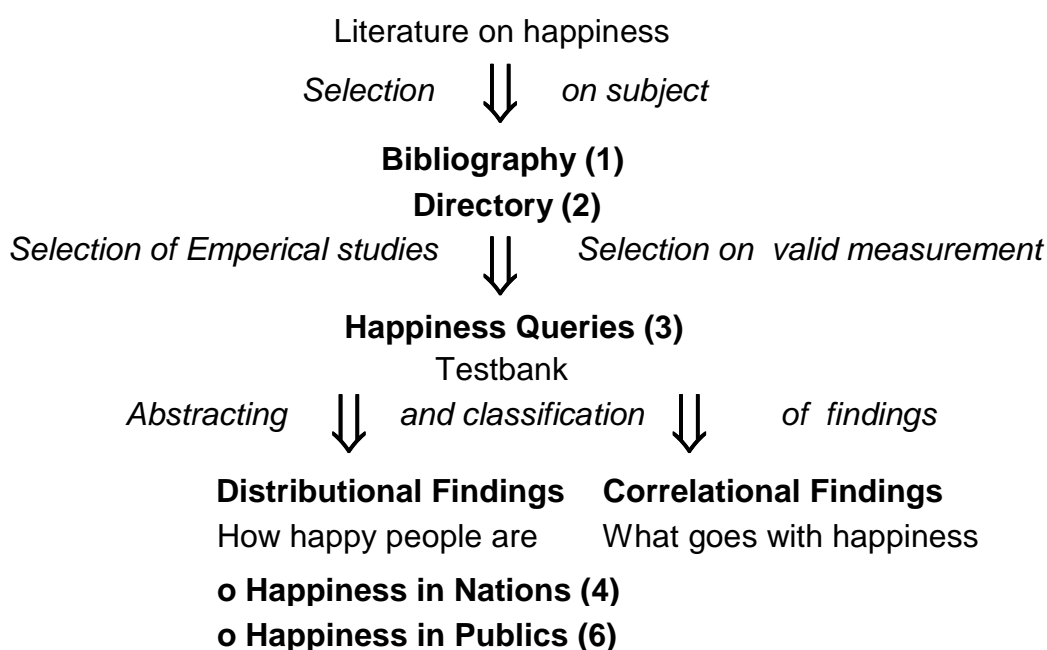
---

## **Appendix 3: About the World Database of Happiness**

---

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

---



- 
- 1    **BIBLIOGRAPHY OF HAPPINESS** Presents all contemporary scientific publications. Detailed subject-classification. Current contents: 3422 titles, mainly in English.
  - 2    **DIRECTORY OF INVESTIGATORS** Names and addresses of most authors on the subject. Enumerates years of publication. Current contents: 5818 names and 3073 addresses. Part of Bibliography.
  - 3    **CATALOG OF HAPPINESS QUERIES (testbank)** Presents all indicators that tap happiness as defined here. Current content: 522 measures, mostly single questions. Queries are classified by focus, time reference, mode of observation, rating and wording.
  - 4    **CATALOG OF HAPPINESS IN NATIONS** Presents distributional research findings, in particular responses to questions on happiness in national survey studies. Allows comparison across time and nations. Current content: 1889 surveys in 112 nations, 1946-2000.
  - 5    **CATALOG OF HAPPINESS IN PUBLICS** Distributional findings on happiness in special publics within nations, such as aged people. Current contents: 705 studies. Part of Catalog of Correlational Findings.
  - 6    **CATALOG OF CORRELATIONAL FINDINGS** Presents abstracts of correlational research findings. Detailed subject-classification. Allows comparison through time and across nations. Current contents: 7476 findings from 705 studies in 140 nations, 1911-2000.

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

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



---

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

---

---

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

---

---

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

## Appendix 5 Related Topics

### *This Topic*

*Classification Page 1*

### *Related Topics*

*In Subject List on Appendix 4*

P 1	PERSONALITY: HISTORY	A 4.1.3	Stage of life
P 1.1	Earlier personality organization	P 3	PERSONALITY: CURRENT ORGANIZATION
		P 5.1	Later personality organization
P 1.2	Earlier personality traits	P 4	PERSONALITY: CURRENT TRAITS
		P 5.2	Later personality traits
P 1.2.100	Earlier self-confidence	P 5.2.100	Later self-confidence
		P 4.100	Self-confidant
P 1.2.101	Earlier self-disclosing	P 4.101	Self-disclosing
P 1.2.108	Earlier hurriedness	P 4.108	Speedy, hurried
P 1.2.109	Earlier stability	P 4.109	Stable
P 1.2.113	Earlier tolerance	P 5.2.113	Later tolerance
		P 4.113	Tolerant
P 1.2.115	Earlier trust in people	P 5.2.115	Later trust
		P 4.115	Trust in people
P 1.2.117	Earlier vigor	P 4.117	Vigorous
P 1.2.14	Earlier cleverness	P 4.14	Clever
P 1.2.16	Earlier conscientiousness	P 4.16	Conscientious
P 1.2.36	Earlier emotionality	P 4.36	Emotional
P 1.2.40	Earlier fail-anxiety	P 5.2.40	Later fail-anxiousness
		P 4.40	Fail anxious
P 1.2.5	Earlier tendency to agree	P 4.5	Agreeing, yea-saying
P 1.2.54	Earlier independence	P 4.54	Independent
P 1.2.57	Earlier inhibition	P 4.57	Inhibited
P 1.2.58	Earlier inner-control	P 5.2.58	Later locus of control
		P 4.58	Inner locus of control
P 1.2.7	Earlier anxiety	P 4.7	Anxious
P 1.2.76	Earlier openness	P 4.76	Open
P 1.2.77	Earlier optimism	P 4.77	Optimistic
P 1.2.8	Earlier assertiveness	P 4.54	Independent
		P 4.8	Assertive
P 1.2.81	Earlier persistence	P 4.81	Persistent
P 1.2.85	Earlier positive thinking	P 4.85	Positive reacting
P 1.2.89	Earlier resignation	P 4.89	Resigned
P 1.2.9	Earlier approval seeking	P 4.9	Approval seeking

---

P 1.2.96	Earlier need for self-actualization	P 4.96	Self-actualization (need for)
		P 5.2.96	Later need for self-actualisation

---

**End of Report**