Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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

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

**Correlate Code: P 1**

**Study**  
**KAHN 1985**

*Reported in:* Kahn, S, Zimmermann, G, Csikszentmihalyi, M, Getzels, J.W.  
Relation Between Identity in Young Adulthood and Intimacy at Midlife  

*Population:* Alumni artschool followed 18 years, USA, 1963-81

*Sample:*

*Non-Response:* 75%

*N:* 71

**Measured Correlate**

*Class:* Earlier personality organization  
Code: P 1.1

*Measurement:* 7-point bipolar choice semantic differential, based on the Eriksonian model.  
Assessed at T1 (18 yrs 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>
</table>
| O-SLW/c/sq/n/7/a | r=+ p<.    | Happiness assessed at T2  
Females : r = +.17 (ns)  
Males : r = +.27 (01) |
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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 personality organization Code: P 1.1
Measurement: Ratings of Ss personality.
- Parent rating
  a. in 1940
- Self rating
  b. in 1940
  c. in 1950

Measured Values:

Error Estimates:


Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-ASG/h/mq/v/5/a</td>
<td>AoV= ns</td>
<td>a.</td>
</tr>
<tr>
<td></td>
<td>AoV= ns</td>
<td>b.</td>
</tr>
<tr>
<td></td>
<td>AoV= ns</td>
<td>c.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>a.</td>
</tr>
<tr>
<td></td>
<td>Chi²= ns</td>
<td>b.</td>
</tr>
<tr>
<td></td>
<td>Chi²= ns</td>
<td>c.</td>
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</tbody>
</table>

Findings on Happiness & PERSONALITY: HISTORY Correlate Code: P 1

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, selfassured
  3. Exitable, 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 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, selfassured
  3. Exitable, 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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/fl/n/7/a</td>
<td>r=+.07</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>r=+.33</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>r=+.31</td>
<td>3</td>
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<td></td>
<td>r=+.01</td>
<td>4</td>
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<tr>
<td></td>
<td>r=-.20</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>r=+.10</td>
<td>6</td>
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</table>

Guidance group only (N=58)
<table>
<thead>
<tr>
<th>Correlate</th>
<th>Code</th>
<th>Description</th>
<th>r</th>
<th>Significance</th>
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<tr>
<td>O-SLC/g/fi/v/7/b</td>
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<td>Correlate Code: P 1</td>
<td>r=+.29</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Correlate Code: P 1</td>
<td>r=+.05</td>
<td>ns</td>
</tr>
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<td></td>
<td>3</td>
<td>Correlate Code: P 1</td>
<td>r=+.37</td>
<td>p&lt;.05</td>
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<tr>
<td></td>
<td>4</td>
<td>Correlate Code: P 1</td>
<td>r=+.17</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>Correlate Code: P 1</td>
<td>r=+.11</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>Correlate Code: P 1</td>
<td>r=+.13</td>
<td>ns</td>
</tr>
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<td></td>
<td>7</td>
<td>Correlate Code: P 1</td>
<td>r=+.08</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>Correlate Code: P 1</td>
<td>r=+.23</td>
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</tr>
</tbody>
</table>
Findings on Happiness & PERSONALITY: HISTORY Correlate Code: P 1

**Study**  
**SCHAE 1963/2**

*Reported in:* Schaefer, E.S. & Bailey, N.  
Maternal behavior, child behavior and their intercorrelations from infancy through adolescence.  

*Population:* Girls, followed from age 0 to 18, Berkely, California, USA, 1929-47

*Sample:*  

*Non-Response:* 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-friendy)  
   - 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 (distractible-single minded)  
   - association (flighty-controlled)  
   - maintenance of effort (easily discouraged-persistent)

4. **Facility**
   3 item index  
   - comprehension of task (slow-swift)  
   - verbal response (vague-definite)
Findings on Happiness & PERSONALITY: HISTORY

- 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)

<table>
<thead>
<tr>
<th>Month of Personality Assessment</th>
<th>Correlation with Adolescent Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>27-30</td>
<td>r=-.11 (ns)</td>
</tr>
<tr>
<td>33-36</td>
<td>r=-.22 (ns)</td>
</tr>
<tr>
<td>42-48</td>
<td>r=-.04 (ns)</td>
</tr>
<tr>
<td>54-60</td>
<td>r=+.11 (ns)</td>
</tr>
<tr>
<td>66-72</td>
<td>r=+.27 (ns)</td>
</tr>
<tr>
<td>78-84</td>
<td>r=+.22 (ns)</td>
</tr>
<tr>
<td>90-96</td>
<td>r=+.04 (ns)</td>
</tr>
</tbody>
</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/fl/v/7/a</td>
<td>mr=+.04</td>
<td></td>
</tr>
</tbody>
</table>

1. **Friendliness**
   - Happiness assessed in adolescence (age 12-18)
   - Personality assessed in childhood (age 2-8)
   - Month of correlation with adolescent happiness

2. **Cooperativeness**
   - mr=-.18

3. **Attentiveness**
   - mr=-.17

Print date: 7-2-2003

World Database of Happiness: www.eur.nl/fsw/research/happiness
### Findings on Happiness & PERSONALITY: HISTORY

**Correlate Code: P 1**

<table>
<thead>
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<th>Facility</th>
<th>27-30</th>
<th>r = +.12 (ns)</th>
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<tbody>
<tr>
<td></td>
<td>33-36</td>
<td>r = +.01 (ns)</td>
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<td></td>
<td>42-48</td>
<td>r = +.04 (ns)</td>
</tr>
<tr>
<td></td>
<td>54-60</td>
<td>r = +.06 (ns)</td>
</tr>
<tr>
<td></td>
<td>66-72</td>
<td>r = +.04 (ns)</td>
</tr>
<tr>
<td></td>
<td>78-84</td>
<td>r = +.24 (ns)</td>
</tr>
<tr>
<td></td>
<td>90-96</td>
<td>r = +.08 (ns)</td>
</tr>
</tbody>
</table>

**Facility**

| mr=.04 |

---

<table>
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<th>Friendliness</th>
<th>27-30</th>
<th>r = +.13 (ns)</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>33-36</td>
<td>r = +.08 (ns)</td>
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<tr>
<td></td>
<td>42-48</td>
<td>r = +.18 (ns)</td>
</tr>
<tr>
<td></td>
<td>54-60</td>
<td>r = +.34 (ns)</td>
</tr>
<tr>
<td></td>
<td>66-72</td>
<td>r = +.13 (ns)</td>
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<td></td>
<td>78-84</td>
<td>r = +.37 (ns)</td>
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<td></td>
<td>90-96</td>
<td>r = +.13 (ns)</td>
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</table>

**Friendliness**

| mr=.20 |

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<table>
<thead>
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<th>Cooperativeness</th>
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<td>33-36</td>
<td>r = +.13 (ns)</td>
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<tr>
<td></td>
<td>42-48</td>
<td>r = +.05 (ns)</td>
</tr>
<tr>
<td></td>
<td>54-60</td>
<td>r = +.02 (ns)</td>
</tr>
<tr>
<td></td>
<td>66-72</td>
<td>r = +.08 (ns)</td>
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<tr>
<td></td>
<td>78-84</td>
<td>r = +.34 (ns)</td>
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<td></td>
<td>90-96</td>
<td>r = +.19 (ns)</td>
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</table>

**Cooperativeness**

| mr=-.01 |

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<tbody>
<tr>
<td></td>
<td>33-36</td>
<td>r = +.18 (ns)</td>
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<tr>
<td></td>
<td>42-48</td>
<td>r = +.17 (ns)</td>
</tr>
<tr>
<td></td>
<td>54-60</td>
<td>r = +.08 (ns)</td>
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<tr>
<td></td>
<td>66-72</td>
<td>r = +.08 (ns)</td>
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<td></td>
<td>78-84</td>
<td>r = +.47 (05)</td>
</tr>
<tr>
<td></td>
<td>90-96</td>
<td>r = +.19 (ns)</td>
</tr>
</tbody>
</table>

**Attentiveness**

| mr=.06 |

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<table>
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<th>27-30</th>
<th>r = +.02 (ns)</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>33-36</td>
<td>r = +.05 (ns)</td>
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<tr>
<td></td>
<td>42-48</td>
<td>r = +.06 (ns)</td>
</tr>
<tr>
<td></td>
<td>54-60</td>
<td>r = +.34 (ns)</td>
</tr>
<tr>
<td></td>
<td>66-72</td>
<td>r = +.10 (ns)</td>
</tr>
<tr>
<td></td>
<td>78-84</td>
<td>r = +.40 (ns)</td>
</tr>
<tr>
<td></td>
<td>90-96</td>
<td>r = +.20 (ns)</td>
</tr>
</tbody>
</table>

**Facility**

| mr=.17 |
### 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 personality traits  Code: P 1.2

**Measurement:**
- Intellectual traits.
  a. 1922
  b. 1928
- Volitional traits.
  c. 1922
  d. 1928

**Measured Values:**

**Error Estimates:**

**Remarks:** Earlier traits (1922, 1928) by present happiness.

### 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= ns</td>
<td>a.</td>
</tr>
<tr>
<td>AoV= ns</td>
<td></td>
<td>b.</td>
</tr>
<tr>
<td>AoV= ns</td>
<td></td>
<td>c.</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>Chi²= ns</td>
<td>a.</td>
</tr>
<tr>
<td>Chi²= ns</td>
<td></td>
<td>b.</td>
</tr>
<tr>
<td>Chi²= ns</td>
<td></td>
<td>c.</td>
</tr>
<tr>
<td>Chi²= ns</td>
<td></td>
<td>d.</td>
</tr>
</tbody>
</table>

Earlier traits (1922, 1928) by present happiness.
Findings on Happiness & PERSONALITY: HISTORY

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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 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:

about 62.

Observed Relation with Happiness

Happiness Query Statistics Remarks
C-ASG/h/mq/v/5/a AoV= p<.00 a.
                       AoV= p<.00 b. Earlier ratings (1940, 1950) by present happiness

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Findings on Happiness & PERSONALITY: HISTORY

| \( \text{AoV} \) | \( \text{ns} \) | \( d. \) |
| \( \text{AoV} \) | \( \text{ns} \) | \( e. \) |
| \( \text{AoV} \) | \( \text{p}<.05 \) | \( f. \) |

| \( \text{AoV} \) | \( \text{ns} \) | \( g. \) |
| \( \text{AoV} \) | \( \text{ns} \) | \( h. \) |
| \( \text{AoV} \) | \( \text{ns} \) | \( i. \) |

**M-PL/h/sq/v/5/b**

| \( \text{Chi}^2 \) | \( \text{ns} \) | \( a. \) |
| \( \text{Chi}^2 \) | \( \text{ns} \) | \( b. \) |
| \( \text{Chi}^2 \) | \( \text{ns} \) | \( c. \) |

| \( \text{Chi}^2 \) | \( \text{ns} \) | \( d. \) |
| \( \text{Chi}^2 \) | \( \text{ns} \) | \( e. \) |
| \( \text{Chi}^2 \) | \( \text{ns} \) | \( f. \) |

| \( \text{Chi}^2 \) | \( \text{ns} \) | \( g. \) |
| \( \text{Chi}^2 \) | \( \text{ns} \) | \( h. \) |
| \( \text{Chi}^2 \) | \( \text{ns} \) | \( i. \) |
Findings on Happiness & PERSONALITY: HISTORY

**Study**

**ORMEL 1980**

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

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

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>18%</th>
</tr>
</thead>
<tbody>
<tr>
<td>N:</td>
<td>296</td>
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</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Earlier tendency to agree Code: P 1.2.5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measurement:</strong></td>
<td>3-item additive index revealing the inclination to answer positively. Each rated on a 5-point scale.</td>
</tr>
<tr>
<td></td>
<td>Typical items are:</td>
</tr>
<tr>
<td></td>
<td>- If someone asks me something</td>
</tr>
<tr>
<td></td>
<td>personal I reply straightforwardly.</td>
</tr>
<tr>
<td></td>
<td>have to be as honest as possible.</td>
</tr>
<tr>
<td></td>
<td>It is a good thing that</td>
</tr>
<tr>
<td></td>
<td>people say</td>
</tr>
<tr>
<td></td>
<td>what they really feel.</td>
</tr>
<tr>
<td>Assessed at T2(1976)</td>
<td></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/cw/mq/v/4/c</td>
<td>r=+.01 ns</td>
<td>T2 happiness by T2 yea-saying</td>
</tr>
<tr>
<td></td>
<td>r=+.10 p&lt;.05</td>
<td>T3 happiness by T2 yea-saying</td>
</tr>
</tbody>
</table>

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

Print date: 7-2-2003
Findings on Happiness & PERSONALITY: HISTORY Correlate Code: P 1

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: 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 (0.01)
T2: r = .36 (0.01)
T3: r = .31 (0.01)
T4: r = .32 (0.01)
Sum: r = .40 (0.01)

PAS: r(mean) = .19
NAS: r(mean) = .30
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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 approval seeking Code: P 1.2.9

Measurement: 31-item index of true/false statements (Social Desirability Scale; see Crowne & Marlowe, 1964). Assessed at T1

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
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)
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

Study | MUSSE 1980/1
---|---
**Reported in:** | Musse, P.; Eichorn, D.H.; Honzik, M.P.; Bieber, S.L.; Meredith, W.M.
Continuity and Change in Women’s Characteristics over Four Decades

**Population:** | Mothers, followed from age 30 to 70, Berkeley USA, 1928-68

**Sample:**
**Non-Response:** | 53
**N:** | 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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLC/g/ti/v/7/b</td>
<td>r=-.11</td>
<td>ns</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness Page 16 of 69
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

**Study**

**MCCRA 1990**

*Reported in:* McCrae, R.R. & Costa jr., P.T.


**Population:** Single males and couples followed 7 years, Baltimore, USA, 1979-86

**Sample:**

**Non-Response:**

*N:* 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**

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

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 17 of 69
Findings on Happiness & PERSONALITY: HISTORY

Study MCCRA 1990

Reported in: McCrae, R.R. & Costa jr, P.T.

Population: Single males and couples followed 7 years, Baltimore, USA, 1979-86

Sample:
Non-Response: N: 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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mg/v/2/a</td>
<td>r=+.21 p&lt;.01</td>
<td>T1 happiness (ABS) by T3 self-rated conscientiousness</td>
</tr>
<tr>
<td></td>
<td>r=+.24 p&lt;.01</td>
<td>T2 happiness (ABS) by T3 self-rated conscientiousness</td>
</tr>
<tr>
<td></td>
<td>r=+.14 p&lt;.05</td>
<td>T1 happiness (ABS) by T3 spouse-rated conscientiousness</td>
</tr>
<tr>
<td></td>
<td>r=+.15 p&lt;.05</td>
<td>T2 happiness (ABS) by T3 spouse-rated conscientiousness</td>
</tr>
</tbody>
</table>

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

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: 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

Happiness Query Statistics Remarks
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
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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 fail-anxiety Code: P 1.2.40

Measurement: 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

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=- p&lt;.s</td>
<td>Test anxiety</td>
</tr>
<tr>
<td>Happiness</td>
<td>T1 T2</td>
<td></td>
</tr>
<tr>
<td>T1</td>
<td>-.17 (001)</td>
<td>-.11 (01)</td>
</tr>
<tr>
<td>T2</td>
<td>-.13 (001)</td>
<td>-.18 (001)</td>
</tr>
<tr>
<td>T3</td>
<td>-.12 (001)</td>
<td>-.17 (001)</td>
</tr>
<tr>
<td>T4</td>
<td>-.15 (001)</td>
<td>-.19 (001)</td>
</tr>
</tbody>
</table>

Three types derived from scores on German version of the Cattel 16 PF test (Schneewind et al 1987)

Happiness assessed at four times after falling unemployed:

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1</td>
<td>1 month</td>
</tr>
<tr>
<td>T2</td>
<td>2 month</td>
</tr>
<tr>
<td>T3</td>
<td>3 month</td>
</tr>
<tr>
<td>T4</td>
<td>6 month</td>
</tr>
</tbody>
</table>

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)
Findings on Happiness & PERSONALITY: HISTORY

COSTA 1980/1

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

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

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

N: 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 Happiness Query Statistics Remarks
A-BB/cm/mg/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
Findings on Happiness & PERSONALITY: HISTORY  
Correlate Code: P 1

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 inner-control  
Code: P 1.2.58

Measurement: 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

Measured Values:  
Error Estimates:  
Remarks:

Observed Relation with Happiness  
Happiness Query  
Statistics  
Remarks

<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;.s</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Internal control</th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
<th>T4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>T2</td>
<td>.12 (01)</td>
<td>.21</td>
<td>.19</td>
<td>.19</td>
</tr>
<tr>
<td>T3</td>
<td>.10 (01)</td>
<td>.14</td>
<td>.23</td>
<td>.20</td>
</tr>
<tr>
<td>T4</td>
<td>.13</td>
<td>.15</td>
<td>.21</td>
<td>.28</td>
</tr>
</tbody>
</table>

All _significant with (001), unless indicated otherwise
**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 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 |
| Non-Response: | |
| Non-Response: | |
| Non-Response: | |
| Non-Response: | |
| N: | t1 - T5:  
2213/1886/1799/  
1620/1628 |

**Measured Correlate**

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

**Measurement:** 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

**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=+ p&lt;.s</td>
<td><strong>Internal control</strong></td>
</tr>
<tr>
<td>Happiness</td>
<td>T1</td>
<td>T2</td>
</tr>
<tr>
<td>T2</td>
<td>= +.12 (01)</td>
<td>+.21</td>
</tr>
<tr>
<td>T3</td>
<td>= +.10 (01)</td>
<td>+.14</td>
</tr>
<tr>
<td>T4</td>
<td>= +.13</td>
<td>+.15</td>
</tr>
</tbody>
</table>

All _significant with (001) unless indicated otherwise  
## Findings on Happiness & PERSONALITY: HISTORY

<table>
<thead>
<tr>
<th>Study</th>
<th>COSTA 1980/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Costa, P.T. &amp; McCrae, R.R.</td>
</tr>
<tr>
<td>Influence of extraversion and neuroticism on subjective well-being: happy and unhappy people</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>234</td>
</tr>
</tbody>
</table>

### Measured Correlate

<table>
<thead>
<tr>
<th>Class:</th>
<th>Earlier inner-control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Code:</td>
<td>P 1.2.58</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Cattell (1973) Sixteen Personality Factor Questionnaire Assessed at T1 (10 years ago)</td>
</tr>
</tbody>
</table>

### Measured Values:

<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 = +.14 p &lt; .05</td>
<td>Hedonic level assessed at T2 NAS: r = +.03 ns PAS: r = +.23 (001)</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 25 of 69
### Study

**COSTA 1980/2**

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

**Population:** 25-75 aged white males (largely veterans), followed 10 years, USA, 1965-76

**Sample:**

**Non-Response:** N: 234

### Measured Correlate

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

**Measurement:**

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

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cy/mq/v/2/a | r=+.14 p<.05 | Hedonic level assessed at T2
| | | NAS: r = +.03 ns
| | | PAS: r = +.23 (001)
### 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:** Earlier inner-control

**Measurement:** Factor-score derived from Guilford/Zimmerman Temperament Survey (GZTS), by Guilford et al. 1976.

Defined by restraint and thoughtfulness

### 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>ns</td>
</tr>
</tbody>
</table>

T1 thinking introversion by T1 happiness:
- young (18-49) : r = +.06 ns
- old (50-97)  : r = +.04 ns
### 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:** 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

<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=+.26 p&lt;.01</td>
<td>T1 extraversion by T3 happiness (5-17 yrs later)</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003

World Database of Happiness: www.eur.nl/fsw/research/happiness
**Study**  | **ORMEL 1980**  | **Page in Report:** 350,255,60
---|---|---
**Reported in:** | 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. | ---
**Population:**  | 15-60 aged, general public, followed 12 month, The Netherlands, 1967-77 | ---
**Sample:** | --- | ---
**Non-Response:**  | 18% | ---
**N:**  | 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

<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=+.24 p&lt;.01</td>
<td>T2 happiness by T2 internal control</td>
</tr>
<tr>
<td></td>
<td>r=+.33 p&lt;.01</td>
<td>T3 happiness by T2 internal control</td>
</tr>
</tbody>
</table>
| βL=+.17 | T2 happiness by T2 internal control.  
βL path coefficient in a LISREL model, also involving neuroticism, self-esteem, intimacy with partner, adequacy of coping and self- and externally induced burdens. |
| βL=+.28 | T3 happiness by T3 internal control.  
βL 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.
Findings on Happiness & PERSONALITY: HISTORY

<table>
<thead>
<tr>
<th>Study</th>
<th>PALMO 1981</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Palmore, E.B.</td>
</tr>
<tr>
<td>Sample:</td>
<td>Probability stratified sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>375</td>
</tr>
</tbody>
</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Earlier inner-control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Code:</td>
<td>P 1.2.58</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Index containing four pairs of statements e.g, &quot;some of the good and some of the bad things in my life have happened by chance&quot; (external control). &quot;What happened to me has been my own doing&quot; (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)).</td>
</tr>
<tr>
<td>0 = external</td>
<td></td>
</tr>
<tr>
<td>1 = internal</td>
<td></td>
</tr>
<tr>
<td>Scale 0-4.</td>
<td></td>
</tr>
<tr>
<td>Assessed at T1.</td>
<td></td>
</tr>
</tbody>
</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/c/sq/I/l/10/c</td>
<td>r = +.14</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>

Women T1 internal control by T2 life satisfaction.
Findings on Happiness & PERSONALITY: HISTORY

**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 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**

<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=+.58</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 32 of 69
### 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 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

<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=+.58</td>
<td>ns</td>
</tr>
</tbody>
</table>
### Study

**SEARS 1977A**

*Reported in:* Sears, P.S. & Barbee, A.H.


*Population:* "Gifted women" (IQ >135), followed 50 years, California, USA, 1921-72

*Sample:* Earlier persistence Code: P 1.2.81

*Non-Response:* Attrition in 1972: 25%

*N:* 1928 N=671; 1972 N=430

### Measured Correlate

*Class:* Earlier persistence  Code: P 1.2.81

*Measurement:* Combined parent and teacher ratings of perseverance and desire to exet.

*Assessed in:* 1928.

*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;.01</td>
<td>Earlier perseverance (1928) by present happiness (1972).</td>
</tr>
</tbody>
</table>
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

**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 persistence  Code: P 1.2.81

*Measurement:* Ratings of S's personality.
- Parents rating
  a. in 1940
- Self rating
  b. in 1940
  c. in 1950

*Measured Values:*

*Error Estimates:*


**Observed Relation with Happiness**

*Happiness Query* | *Statistics* | *Remarks*
---|---|---
C-ASG/h/mq/v/5/a | AoV= ns | a. Earlier persistence (1940, 1950) by present happiness (1972).
| AoV= ns | b. |
| AoV=+ p<.05 | c. |
M-PL/h/sq/v/5/b | Chi²= ns | a. |
| Chi²= ns | b. |
| Chi²= ns | c. |

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Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

Study | GOODH 1985 | Page in Report: 223
--- | --- | ---

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

Some psychological effects associated with positive and negative thinking about stressful event outcomes.


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

**Sample:**

**Non-Response:** 1.7% dropout

**N:** 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:*

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**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-DT/u/sq/v7/a | Beta=-.4 p<.001 | T1 negative thinking by T1 happiness. 
- Self relevant thinking  B=-.37 (001) 
- Externally relevant thinking  B=-.00 (ns) 
B’s controlled for T1 positive thinking. |
Findings on Happiness & PERSONALITY: HISTORY

Beta=-.3 p<.001  T1 negative thinking by T2 happiness.
- Self relevant thinking  ß=-.36 (001)
- Externally relevant thinking  ß=-.00 (ns)
ß's controlled for T1 positive thinking.
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

Study GOODH 1985

Reported in: Goodhart, D.E.
Some psychological effects associated with positive and negative thinking about

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

Sample: Non-Response: 1.7% dropout
N: 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

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

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness
Beta=+.0 ns  

- T1 positive thinking by T2 happiness.  
- Self relevant thinking: ß=+.00 (ns)  
- Externally relevant thinking: ß=+.14 (ns)  
ß's controlled for T1 negative thinking.
Findings on Happiness & PERSONALITY: HISTORY

Study: MOUM 1988

Reported in: 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

Population: Adult, general public, county, followed 2 years, Norway, 1984-86

Sample: 
Non-Response: 20%
N: 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 of.
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.

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/n7/a</td>
<td>r = +</td>
<td>happiness at T1 r = +.14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>happiness at T2 r = +.21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>happiness at T3 r = +.16</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 40 of 69
**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:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
<th>T4</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.8% at T1,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17.2% at T2,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21.0% at T3,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28.9% at T4,</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28.5% at T5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

---

**Measured Correlate**

**Class:** Earlier need for self-actualization  
Code: P 1.2.96

**Measurement:** 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

**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=+ p&lt;.001</td>
<td>Need for self-development</td>
</tr>
<tr>
<td>T1</td>
<td>+.34</td>
<td>T2 T3 T4</td>
</tr>
<tr>
<td>T2</td>
<td>+.21</td>
<td>+.33 +.24 +.22</td>
</tr>
<tr>
<td>T3</td>
<td>+.18</td>
<td>+.18 +.32 +.21</td>
</tr>
<tr>
<td>T4</td>
<td>+.13</td>
<td>+.15 +.22 +.30</td>
</tr>
</tbody>
</table>

All significant (001)  
### 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 need for self-actualization  
Code: P 1.2.96

**Measurement:** 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

### Measured Values

**O-HP/g/mq/v/5/a**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>tau++</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness</th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
<th>T4</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1</td>
<td>-</td>
<td>+.27</td>
<td>+.15</td>
<td>+.17</td>
</tr>
<tr>
<td>T2</td>
<td>-</td>
<td>+.14</td>
<td>+.26</td>
<td>+.20</td>
</tr>
<tr>
<td>T3</td>
<td>-</td>
<td>+.09 (05)</td>
<td>+.12 (01)</td>
<td>+.26</td>
</tr>
<tr>
<td>T4</td>
<td>-</td>
<td>+.07 (ns)</td>
<td>+.11 (01)</td>
<td>+.19</td>
</tr>
</tbody>
</table>

All significant with (001) unless indicated otherwise

### Study

**BRAY 1980**

*Reported in:* Bray, D.W. & Howard, A.  
Career Success and Life Satisfactions of Middle-Aged Managers  

*Population:* 40+ aged, male managers, Bell Telephone Company, 1978

*Sample:* Non-probability purposive-quota sample

*Non-Response:* panel loss at T5: 37%

*N:* 422 * *)

---

###Measured Correlate

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

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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/c/rc/v/5/a</td>
<td>r=+.35</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

*T1 self-confidence by T5 happiness*

Later analysis of the full study group (N=266) also showed a significantly positive correlation (BRAY 1983 p 303).
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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 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

Happiness Query  Statistics  Remarks
A-CP/g/fi/v/7/a  r=+.33  ns  Happiness assessed at T1 and T2 load similarly on this factor.
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 self-confidence Code: P 1.2.100

Measurement: Ratings of Ss feeling of inferiority.  
Parent rating  
a. in 1940

Self ratings  
b. in 1940

c. in 1950

Measured Values:  
Error Estimates:

about 62.

Observed Relation with Happiness

Happiness Query  Statistics   Remarks
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. 

Findings on Happiness & PERSONALITY: HISTORY

**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 self-confidence  
*Code:* P 1.2.100

*Measurement:* Index of agree / disagree statements, indicative of a successful life, self-confidence, success in achieving goals, etc. Assessed two years earlier.

**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=+.50</td>
<td>p&lt; .05</td>
</tr>
</tbody>
</table>
Findings on Happiness & PERSONALITY: HISTORY

Reported in: ORMEL 1980

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

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

Sample:
Non-Response: 18%
N: 296

Measured Correlate

Class: Earlier self-disclosing

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

Happiness Query Statistics Remarks
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
Findings on Happiness & PERSONALITY: HISTORY Correlate Code: P 1

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: T1:21%; T2:18%; T3:27%; T4:46%

N: 1100

Measured Correlate

Class: Earlier hurriedness Code: P 1.2.108

Measurement: 5-item indexes from the EASI-Ill 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/w/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
Findings on Happiness & PERSONALITY: HISTORY Correlate Code: P 1

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 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

Happiness Query  Statistics  Remarks

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
Findings on Happiness & PERSONALITY: HISTORY Correlate Code: P 1

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: 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 trust in people  Code: P 1.2.115

Measurement: 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

Measured Values:  

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
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

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 50 of 69
### Findings on Happiness & PERSONALITY: HISTORY

#### Correlate Code: P 1

**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

**COSTA 1980/1**

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

Influence of extraversion and neuroticism on subjective well-being: happy and 


**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:** 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

---
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

Study

BRAY 1980

Reported in: Bray, D.W. & Howard, A. 
Career Success and Life Satisfactions of Middle-Aged Managers 

Population: 40+ aged, male managers, Bell Telephone Company, 1978

Sample: Non-probability purposive-quota sample

Non-Response: Panel loss at T5: 37%

N: 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

Happiness Query | Statistics | Remarks
--- | --- | ---
M-PL/c/rc/v/5/a | r=+.23 p<.05 | T1 ascendancy by T5 happiness
Findings on Happiness & PERSONALITY: HISTORY

**Study**

**BRAY 1980**

*Reported in:* Bray, D.W. & Howard, A.  
Career Success and Life Satisfactions of Middle-Aged Managers  

*Population:* 40+ aged, male managers, Bell Telephone Company, 1978

*Sample:* Non-probability purposive-quota sample

*Non-Response:* panel loss a t  
T5: 37%

*N:* 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**

**Happiness Query**  
M-PL/c/rc/v/5/a

**Statistics**  
r=.31  p<.01

**Remarks**  
T1 emotional stability by T5 happiness.

Later analysis of full study-group show also a significantly positive correlation. (BRAY 1983: 302).
<table>
<thead>
<tr>
<th>Queries on Happiness used in reported Studies</th>
<th>Happiness Query Code</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>2 clearly positive  1 rather positive  0 indifferent  -1 rather negative  -2 clearly negative</td>
<td></td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a Selfreport on 10 questions:</td>
<td>Name: Wessman &amp; Ricks’ `Elation - Depression Scale&quot; (adapted version)</td>
<td></td>
</tr>
<tr>
<td>&quot;During the past few weeks, did you ever feel ....?&quot; (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?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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

Answer options and scoring:
yes = 1
no = 0

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

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

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

Selfreport on 8 questions:

" In the past few weeks did you ever feel.....?"
A Pleased about having accomplished something
B Upset because someone critized you
C Proud because someone complimented you one something you had done
D That things are going your way
E So restless you couldn't sit long in a chair
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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)

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'

Selfreport in focussed interview:

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

Rating options:
7  cheerfull
6
5
4
3
A-CP/g/fl/v/7/a

Selfreport in focussed interview

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.

Rating options:
7 extremely cheerfull, animated, jolly
6
5
4 usually good-humored air
3
2
1 dejected, melancholic appearance, in the dumps

Summation: average ratings A and B

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 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

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.


\[ \frac{Pa + Pb + Pc + Pd + Pe}{6} \]

- \( Pa \): 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 assessment 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**

Self-report on single question: following enumeration of lifegoals in six areas, the last of which 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**

Self-report on single question:

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

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

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

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

Self-report on single question:

"How do you feel about your life as a whole.....?"

7 delighted
6 pleased
Findings on Happiness & PERSONALITY: HISTORY

Correlate Code: P 1

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/g/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. This is the introductory text to the Catalog of Happiness Queries.
Appendix 2  Statistics used in reported studies

Symbol     | Explanation
---|---
AoV   | ANALYSIS of VARIANCE (ANOVA)
      | Type: statistical procedure
      | Measurement level: Correlate(s): nominal, Happiness: metric.
      | In an ANOVA, the total happiness variability, expressed as the sum of squares, is split
      | into two or more parts, each of which is assigned to a source of variability. At least one
      | of those sources is the variability of the correlate, in case there is only one, and always
      | one other is the residual variability, which includes all unspecified influences on the
      | happiness variable. Each sum of squares has its own number of degrees of freedom
      | (df), which sum up to Ne - 1 for the total variability. If a sum of squares (SS) is divided
      | by its own number of df, a mean square (MS) is obtained. The ratio of two correctly
      | selected mean squares has an F-distribution under the hypothesis that the
      | corresponding association has a zero-value.

      | NOTE: A significantly high F-value only indicates that, in case of a single correlate, the
      | largest of the c mean values is systematically larger than the smallest one. Conclusions
      | about the other pairs of means require the application of a Multiple Comparisons
      | Procedure (see e.g. BONFERRONI's MULTIPLE COMPARISON TEST, DUNCAN's
      | MULTIPLE RANGE TEST or STUDENT-NEWMAN-KEULS)

Beta  | (8) STANDARDIZED REGRESSION COEFFICIENT
      | Type: test statistic.
      | Measurement level: Correlates: all metric, Happiness: metric.
      | Range: [-1 ; +1]

      | Meaning:
      | beta > 0 « a higher correlate level corresponds with, on an average, higher happiness
      | rating.
      | beta < 0 « a higher correlate level corresponds with, on an average, lower happiness
      | rating.
      | beta = 0 « no correlation.
      | beta = + 1 or -1 « perfect correlation.

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:
      | \(\text{Chi}^2 \leq (c-1) * (r-1)\) means: no association
      | \(\text{Chi}^2 > (c-1) * (r-1)\) means: strong association

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.

mr    | Mean correlation coefficient (r).
For $r$, see PRODUCT-MOMENT CORRELATION

$\text{PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')}$

Type: test statistic.
Measurement level: Correlate: metric, Happiness: metric
Range: $[-1; +1]$

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

SNR Statistic Not Reported

$\beta L$ PATH COEFFICIENT OBTAINED IN A LISREL MODEL.
Range: unlimited, but seldom exceeds $[-1, +1]$.

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.

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.

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

**Correlational Findings**
- What goes with happiness


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

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


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

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<tr>
<th>Main Category's</th>
<th>Category Name</th>
<th>Number of Studies in this Category</th>
</tr>
</thead>
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<td>A 1</td>
<td>ACTIVITY LEVEL (how much one does)</td>
<td>53</td>
</tr>
<tr>
<td>A 2</td>
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End of Report