### Findings on Happiness & SELF-IMAGE

**Correlate Code: S 2**

<table>
<thead>
<tr>
<th>Classification of Findings</th>
<th>Correlate Code</th>
<th>Correlate Name</th>
<th>Number of Studies on this Subject</th>
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</thead>
<tbody>
<tr>
<td>S 2 SELF-IMAGE</td>
<td>S 2</td>
<td>SELF-IMAGE</td>
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</tr>
<tr>
<td>S 2.1 Self-image career</td>
<td>S 2.1</td>
<td>Self-image career</td>
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</tr>
<tr>
<td>S 2.1.1 Earlier self-image</td>
<td>S 2.1.1</td>
<td>Earlier self-image</td>
<td>7</td>
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<td>S 2.1.2</td>
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<td>S 2.2 Current self-characterization</td>
<td>S 2.2</td>
<td>Current self-characterization</td>
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<td>S 2.2.1</td>
<td>Self-perceived ability</td>
<td>10</td>
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<tr>
<td>S 2.2.2 Self-perceived maturity</td>
<td>S 2.2.2</td>
<td>Self-perceived maturity</td>
<td>2</td>
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<tr>
<td>S 2.2.4 Self-perceived preferences</td>
<td>S 2.2.4</td>
<td>Self-perceived preferences</td>
<td>1</td>
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<tr>
<td>S 2.2.5 Self-perceived uniqueness</td>
<td>S 2.2.5</td>
<td>Self-perceived uniqueness</td>
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<tr>
<td>S 2.2.6 Self-perceived usefulness</td>
<td>S 2.2.6</td>
<td>Self-perceived usefulness</td>
<td>2</td>
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<tr>
<td>S 2.2.7 Self-perceived happy nature</td>
<td>S 2.2.7</td>
<td>Self-perceived happy nature</td>
<td>3</td>
</tr>
<tr>
<td>S 2.3 Current self-ideal</td>
<td>S 2.3</td>
<td>Current self-ideal</td>
<td>2</td>
</tr>
<tr>
<td>S 2.4 Current self-evaluation</td>
<td>S 2.4</td>
<td>Current self-evaluation</td>
<td>2</td>
</tr>
<tr>
<td>S 2.4.1 Concern about character</td>
<td>S 2.4.1</td>
<td>Concern about character</td>
<td>3</td>
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<tr>
<td>S 2.4.2 Evaluation of self-as-a-whole</td>
<td>S 2.4.2</td>
<td>Evaluation of self-as-a-whole</td>
<td>22</td>
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<tr>
<td>S 2.4.3 Evaluation of aspects of self</td>
<td>S 2.4.3</td>
<td>Evaluation of aspects of self</td>
<td>5</td>
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<tr>
<td>S 2.4.3.1 . real-ideal congruence</td>
<td>S 2.4.3.1</td>
<td>. real-ideal congruence</td>
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<tr>
<td>S 2.4.3.2 . relative superiority</td>
<td>S 2.4.3.2</td>
<td>. relative superiority</td>
<td>5</td>
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<td>S 2.4.3.3 . self confidence</td>
<td>S 2.4.3.3</td>
<td>. self confidence</td>
<td>3</td>
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<td>S 2.4.3.4 . self-critical</td>
<td>S 2.4.3.4</td>
<td>. self-critical</td>
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<tr>
<td>S 2.4.3.5 . self respect</td>
<td>S 2.4.3.5</td>
<td>. self respect</td>
<td>2</td>
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<tr>
<td>S 2.5 Current satisfaction with self</td>
<td>S 2.5</td>
<td>Current satisfaction with self</td>
<td>7</td>
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<tr>
<td>S 2.5.1 Satisfaction with oneself-as-a-person</td>
<td>S 2.5.1</td>
<td>Satisfaction with oneself-as-a-person</td>
<td>34</td>
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<tr>
<td>S 2.5.1.1 . satisfaction with own abilities</td>
<td>S 2.5.1.1</td>
<td>. satisfaction with own abilities</td>
<td>7</td>
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<tr>
<td>S 2.5.1.2 . satisfaction with own coping</td>
<td>S 2.5.1.2</td>
<td>. satisfaction with own coping</td>
<td>6</td>
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<tr>
<td>S 2.5.1.3 . satisfaction with own creativeness</td>
<td>S 2.5.1.3</td>
<td>. satisfaction with own creativeness</td>
<td>2</td>
</tr>
<tr>
<td>S 2.5.1.4 . satisfaction with self-realization</td>
<td>S 2.5.1.4</td>
<td>. satisfaction with self-realization</td>
<td>4</td>
</tr>
<tr>
<td>S 2.5.1.5 . satisfaction with own morality</td>
<td>S 2.5.1.5</td>
<td>. satisfaction with own morality</td>
<td>4</td>
</tr>
<tr>
<td>S 2.5.2 Satisfaction with own accomplishments</td>
<td>S 2.5.2</td>
<td>Satisfaction with own accomplishments</td>
<td>4</td>
</tr>
<tr>
<td>S 2.5.2.1 . satisfaction with contributions to others</td>
<td>S 2.5.2.1</td>
<td>. satisfaction with contributions to others</td>
<td>5</td>
</tr>
<tr>
<td>S 2.5.2.2 . satisfaction with social recognition</td>
<td>S 2.5.2.2</td>
<td>. satisfaction with social recognition</td>
<td>0</td>
</tr>
<tr>
<td>S 2.6 Current consistency of self-image</td>
<td>S 2.6</td>
<td>Current consistency of self-image</td>
<td>1</td>
</tr>
<tr>
<td>S 2.7 Current reputation (social self)</td>
<td>S 2.7</td>
<td>Current reputation (social self)</td>
<td>2</td>
</tr>
<tr>
<td>S 2.7.1 Self-perceived reputation</td>
<td>S 2.7.1</td>
<td>Self-perceived reputation</td>
<td>9</td>
</tr>
<tr>
<td>S 2.7.2 Congruency self-image and reputation</td>
<td>S 2.7.2</td>
<td>Congruency self-image and reputation</td>
<td>3</td>
</tr>
<tr>
<td>S 2.7.3 Attitudes to own reputation</td>
<td>S 2.7.3</td>
<td>Attitudes to own reputation</td>
<td>9</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 & SELF-IMAGE Correlate Code: S 2

**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 self-image Code: S 2.1.1

**Measurement:** 10-item index at T1, T2, T3, T4 and T5 of closed questions on being worthwhile as a person, having good qualities, being as able as others, not being proud of oneself, having a positive attitude towards oneself, feeling no good at all, being a useful guy, feeling one can't do anything right, doing a job well, having a not very useful life (items from Rosenberg, 1965, and Cobb, 1966)

**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></td>
</tr>
<tr>
<td>Happiness</td>
<td>Self-esteem</td>
<td></td>
</tr>
<tr>
<td>T1</td>
<td>+.33 +.57</td>
<td></td>
</tr>
<tr>
<td>T2</td>
<td>+.44 +.58</td>
<td></td>
</tr>
<tr>
<td>T3</td>
<td>+.46 +.61</td>
<td></td>
</tr>
<tr>
<td>T4</td>
<td>+.60 +.70</td>
<td></td>
</tr>
<tr>
<td>T5</td>
<td>+.22 +.38</td>
<td></td>
</tr>
</tbody>
</table>

All significant (001)


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Findings on Happiness & SELF-IMAGE

CHIRI 1982

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

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

Sample:

Non-Response: Attrition after 11 years 24%

N: 163 (in 1969:216)

Measured Correlate

Class: Earlier self-image Code: S 2.1.1


Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/c/sq/v/3/cb r= Males: r = -.34 (01) Females: r = +.09 ns Happiness assessed at T5(1980).
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

**FORTI 1983**

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

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

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

Measured Correlate

Class: Earlier self-image Code: S 2.1.1
Measurement: Single closed question:
'How do you feel about yourself accomplishments/problem solving',
rated on a 7-point Delighted-Terrible scale, ranging from (1) Delighted to
(7) Terrible. (8) Neutral. (order reversed)

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/t7/a   | r=+        | T1: 1977 r = +.45 (01)  
T2: 1979 r = +.52 (01)  
T3: 1981 r = +.48 (01)  
Both variables assessed at T1, T2, and T3. Correlation concerns same time measures.
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study  HOLAH 1999  Page in Report: 239/243
Self-Appraisal, Life Satisfaction, and Retrospective Life Choices Across One and Psychology and Aging 1999; Vol.14, No.2, pp 238-244 ISSN 0882-7974

Population: "Gifted (IQ>135) followed unto old age, USA, 1960-1992
Sample: Non-probability purposive-quota sample
Non-Response: 383

Measured Correlate
Class: Earlier self-image  Code: S 2.1.1
Measurement: Self-appraisal of having lived up to abilities. Participants were asked "On the whole, how well do you think you have lived up to your intellectual abilities?" Responses were coded in two categories
1: did not live-up
2: lived-up
Assessed at T1 (1960)

Measured Values: T2
N: 1=115, 2=223

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/8/a</td>
<td>DM=+</td>
<td>T1 lived up by T2 happiness in univariate analyses (T1, T2, T3 ANCOVAs) there was a significant lived-up effect: F(1,310)=10.65, MSE=.84, p&lt;.05</td>
</tr>
<tr>
<td>M-PL/h/sq/v/5/b</td>
<td>DM=+</td>
<td>T1 lived up by T2 happiness Men 1. M=3.71 SD=0.89 2. M=4.15 SD=0.85 Women 1. M=3.76 SD=1.08 In univariate analyses of covariance (ANCOVAs) there was a significant lived-up effect: F(1,332)=13.85, MSE=.82 p&lt;0.001 2. M=4.19 SD=0.92</td>
</tr>
<tr>
<td>O-SLW/c/sq/n/9/a</td>
<td>DM=+</td>
<td>T1 lived up by T3 happiness Univariate analyses of covariance (ANCOVAs) was significant for lived-up: F(1,355)=10.71, MSE=2.25, p&lt;.001 LISREL analysis showed no direct link when T2 perceived goal realization was controlled.</td>
</tr>
</tbody>
</table>

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### Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**9-item additive index rated on a 2-point scale.**

**Typical items are:**
- I can change my habits easily.
- I can achieve a lot within a short time.
- When people demand much of me, I don't get nervous.

Self-acceptance Scale from Nederlandse Persoonlijkheids Vragenlijst (NVP), Luteyn ca 1975. Assessed at T2(1976)

---

**Study**  
**ORMEL 1980**  

**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 self-image  
Code: S 2.1.1

**Measurement:**  
9-item additive index rated on a 2-point scale.

Typical items are:
- I can change my habits easily.
- I can achieve a lot within a short time.
- When people demand much of me, I don't get nervous.

Self-acceptance Scale from Nederlandse Persoonlijkheids Vragenlijst (NVP), Luteyn ca 1975. Assessed at T2(1976)

---

### Observed Relation with Happiness

**Happiness Query**  
A-BB/cw/mq/v/4/c

**Statistics**  

- \( r = +.29 \)  
- \( r = +.27 \)

**Remarks**

**T2 happiness by T2 self-esteem**

\( \beta_L = .25 \)

\( \beta_L = .15 \)  

T3 happiness by T3 self-esteem.

\( \beta_L \) path coefficient in a LISREL model, also involving neuroticism, internal control, intimacy with partner, adequacy of coping and self- and externally induced burdens.

T3 happiness by T3 self-esteem.

\( \beta_L \) path coefficient in a LISREL model, also involving neuroticism, internal control and quality of life.
βL=+.20

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

<table>
<thead>
<tr>
<th>Year</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>1928</td>
<td>671</td>
</tr>
<tr>
<td>1972</td>
<td>430</td>
</tr>
</tbody>
</table>

### Measured Correlate

**Class:** Earlier self-image  
Code: S 2.1.1

**Measurement:**

- Selfrating
  - a. in 1940
  - b. in 1950

- Parent rating
  - c. in 1928

**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=+ p&lt;.00</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>
</tr>
</tbody>
</table>

### 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-image  
**Code:** S 2.1.1

**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

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

A-ARE/md/sqr/v/10/  
$r = +.50$  
$p < .05$

---

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Study  BRENN 1970  Page in Report:  94/286

Reported in:  Brenner, B.
Social factors in mental well-being at adolescence.

Population:  Highschool pupils, New York State, USA, 1960

Sample:  

Non-Response:  1%

N:  5204

Measured Correlate

Class:  Change in self-image  Code: S 2.1.2

Measurement:  5-item index (Guttman scale) of agree / disagree statements on continuing or changing opinions and ideas about one- self.

Measured Values:  

Error Estimates:  

Remarks:  

Observed Relation with Happiness

Happiness Query  Statistics  Remarks

A-AOL/g/sq/v/5/a  G=+.22
   V= .11  p<. 01

O-HL/u/sq/v/4/b  G=+.25
   V= .13  p<. 01
Findings on Happiness & SELF-IMAGE

**Study**

**HAES 1987**

*Reported in:*
Haes de, J.C.J.M., Pennink, B.J.W. & Welvaart, K.
The distinction between affect and cognition

*Population:*

*Sample:*

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

*N:*
34

---

**Measured Correlate**

*Class:*
Change in self-image  

*Code: S 2.1.2*

*Measurement:*
Perceived impact of breast-surgery, rated on a 4-point scale (see de Haes & Welvaart, 1985)

*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-SLW/se/sq/?/7/a Beta=+.1</td>
<td>11 months after surgery (T1)</td>
<td></td>
</tr>
<tr>
<td>Beta=+.4</td>
<td>18 months after surgery (T2)</td>
<td>B controlled for: Psychological complaints, pain, gastro-intestinal symptoms, loss of libido, activity level, fatigue, and fear of recurrence of cancer and death</td>
</tr>
</tbody>
</table>

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

**HAES 1987**

The distinction between affect and cognition


*Sample:* 

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

*N:* 34

### Measured Correlate

*Class:* Change in self-image  Code: S 2.1.2

*Measurement:* Perceived impact of breast-surgery, rated on a 4-point scale (see de Haes & Welvaart, 1985)

*Measured Values:* 

*Error Estimates:* 

*Remarks:* 

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/se/sq/v7/a Beta=+.5</td>
<td>11 months after surgery (T1)</td>
<td></td>
</tr>
<tr>
<td>Beta=+.2</td>
<td>18 months after surgery (T2)</td>
<td></td>
</tr>
<tr>
<td>B controlled for: Psychological complaints, pain, gastro-intestinal symptoms, loss of libido, activity level, fatigue, and fear of recurrence of cancer and death</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

LICHT 1980/1

Increasing happiness through cognitive retraining
New Zealand Psychologist, 1980, vol.9, p.57-64

Population: Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978

Sample:
Non-Response: 15%
N: 23

Measured Correlate

Class: Change in self-image  Code: S 2.1.2

Measurement:
- 28-item index with 4 response categories. Typical items are:
- I choose my emotions and feelings
- I believe my personality is fixed
- I am ready to try out new experiences
Assessed at the start (T1) and the end (T2) of a course on happiness and mental health.

Measured Values:
Error Estimates:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-BK/cm/mq/v5/b  r=.80  p<.01  T1 LEVEL of beliefs to T1 LEVEL of happiness
r=.75  p<.01  T1-T2 CHANGE in beliefs to T1-T2 CHANGE in happiness
**Study**

**LICHT 1980/1**

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

Increasing happiness through cognitive retraining

New Zealand Psychologist, 1980, vol. 9, p. 57-64

*Population:* Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978

*Sample:

Non-Response: 15%

N: 23

---

**Measured Correlate**

*Class:* Change in self-image  

*Code:* S 2.1.2

*Measurement:*

0 No course: Control group on waiting list (N=13)

1 Treatment: 8 2-hours sessions over 4 weeks between T1 and T2 (N=10)

The goal of the course was to discuss "irrational beliefs" about self. (Ellis 1977 rational-emotive therapy)

In the course 15 current beliefs were introduced one at a time in 5 minute mini-lectures, followed by a class discussion on how these work out in everyday life. Sometimes Ss were asked to do home exercises.

---

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BK/cm/mq/v/5/b | DMT=+ | Happiness assessed at:  
T1: start of course  
T2: end of course (4 weeks after T1)  
T3: 6 weeks follow up (10 weeks after T1)  

**LEVEL of happiness at:**  
T1: Mt'=7.6  
T2: Mt'=7.6  
T3: Mt'=7.4  

**DMT'=+ .2  
DMT'=+ .7  
DMT'=+1.2  

**DMT=+ p<.s  
CHANGE in happiness:**  
at: Controls Experimental Difference  
T1-T2 Mt'=0.0 Mt'=+.5 DMT'=+.5 p<05  
T1-T3 Mt'=-.2 Mt'=+.8 DMT'=+.10 p<01  

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 15 of 252
E² = +.47  p < .05  
Difference in T1-T2 CHANGE in happiness between controls and experimentals

E² = +.66  p < .01  
Difference in T1-T3 CHANGE in happiness between controls and experimentals
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

**LICHT 1980/1**  
*Reported in:* Lichter S., Haye K. & Kamman R.  
Increasing happiness through cognitive retraining  
New Zealand Psychologist, 1980, vol. 9, p. 57-64

**Population:** Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978

**Non-Response:** 15%

**Sample:**

**N:** 23

---

**Measured Correlate**

**Class:** Change in self-image  
**Code:** S 2.1.2

**Measurement:**
- 0 No course: Control group on waiting list (N=13)
- 1 Treatment: 8 2-hours sessions over 4 weeks between T1 and T2 (N=10)

The goal of the course was to discuss "irrational beliefs" about self.  
(Ellis 1977 rational-emotive therapy)

In the course 15 current beliefs were introduced one at a time in 5-minute mini-lectures, followed by a class discussion on how these work out in everyday life. Sometimes Ss were asked to do home exercises.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SL?/m/sq/?/7/a</td>
<td>$E^2=+.41$</td>
<td><strong>p&lt;.05</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Happiness assessed at:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T1: start of course</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T2: end of course (4 weeks after T1)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>T3: 6 weeks follow up (10 weeks after T1)</td>
</tr>
</tbody>
</table>

DM $=+ ns$  
Difference in T1-T2 CHANGE in happiness between controls and experimentals

DM $=+ ns$  
Difference in T1-T3 CHANGE in happiness between controls and experimentals

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 17 of 252
Findings on Happiness & SELF-IMAGE

**Study**

Lichter S., Haye K. & Kamman R.

**Reported in:** Lichter S., Haye K. & Kamman R. 
Increasing happiness through cognitive retraining

New Zealand Psychologist, 1980, vol. 9, p. 57-64

**Population:** Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978

**Sample:**

Non-Response: 15%

N: 23

**Measured Correlate**

**Class:** Change in self-image Code: S 2.1.2

**Measurement:**

1. No course: Control group on waiting list (N=13)
2. Treatment: 8 2-hour sessions over 4 weeks between T1 and T2 (N=10)

The goal of the course was to discuss "irrational beliefs" about self. (Ellis 1977 rational-emotive therapy)

In the course 15 current beliefs were introduced one at a time in 5 minute mini-lectures, followed by a class discussion on how these work out in everyday life. Sometimes Ss were asked to do home exercises.

**Observed Relation with Happiness**

**Happiness Query**

M-FH/cw/sq/v/5/a

**Statistics**

E²=.17 ns

**Remarks**

Happiness assessed at:

T1: start of course
T2: end of course (4 weeks after T1)
T3: 6 weeks follow up (10 weeks after T1)

**Difference in T1-T2 change in happiness between controls and experimentals**

DM=+ p<.05

**Difference in T1-T3 change in happiness between controls and experimentals**

DM=+ ns
Findings on Happiness & SELF-IMAGE

<table>
<thead>
<tr>
<th>Study</th>
<th>LUDWI 1971</th>
<th>Page in Report: 64/207</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Ludwig, L.D.</td>
<td></td>
</tr>
<tr>
<td>Elation-Depression and skill as determinants of desire for excitement.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unpublished doctoral dissertation, 1971, University of Wisconsin, USA.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>Female students, undergraduates, University of Wisconsin, USA, 197?</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>81%; 61% refusal, 5% eliminated on basis of screening data, 15% miscellaneous re</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>72</td>
<td></td>
</tr>
</tbody>
</table>

Measured Correlate

<table>
<thead>
<tr>
<th>Class:</th>
<th>Change in self-image Code: S 2.1.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td><em>2-item index of direct questions on creativity and personality maturity compared with others.</em></td>
</tr>
<tr>
<td>Measured Values:</td>
<td></td>
</tr>
<tr>
<td>Error Estimates:</td>
<td></td>
</tr>
<tr>
<td>Remarks:</td>
<td></td>
</tr>
</tbody>
</table>

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>AoV=+ ns</td>
<td><strong>Ss answered these questions at the end of an experimental situation in which their self-esteem was experimentally altered. This was done by means of a false personality report dealing with the subject's creativity, maturity and other things.</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self-perceived creativity: $r = +.05 \ (ns)$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self-perceived maturity: $r = +.17 \ (ns)$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- For happy Ss self-perceived creativity and maturity is unaffected by bolstered self-esteem and decreased by reduced self-esteem.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- For unhappy Ss it is increased by bolstered self-esteem and unaffected by reduced self-esteem.</td>
</tr>
</tbody>
</table>
### 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

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

### Measured Correlate

**Class:** Later self-image  Code: S 2.1.4

**Measurement:** 10-item index at T1, T2, T3, T4 and T5 of closed questions on being worthwhile as a person, having good qualities, being as able as others, not being proud of oneself, having a positive attitude towards oneself, feeling no good at all, being a useful guy, feeling one can't do anything right, doing a job well, having a not very useful life (items from Rosenberg, 1965, and Cobb, 1966)

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HP/g/mq/v/5/a</td>
<td>tau=+</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Self-esteem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness</td>
<td>T1</td>
</tr>
<tr>
<td>T1</td>
<td>=  +.57</td>
</tr>
<tr>
<td>T2</td>
<td>=  +.37</td>
</tr>
<tr>
<td>T3</td>
<td>=  +.31</td>
</tr>
<tr>
<td>T4</td>
<td>=  +.29</td>
</tr>
</tbody>
</table>

All significant (001)
Findings on Happiness & SELF-IMAGE  

**Study**  
**FORTI 1983**  

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

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

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

---

**Measured Correlate**  

**Class:** Later self-image  
**Code:** S 2.1.4  

**Measurement:** Single closed question:  
*How do you feel about yourself accomplishments/problem solving*, rated on a 7-point Delighted-Terrible scale, ranging from {1} Delighted to {7} Terrible. {8} Neutral. (order reversed)

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

**Remarks:**

---

**Observed Relation with Happiness**  

**Happiness Query**  
O-DT/u/sq/t/7/a  

**Statistics**  
<table>
<thead>
<tr>
<th>Year</th>
<th>r</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1: 1977</td>
<td>+.45</td>
<td>(01)</td>
</tr>
<tr>
<td>T2: 1979</td>
<td>+.52</td>
<td>(01)</td>
</tr>
<tr>
<td>T3: 1981</td>
<td>+.48</td>
<td>(01)</td>
</tr>
</tbody>
</table>

**Remarks:** Both variables assessed at T1, T2, and T3. Correlation concerns same time measures.
### Study

**GORDO 1974**  
*Reported in:* Gordon, F.E. & Hall, D.T. 
Self image and stereotypes of feminity; their relationship to women's role conflicts  

**Population:** Married female graduates of liberal arts college, Univ. of Connecticut, USA, 1971 
**Sample:** 
**Non-Response:** 49%  
**N:** 229

### Measured Correlate

**Class:** Current self-characterization  
**Code:** S 2.2 
**Measurement:** Factors derived from self-ratings on a semantic differential of 28 bipolar adjective 7-point scales.  
a. Potency: emotional and physical strength.  
b. Supportiveness: nurturant, agreeable behavior in interpersonal settings.  
c. Spontaneity: willingness to take immediate action.  
d. Emotionality: level of emotion.

### Measured Values

### Error Estimates

### Remarks

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/5/a</td>
<td>$r = +.25$</td>
<td>$p &lt; .01$</td>
</tr>
<tr>
<td></td>
<td>$r = +.20$</td>
<td>$p &lt; .01$</td>
</tr>
<tr>
<td></td>
<td>$r = ns$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>$r = +.25$</td>
<td>$p &lt; .01$</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Study

LEWIS 1972

Reported in: Lewis, M.A.
Actual and perceived age differences in self-concept and psychological well-being for Catholic sisters, Eastern USA. 1972, Syracuse University, New York, USA.

Population: 24-75 aged Catholic sisters, Eastern USA. 197?

Sample:

Non-Response: 34%
N: 183

Measured Correlate

Class: Current self-characterization  Code: S 2.2

Measurement: Principal components, extracted from 21 bipolar adjective 7-point scales (semantic differential scales; see Monge, 1971). The adjective scales were scored for 'Myself - as I really am most of the time'.

a. Achievement / leadership.
7 items index: inferior - superior,
dull - sharp, follower - leader,
dumb - smart, failure - success,
weak - strong, worthless - valuable.

b. Congeniality / sociability.
4 items index: cruel - kind, awful - nice, unfriendly - friendly, bad - good.

c. Psychological adjustment.

d. Physical adjustment.
4 items index: delicate - rugged, sick - healthy, nervous - relaxed, tired - refreshed.

Measured Values:

Error Estimates:

Remarks:

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## Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>DM=+ ns</td>
<td>a.</td>
</tr>
<tr>
<td></td>
<td>DM=- ns</td>
<td>b.</td>
</tr>
<tr>
<td></td>
<td>DM=+ p&lt;.01</td>
<td>c.</td>
</tr>
<tr>
<td></td>
<td>DM=- ns</td>
<td>d.</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Study

VENTE 1995

Reported in:
Ventegodt, S.
Livskvalitet i Danmark.(Quality of Life in Denmark)
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,
ISBN 8790190017

Population:
18-88 aged, general public, Denmark, 1993

Sample:
Non-probability purposive sample (unspecified)

Non-Response:
39%

N:
1494

Measured Correlate

Class:
Current self-characterization  Code: S 2.2

Measurement:
36 item index of self-image
"Do you feel you are:"
healthy
physically strong
in harmony with yourself
honest
sensitive
loving
beautiful
sexually attractive
loved
cheerful
open
sociable
good
free
ethical
with a sense of humor
intelligent
sensible
patient
psychological strong
independent
strong-willed
competent
ambitious
involved
creative
responsible
conscientious
filled with fighting spirit
brave
self-confident
a success
profound
intuitive
spiritual
Findings on Happiness & SELF-IMAGE  

sincere  
Rated: yes, not sure, no  
categorised as:  
1: 0-15 \text{ (worst)}  
2: 16-18  
3: 19-21  
4: 22-24  
5: 25-27  
6: 28-30  
7: 31-33  
8: 34-36 \text{(best)}  

Measured Values:  

Error Estimates:  

Remarks:  

## Observed Relation with Happiness  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=+.37 p<.00 | 1: Mt = 5.23  
2: Mt = 6.49  
3: Mt = 6.33  
4: Mt = 6.93  
5: Mt = 7.68  
6: Mt = 8.05  
7: Mt = 8.49  
8: Mt = 8.99  
All: Ms = 7.80 |
| O-HL/c/sq/v/5/h | r=+.37 p<.00 | 1: Mt = 5.00  
2: Mt = 5.93  
3: Mt = 5.68  
4: Mt = 6.21  
5: Mt = 6.68  
6: Mt = 7.18  
7: Mt = 7.69  
8: Mt = 8.25  
All: Mt = 6.98 |
| O-SLu/c/sq/v/5/e | r=+.40 p<.00 | 1: Mt = 4.78  
2: Mt = 5.74  
3: Mt = 6.04  
4: Mt = 6.59  
5: Mt = 7.24  
6: Mt = 7.74  
7: Mt = 8.23  
8: Mt = 8.78  
All: Mt = 7.48 |
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**  
**VENTE 1996**  
*Reported in:* Ventegodt, S.  
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)  

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

---

**Measured Correlate**  
*Class:* Current self-characterization  
*Code:* S 2.2  

*Measurement:* Single question:  
"How are your current relations with yourself?"  
1: very bad  
2: bad  
3: neither/nor  
4: good  
5: very good

*Measured Values:*  

*Error Estimates:* A-AOL/m/sq/v/5/a r=.58 p<.00  
O-HL/c/sq/v/5/h r=.53 p<.00  
O-SLu/c/sq/v/5/e r=.59 p<.00

---

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=.58 p&lt;.00</td>
<td></td>
</tr>
</tbody>
</table>
1: Mt =1.96  
2: Mt =3.78  
3: Mt =5.74  
4: Mt =7.63  
5: Mt =8.83  
|  
| O-HL/c/sq/v/5/h | r=.53 p<.00|  
1: Mt =2.95  
2: Mt =4.15  
3: Mt =5.28  
4: Mt =6.76  
5: Mt =8.09  
|  
| O-SLu/c/sq/v/5/e| r=.59 p<.00|  
1: Mt =1.79  
2: Mt =3.54  
3: Mt =5.19  
4: Mt =7.30  
5: Mt =8.59  
|
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Study

VENTE 1996

Reported in: Ventegodt, S.
Livskvalitet hos 4500 31-33 årig (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

Population: Persons born at the University Hospital in Copenhagen 1959-1961

Sample: Non-probability purposive sample (unspecified)

Non-Response: 39%

N: 4500

Measured Correlate

Class: Current self-characterization  Code: S 2.2

Measurement:

36 item index of self-image

"Do you feel you are .......:" healthy physically strong in harmony with yourself honest sensitive loving beautiful sexually attractive loved cheerful open sociable good free ethical with a sense of humor intelligent sensible patient psychological strong independent strong-willed competent ambitious involved creative responsible conscientious filled with fighting spirit brave self-confident a success profound intuitive spiritual
sincere
Rated: yes, not sure, no

categorised as:
1: 0-15 (worst)
2: 16-18
3: 19-21
4: 22-24
5: 25-27
6: 28-30
7: 31-33
8: 34-36 (best)

Measured Values:  

Error Estimates:

Remarks:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>$r = +.44$</td>
<td>$p &lt; .00$</td>
</tr>
<tr>
<td></td>
<td>1: $M_t = 4.08$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2: $M_t = 5.28$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3: $M_t = 5.88$</td>
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<td></td>
<td>4: $M_t = 6.76$</td>
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<td>5: $M_t = 7.46$</td>
<td></td>
</tr>
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<td></td>
<td>6: $M_t = 8.08$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7: $M_t = 8.59$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8: $M_t = 8.85$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>$r = +.39$</td>
<td>$p &lt; .00$</td>
</tr>
<tr>
<td></td>
<td>1: $M_t = 4.40$</td>
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<td></td>
<td>2: $M_t = 5.14$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3: $M_t = 5.46$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4: $M_t = 6.16$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5: $M_t = 6.70$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6: $M_t = 7.20$</td>
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</tr>
<tr>
<td></td>
<td>7: $M_t = 7.80$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8: $M_t = 8.23$</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>$r = +.43$</td>
<td>$p &lt; .00$</td>
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<tr>
<td></td>
<td>1: $M_t = 3.80$</td>
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</tr>
<tr>
<td></td>
<td>2: $M_t = 4.76$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3: $M_t = 5.58$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4: $M_t = 6.44$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5: $M_t = 7.11$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6: $M_t = 7.71$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7: $M_t = 8.29$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8: $M_t = 8.70$</td>
<td></td>
</tr>
</tbody>
</table>
**Findings on Happiness & SELF-IMAGE**

**Correlate Code: S 2**

<table>
<thead>
<tr>
<th>Study</th>
<th>WESSM 1960</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Wessman, A.E., Ricks, D.F. &amp; McIlvaine Tyl, M.</td>
</tr>
<tr>
<td>Characteristics and concomitants of mood fluctuation in college women.</td>
<td></td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>Female college students, followed 6 weeks, Radcliffe, USA, 1957</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>44% dropouts</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>14</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Measured Correlate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class:</strong></td>
</tr>
<tr>
<td><strong>Code:</strong></td>
</tr>
<tr>
<td><strong>Measurement:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Measured Values:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Error Estimates:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Remarks:</th>
</tr>
</thead>
<tbody>
<tr>
<td>The group of Ss was divided in two according to their mean 'daily average mood'. The Q sort descriptions provided by the seven relatively happy girls were compared with those of the seven relatively unhappy girls. Only significant discrepancies between the descriptions of both groups were presented.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Observed Relation with Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Happiness Query</strong></td>
</tr>
<tr>
<td>a. Friendly, sociable, and open towards others</td>
</tr>
<tr>
<td>The group of Ss was divided in two according to their mean 'daily average mood'. The Q sort descriptions provided by the seven relatively happy girls were compared with those of the seven relatively unhappy girls. Only significant discrepancies between the descriptions of both groups were presented.</td>
</tr>
</tbody>
</table>
r = - p < .05  

b. Sophisticated, critical, interested in academic work

In both high and low moods the unhappy girls describe themselves as more critical, sophisticated, interested in academic work and introspective.

The happy girls describe themselves as more unorganized, tolerant and nervous. They are able to enjoy work without being preoccupied with it, and do not consider themselves sophisticated or poised.
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Content analysis of a 60-item Q sort, describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crisis of the Erikson’s stages of psycho-social development (see Erikson, 1959).

The Q sort was filled out both in very elated and in very depressed moods for self-concept (‘an accurate picture of yourself as you honestly feel and believe you are’).

The group of Ss was divided in two according to their mean ‘daily average mood’ (AFF 3.1).

The Q sort descriptions provided by the nine relatively happy men were compared with those of the eight relatively unhappy men.

Only significant discrepancies between the descriptions of both groups were presented.

Measured Correlate

Class: Current self-characterization Code: S 2.2

Measurement: Content analysis of a 60-item Q sort, describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crisis of the Erikson’s stages of psycho-social development (see Erikson, 1959).

The Q sort was filled out both in very elated and in very depressed moods for self-concept (‘an accurate picture of yourself as you honestly feel and believe you are’).

Measured Values:

Error Estimates:

Remarks: The group of Ss was divided in two according to their mean ‘daily average mood’ (AFF 3.1).

The Q sort descriptions provided by the nine relatively happy men were compared with those of the eight relatively unhappy men.

Only significant discrepancies between the descriptions of both groups were presented.

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=+ p&lt;.05</td>
<td>a. Warm, friendly and comfortable in close relationships. In general they are less as more social and less more isolated of selves. In depression there is a decrease in self-concern with others, while the unhappy men,</td>
</tr>
</tbody>
</table>

The group of Ss was divided in two according to their mean ‘daily average mood’ (AFF 3.1).

The Q sort descriptions provided by the nine relatively happy men were compared with those of the eight relatively unhappy men.

Only significant discrepancies between the descriptions of both groups were presented.
Findings on Happiness & SELF-IMAGE

in depression, were unable to share with others.

\[ r = + \quad p < .05 \]

b. Able to excel in work, conscientious, productive
Especially in elation the happy men describe themselves as productive, while the unhappy men, even in elation, are more given to wasting time and failing to apply themselves.

\[ r = - \quad p < .05 \]
c. Unable to fulfill ambitions
The unhappy men are more ambitious, but are less able to fulfill their ambitions. Especially in depression they feel ineffective, unable to get what they want, pessimistic and unable to absorb frustration.

\[ r = + \quad p < .05 \]
d. Optimism in bad spirits
The happy men perceive depressions as temporary states which would be resolved when the problems which occasioned them had been resolved. The unhappy men are more pessimistic, feel depression as permanent states of frustration and impotent desire.

\[ r = - \quad p < .05 \]
e. Tendency to disregard the world
Especially in depression the unhappy men felt a tendency to disregard the world, but also felt they were in the wrong and apologetic.

\[ r = - \quad p < .05 \]
f. Primarily concerned with work
In elation the unhappy girls place a high value on work, while the happy girls tend to place a higher value on friendliness and consideration for others. In depression both the happy and unhappy girls value work more than in elation, but this is more extreme for the unhappy girls. For these girls concern with work in depression took the form of more exclusive concern with intellectual creativity and achievement, while the happy girls in depression place a higher value on the inherent satisfactions in learning, and are more concerned with discovering what they want out of life.
**Study**

**LUDWI 1971**

*Reported in:* Ludwig, L.D.

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

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

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

*Sample*

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

*N:* 72

**Measured Correlate**

*Class:* Self-perceived ability  Code: S 2.2.1

*Measurement:*

1. Question on acting ability compared with other people, rated on a 7-point scale. miserable in acting / about average / highly talented in acting. (question in mailed questionnaire in recruitment procedure).

2. Same question after experiment.

*Measured Values:

*Error Estimates:

*Remarks:

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>r=+.31</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>

No self-esteem manipulation.

r=+.11  ns  Ss answered these questions at the end of an experimental situation in which their self-esteem was experimentally altered. This was done by means of a false personality report dealing with the subject's creativity, maturity and other things.
Findings on Happiness & SELF-IMAGE

Reported in: NOELL1977/10

Measured Correlate

Class: Self-perceived ability  Code: S 2.2.1

Measurement:
- Single direct question: no (0) yes (1)
  I think, I have a good feeling of combining colors together.
- Chosen from pack of 16 person descriptions as being characteristic for oneself.

Population: 16-29 aged and pensioners, West-Germany, 1976

Sample:

Non-Response:

N: 855

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-CA/mh/ri/v/2/b</td>
<td>D%+</td>
<td>Young (16 - 29) and pensioners only. In both categories the cheerful claim more feeling for colors.</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

Study  OGRI 1994/1  Page in Report: 5

Reported in: Ogris, G.
Korrelate mit der Lebenszufriedenheit, Glueck und Wohlbefinden in Oesterreich und
Paper presented on: 13th World Congress of Sociology
(Correlates of lifesatisfaction, happiness and wellbeing in Austria and Slovenia)

Population: Adults, general public, Slovenia, 1994
Sample: Probability multi-stage cluster sample
Non-Response: not reported
N: 1998

Measured Correlate

Class: Self-perceived ability Code: S 2.2.1

Measurement: 3 questions:
1. Installing and handling modern machines
2. Using a computer
3. Programming a machine or a computer
Each rated on a 5-step scale:
very easy...............very difficult

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-AOL/c/sq/v/5/c  r=-.16  question 1...handling machines......
  r=-.19  question 2
  r=-.12  question 3
O-HL/c/sq/v/5/d  r=-.2  question 2....using computer......
  r=-.09  question 3.....programming......
O-SLW/u/sq/v/5/d  r=-.17  question 2
Findings on Happiness & SELF-IMAGE

Study: OGRI 1994/1

Reported in: Ogris, G.
Korrelate mit der Lebenszufriedenheit, Glueck und Wohlbefinden in Oesterreich und
Paper presented on: 13th World Congress of Sociology
(Correlates of life satisfaction, happiness and well-being in Austria and Slovenia)

Population: Adults, general public, Slovenia, 1994
Sample: Probability multi-stage cluster sample
Non-Response: not reported
N: 1998

Measured Correlate

Class: Self-perceived ability  Code: S 2.2.1
Measurement:

- 6 questions on difficulties with
- stimulating motivating others
- working in a team
- coordinating and leading a team
- learning and selfeducation
- using a foreign language
- planning or developing a concept
Each rated on a 5-step scale:
very easy............very difficult

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
A-AOL/c/sq/v/5/c | r=-.2 | question1
r=-.18 | question 2
r=-.14 | question 3
r=-.22 | question 4
r=-.18 | question 5
r=-.23 | question 6

O-HL/c/sq/v/5/d | r=-.14 | question 1....difficult motivating others...
| r=-.17 | question 2...difficult team....
| r=-.13 | question 3....difficult leading........
| r=-.18 | question 4....difficult learning.......
<table>
<thead>
<tr>
<th>r</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>-0.19</td>
<td>Question 5: difficult with foreign language</td>
</tr>
<tr>
<td>-0.15</td>
<td>Question 6: difficult planning concept</td>
</tr>
<tr>
<td>-0.16</td>
<td>O-SLW/u/sq/v/5/d</td>
</tr>
<tr>
<td>-0.18</td>
<td>Question 1</td>
</tr>
<tr>
<td>-0.15</td>
<td>Question 2</td>
</tr>
<tr>
<td>-0.16</td>
<td>Question 3</td>
</tr>
<tr>
<td>-0.16</td>
<td>Question 4</td>
</tr>
<tr>
<td>-0.13</td>
<td>Question 5</td>
</tr>
<tr>
<td>-0.16</td>
<td>Question 6</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

<table>
<thead>
<tr>
<th>Study</th>
<th>OGRI 1994/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Ogris, G.</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Korrelate mit der Lebenszufriedenheit, Glück und Wohlbefinden in Oesterreich und Slowenien (Correlates on life satisfaction, happiness and wellbeing in Austria and Slovenia)</td>
</tr>
<tr>
<td>Population:</td>
<td>Adult, general public, Austria 1994</td>
</tr>
<tr>
<td>Sample:</td>
<td>Probability multi-stage cluster sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>not reported</td>
</tr>
<tr>
<td>N:</td>
<td>1998</td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** Self-perceived ability Code: S 2.2.1
- **Measurement:** 3 questions on:
  1. Installing and handling modern machines
  2. Using a computer
  3. Programming a machine or a computer
  Each rated on a 5 step scale.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/5/c</td>
<td>r=-.2</td>
<td>question 1</td>
</tr>
<tr>
<td></td>
<td>r=-.21</td>
<td>question 2</td>
</tr>
<tr>
<td></td>
<td>r=-.16</td>
<td>question 3</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/d</td>
<td>r=-.13</td>
<td>question 1</td>
</tr>
<tr>
<td></td>
<td>r=-.14</td>
<td>question 2</td>
</tr>
<tr>
<td></td>
<td>r=-.1</td>
<td>question 3. Programming...</td>
</tr>
<tr>
<td>O-SLW/u/sq/v/5/d</td>
<td>r=-.08</td>
<td>question 1. Handling machines...</td>
</tr>
<tr>
<td></td>
<td>r=-.08</td>
<td>question 2. Using computer</td>
</tr>
</tbody>
</table>

Findings on Happiness & SELF-IMAGE

Study: OGRI 1994/2

Reported in: Ogris, G.

Koordiniert mit der Lebenszufriedenheit, Glück und Wohlbefinden in Österreich und Slowenien.

Paper presented on: 13th World Congress of Sociology Bielefeld Germany

(Correlates on life satisfaction, happiness and wellbeing in Austria and Slovenia)

Population: Adult, general public, Austria 1994

Sample: Probability multi-stage cluster sample

Non-Response: Not reported

N: 1998

Measured Correlate

Class: Self-perceived ability Code: S 2.2.1

Measurement: 6 questions on:
- Stimulating and motivating others
- Working in a team
- Coordinating and leading a team
- Learning and self-education
- Using a foreign language
- Planning or developing a concept

Each rated on a 5-step scale:
very easy.............very difficult

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/5/c</td>
<td>r=-.2</td>
<td>question 1</td>
</tr>
<tr>
<td></td>
<td>r=-.21</td>
<td>question 2</td>
</tr>
<tr>
<td></td>
<td>r=-.19</td>
<td>question 3</td>
</tr>
<tr>
<td></td>
<td>r=-.23</td>
<td>question 4</td>
</tr>
<tr>
<td></td>
<td>r=-.19</td>
<td>question 5</td>
</tr>
<tr>
<td></td>
<td>r=-.2</td>
<td>question 6</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/d</td>
<td>r=-.16</td>
<td>question 1</td>
</tr>
<tr>
<td></td>
<td>r=-.15</td>
<td>question 2</td>
</tr>
<tr>
<td></td>
<td>r=-.14</td>
<td>question 3</td>
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Print date: 7-2-2003
<table>
<thead>
<tr>
<th>Question</th>
<th>Correlation (r)</th>
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<tbody>
<tr>
<td>4</td>
<td>-.14</td>
</tr>
<tr>
<td>5</td>
<td>-.11</td>
</tr>
<tr>
<td>6</td>
<td>-.12</td>
</tr>
<tr>
<td>1...difficult motivating others...</td>
<td>-.13</td>
</tr>
<tr>
<td>2...difficult team</td>
<td>-.12</td>
</tr>
<tr>
<td>3...difficulty leading...</td>
<td>-.13</td>
</tr>
<tr>
<td>4...difficulty learning...</td>
<td>-.11</td>
</tr>
<tr>
<td>5...foreign language...</td>
<td>-.08</td>
</tr>
<tr>
<td>6...planning concept...</td>
<td>-.1</td>
</tr>
</tbody>
</table>
Study | SONDE 1975  
--- | ---  
Reported in: | Sondermeijer, B.  
Health correlates of happiness  
Population: | 40-60 aged male employees, Rotterdam, The Netherlands, 197?  
Sample: |  
Non-Response: | 5%  
N: | 13,000  

Measured Correlate  
Class: | Self-perceived ability  
Code: | S 2.2.1  
Measurement: | Single direct question:  
0 No  
1 Yes  

Measured Values:  
Error Estimates:  
Remarks:  

Observed Relation with Happiness  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/g/sq/v/2/a</td>
<td>G=-.74 p&lt;.000</td>
<td>G=-.74 p&lt;.000</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

STAPE 1987

*Reported in:*
Stapel, J.
Kundigheden en geluk (Abilities and happiness)
Unpublished paper NIPO, Institute for Public Opinion Research, (NIPO)
Amsterdam, The Netherlands, 1987

*Population:*
18+ aged, general public, non-institutionalized, The Netherlands, 1987

*Sample:*

*Non-Response:*
N: 825

---

**Measured Correlate**

*Class:*
Self-perceived ability Code: S 2.2.1

*Measurement:*
Single closed question on 45 specific abilities (from arithmetics to swimming): "For all things I'll mention, can you tell me to what extent you are able to do them?", rated on a 3-point scale ranging from (1) This I am able to do really good (2) No, I am not able to do this (good), but I would like that I was able to do it really good (3) I am not able to do this (good) and I am also not interested in it.

*Measured Values:*

*Error Estimates:*

*Remarks:*
The following 11 abilities discriminate most between happy and unhappy respondents:

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-FH/u/sq/v/3/a</td>
<td>G=+.27 p&lt;.01</td>
<td>The following 11 abilities discriminate most between happy and unhappy respondents: Interact with people: G=+.27 p&lt;.01 Interact with people: G=+.37 p&lt;.01 Organize things: G=+.37 p&lt;.01 Organize things: G=+.23 p&lt;.01 Be a leader G=+.23 p&lt;.01 Be a leader G=+.13 p&lt;.01 Give a speech: G=+.13 p&lt;.01 Give a speech: G=+.27 p&lt;.01 Algebra: G=+.27 p&lt;.01 Algebra:</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

<table>
<thead>
<tr>
<th>Activity</th>
<th>G</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive a car</td>
<td>.30</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Drive a car</td>
<td>.30</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Bookkeeping</td>
<td>.27</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Bookkeeping</td>
<td>.27</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Play checkers</td>
<td>.23</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Play checkers</td>
<td>.23</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Make pictures</td>
<td>.02</td>
<td>ns</td>
</tr>
<tr>
<td>Make pictures</td>
<td>.02</td>
<td>ns</td>
</tr>
<tr>
<td>Skating</td>
<td>.16</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Skating</td>
<td>.16</td>
<td>&lt;.01</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>WEBB 1915/1</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td>Reported in:</td>
<td>Webb, E.</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>Male college students, England, 1912</td>
<td></td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>194</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Self-perceived ability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>Trained-peer rating on a 7-point scale on the basis of observation during 6 months.</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-CP/g/rdp/ro/7/a</td>
<td>r=+.11</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

**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:** Self-perceived ability  
**Code:** S 2.2.1

**Measurement:** Score from told stories to the standard Thematic Appreciation Test cards (see Murray, 1943), indicative of feeling or being helpless, feeling weak or ineffective, being dominated, dependent.

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

**Happiness Query**

**Statistics**

**Remarks**

A-ARE/md/sqr/v/10/  
$r = -.56$  
$p < .05$
### Study

<table>
<thead>
<tr>
<th>HARDE 1969</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reported in:</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Population:</strong></td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
</tr>
<tr>
<td><strong>N:</strong></td>
</tr>
</tbody>
</table>

### Measured Correlate

<table>
<thead>
<tr>
<th><strong>Class:</strong></th>
<th>Self-perceived maturity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measurement:</strong></td>
<td>Rating by judges, using a form listing 15 qualities drawn from Maslow's (1954) description of the characteristics of the self-actualizing person.</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-AOL/cy/sq/v/10/a</td>
<td>r=+.28</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
### Study

**LUDWI 1971**

**Reported in:** Ludwig, L.D.

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

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

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

**Sample:**

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

**N:** 72

### Measured Correlate

**Class:** Self-perceived maturity  
Code: S 2.2.2

**Measurement:** 2-item index of direct questions on creativity and personality maturity compared with others.

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/u/mq/v/10/a AoV=+ ns | Ss answered these questions at the end of an experimental situation in which their self-esteem was experimentally altered. This was done by means of a false personality report dealing with the subject's creativity, maturity and other things.  
Self-perceived creativity: r = +.05 (ns)  
Self-perceived maturity : r = +.17 (ns) |

- For happy Ss, self-perceived creativity and maturity is unaffected by bolstered self-esteem and decreased by reduced self-esteem.
- For unhappy Ss, it is increased by bolstered self-esteem and unaffected by reduced self-esteem.
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study SCHUL 1985B Page in Report: 48,T28

Reported in: Schulz, W.; Költringer, R.; Norden, G.; Tüchler, H. Lebensqualität in Österreich (Quality-of-life in Austria) Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985

Population: Adults, non-institutionalized, Austria, 1984

Sample: 

Non-Response: ?

N: 1776

Measured Correlate

Class: Self-perceived preferences Code: S 2.2.4

Measurement: Direct question on self perceived intellectual and cultural development by means of reading books, and attending movies and theatres. Rated on a 3-point scale.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-QL?/c/mq/v/5/a r=+.17
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

VEROF 1962

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

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

**Sample:**

**Non-Response:** -

**N:** 797

**Measured Correlate**

**Class:** Self-perceived uniqueness  

**Measurement:** Open-ended question on differences from most other people: sees no difference with others vs mentions differences.

**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-HL/u/sq/v/3/a  | \( tb = + \text{ ns} \) | Males : \( b = +0.07 \text{ (ns)} \)  
|                 |            | Females : \( b = +0.02 \text{ (ns)} \) |

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Page 50 of 252
Findings on Happiness & SELF-IMAGE  

Correlate Code: S 2

---

**Study**  
**ZAUTR 1977**

*Reported in:*  
Zautra, A., Beier, E. and Cappel, L.  
The dimensions of life quality in a community  

*Population:*  
18+ aged, general public, Salt Lake County, USA, 197?

*Sample:*  
Non-Response: 15%  
N: 454

---

**Measured Correlate**

*Class:* Self-perceived usefulness  
Code: S 2.2.6

*Measurement:*  
Factor loading on:  
- Personal growth  
- Household responsibility  
  respondent score depended on whether or not he mentioned these items in response to the open-ended question  
  'What are some of the responsibilities you have at home, at work, and elsewhere?'

- Self-worth  
  'How easily could you be replaced in the responsibilities you mentioned?'

This question was answered along a 1-5 rating scale.

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sqt/v/7/a</td>
<td>r= ns</td>
<td></td>
</tr>
</tbody>
</table>

---

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

CORRELATE: S 2

Factor loading on:
- Self-reliant resources: respondent score depended on neither or not he mentioned "oneself" on the open-ended question "What are some of the things that keep you going, that get you through the bad days?"
- Household responsibilities: respondent score depended on whether or not he mentioned "household" on the open-ended question "What are some of the responsibilities you have at home, at work, and elsewhere?".
- Self-worth: "How easily could you be replaced in the activities you mentioned?". This question was answered along a 5 point scale.

ZAUTR 1977

Reported in: Zautra, A., Beier, E. and Cappel, L.
The dimensions of life quality in a community

Population: 18+ aged, general public, Salt Lake County, USA, 197?

Sample:
Non-Response: 15%
N: 454

Measured Correlate

Class: Self-perceived usefulness Code: S 2.2.6

Measurement:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLW/u/sqt/v/7/a r= ns
**Study**

**MATLI 1979**  
*Reported in:* Matlin M.W. & Gavron V.J.  
*Individual Differences in Pollyannaism*  
*Journal of Personality Assessment, 1979, Vol.43, p411-412*

**Population:** University students white, middle-class, State University of New-York, USA, 197?

**Sample:**

**Non-Response:**

**N:** 133

---

**Measured Correlate**

**Class:** Self-perceived happy nature  
**Code:** S 2.2.7

**Measurement:** Self rating on 20 personality characteristics indicative of tendency to take a rosy view

**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-BW/c/sq/l/11/a</td>
<td>r=+.40</td>
<td>p&lt;.s</td>
</tr>
</tbody>
</table>

---

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Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Study  MATLI 1979

Reported in: Matlin M.W.& Gavron V.J.
Individual Differences in Pollyannaism
Journal of Personality Assessment, 1979, Vol.43, p411-412

Population: University students white, middle-class, State University of New-York, USA, 197?

Sample: 

Non-Response: 

N: 133

Measured Correlate

Class: Self-perceived happy nature  Code: S 2.2.7

Measurement: Self-rating on 20 personality characteristics indicative of tendency to take a rosy view

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-H/?/sq/?/0/a  r=.49  p<.s
### Study: WESSM 1956

<table>
<thead>
<tr>
<th>Reported in:</th>
<th>Wessman, A.E.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>A psychological inquiry into satisfaction and happiness</td>
</tr>
<tr>
<td>Population:</td>
<td>21+ aged, general public, non-institutionalized, USA, 1946</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>-</td>
</tr>
<tr>
<td>N:</td>
<td>2377</td>
</tr>
</tbody>
</table>

#### Measured Correlate

<table>
<thead>
<tr>
<th>Class:</th>
<th>Self-perceived happy nature  Code: S 2.2.7</th>
</tr>
</thead>
</table>

**Measurement:**

Closed question: "Would you say that by nature you are a happy person?"

- 0 no
- 1 yes

**Measured Values:**

**Error Estimates:**

**Remarks:**

#### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G=+.76</td>
<td>90% affirmative answers</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

WESSM 1960

**Reported in:** Wessman, A.E., Ricks, D.F. & McIlvaine Tyl, M.
Characteristics and concomitants of mood fluctuation in college women.

**Population:** Female college students, followed 6 weeks, Radcliffe, USA, 1957

**Sample:**
Non-Response: 44% dropouts

**N:** 14

**Measured Correlate**

**Class:** Current self-ideal Code: S 2.3

**Measurement:** Content analysis of a 45-item Q sort, filled out both in extremely high and in extremely low moods for ideal-concept ("the picture of yourself as the kind of person you have hoped to become and have fancied yourself to be").

- Primarily concerned with work

**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 = -</td>
<td>p &lt; .05</td>
</tr>
</tbody>
</table>

See also under 'Content of real self-image' S 2.2).

The group of Ss was divided in two according to their mean 'daily average mood'. The Q sort description provided by the seven relatively more happy girls were compared with those of the seven relatively less happy girls. Only significant discrepancies between the descriptions of both groups were presented.

In elation the unhappy girls place a high value on work, while the happy girls tend to place a higher value on friendliness and consideration for others. In depression both the happy and unhappy girls value work more than in elation, but this is more extreme for the unhappy girls. For these girls concern with work in depression took the form of more exclusive concern with intellectual creativity.
and achievement, while the happy girls in depression place a higher value on the inherent satisfactions in learning, and are more concerned with discovering what they want out of life.
Findings on Happiness & SELF-IMAGE

Page in Report: 111-112

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: Current self-ideal  Code: S 2.3

Measurement: Content analysis of a 60-item Q sort, filled out both in very elated and in very depressed moods for ideal-concept ('the picture of the sort of person you have hoped to become or fancied yourself to be').

Measured Values: 

Error Estimates: 

Remarks: See also under ‘Content of real self-image’ S 2.2.1).

The group of Ss was divided in two according to their mean ‘daily average mood’ (AFF 3.1). The Q sort description provided by the nine relatively happy men were compared with those of the eight relatively unhappy men. Only significant discrepancies between the descriptions of both groups were presented.

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 = - p&lt;. 05</td>
<td>1. Primarily concerned with efficient work and ambition. In general the unhappy men value nothing but efficient work and ambition, especially in their depressed moods. The happier men value them as much as the unhappy men. They reject pretense, selfishness and pessimism more than they reject ineffectiveness, wasting of time.</td>
</tr>
</tbody>
</table>

See also under ‘Content of real self-image’ S 2.2.1.

The group of Ss was divided in two according to their mean ‘daily average mood’ (AFF 3.1). The Q sort description provided by the nine relatively happy men were compared with those of the eight relatively unhappy men.
Only significant discrepancies between the descriptions of both groups were presented.

and failure
Findings on Happiness & SELF-IMAGE

Study: VENTE 1995

Reported in: Ventegodt, S.
Livskvalitet i Danmark.(Quality of Life in Denmark)
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,
ISBN 8790190017

Population: 18-88 aged, general public, Denmark, 1993
Sample: Non-probability purposive sample (unspecified)
Non-Response: 39%
N: 1494

Measured Correlate

Class: Current self-evaluation Code: S 2.4

Measurement:
Single question: "Do you feel sexually attractive?"
1: no
2: not sure
3: yes

Measured Values: N: 1:254, 2:673, 3:440

Error Estimates:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a| r=+.15 p<.00 | 1: Mt = 7.20  
2: Mt = 7.76  
3: Mt = 8.10  
All  Mt = 7.76 |
| O-HL/c/sq/v/5/h | r=+.16 p<.00 | 1: Mt = 6.58  
2: Mt = 6.81  
3: Mt = 7.40  
All  Mt = 6.96 |
| O-SLu/c/sq/v/5/e| r=+.13 p<.00 | 1: Mt = 7.09  
2: Mt = 7.35  
3: Mt = 7.81  
All  Mt = 7.45 |
Findings on Happiness & SELF-IMAGE

**Study**

**VENTE 1996**

*Reported in:* Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

*Population:* Persons born at the University Hospital in Copenhagen 1959-1961

*Sample:* Non-probability purposive sample (unspecified)

*N: 4500*

---

**Measured Correlate**

*Class:* Current self-evaluation  
*Code:* S 2.4

*Measurement:*

1. **Single question:** "Do you feel sexually attractive?"
2. 1: No
3: Not sure
3: Yes

*Measured Values:*

1: Mt = 6.36
2: Mt = 6.85
3: Mt = 7.39

*Observed Relation with Happiness*

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r = +.18</td>
<td>p &lt; .00</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r = +.17</td>
<td>p &lt; .00</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r = +.18</td>
<td>p &lt; .00</td>
</tr>
</tbody>
</table>

Remarks:
Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

---

**Study**  
**CANTR 1965/1**  
*Reported in:* Cantril, H.  
The pattern of human concerns.  
New Brunswick, Rutgers University Press, New Jersey, 1965  
*Population:* Adults, general public, 14 countries ±1960  
*Sample:*  
*Non-Response:* -  
*N:* 18,653 (See "Remarks")

---

### Measured Correlate

**Class:** Concern about character  
**Code:** S 2.4.1  
**Measurement:** Content analysis of responses on open-ended question on personal worries and fears for the future. Responses rated as concerning emotional instability and immaturity; become anti-social; no self-development or improvement; not to be accepted by others; no sense of personal worth; be a person without character; etc.

---

### 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/l/11/a</td>
<td>G=+.17 p&lt;.01</td>
<td></td>
</tr>
</tbody>
</table>

---

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Findings on Happiness & SELF-IMAGE Correlate Code: S 2

<table>
<thead>
<tr>
<th>Study</th>
<th>WESSM 1956</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Wessman, A.E.</td>
</tr>
<tr>
<td>Population:</td>
<td>21+ aged, general public, non-institutionalized, USA, 1946</td>
</tr>
<tr>
<td>Sample:</td>
<td>-</td>
</tr>
<tr>
<td>N:</td>
<td>2377</td>
</tr>
</tbody>
</table>

Measured Correlate

| Class: | Concern about character Code: S 2.4.1 |
| Measurement: | Open-ended question on most important worry: |
| | 0 Other worries |
| | 1 Worry mentioned |

Measured Values:  
Error Estimates:  
Remarks:  

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G= - .05</td>
<td>ns</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Computed for those who have worries only (N = 2040)</td>
</tr>
</tbody>
</table>
### Study

**WESSM 1956**

*Reported in:* Wessman, A.E.  
A psychological inquiry into satisfaction and happiness  

*Population:* 21+ aged, general public, non-institutionalized, USA, 1946

*Sample:*  
*Non-Response:* -  
*N:* 2377

### Measured Correlate

*Class:* Concern about character  
Code: S 2.4.1

*Measurement:* Open-ended question on desired personal 0 Changes other changes  
1 Change mentioned

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/v/3/c</td>
<td>G=.12</td>
<td>p&lt;.05</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Reported in: Abe, T & Moritsuka, T
A case-control study on climacteric symptoms and complaints of Japanese women
Maturitas 1986, vol 8, p 255-265

Sample: Non-probability chunk sample
Non-Response: 20% (cases 21%, controls 19%)
N: Patients: 216
Controls: 216

Measured Correlate

Class: Evaluation of self-as-a-whole  Code: S 2.4.2
Measurement: Single direct question

Measured Values:

Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SL?/c/sq/v/3/a DM=  p<.004
**Findings on Happiness & SELF-IMAGE**  
**Correlate Code: S 2**

### Study

<table>
<thead>
<tr>
<th>Measured Correlate</th>
<th>ABE 1986</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Abe,T &amp; Moritsuka,T</td>
</tr>
<tr>
<td></td>
<td>A case-control study on climacteric symptoms and complaints of Japanese women</td>
</tr>
<tr>
<td></td>
<td>Maturitas 1986, vol 8, p 255-265</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability chunk sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>20 % (cases 21%, controls 19%)</td>
</tr>
<tr>
<td>N:</td>
<td>Patients:216 Controls:216</td>
</tr>
</tbody>
</table>

### Measured Correlate

**Class:** Evaluation of self-as-a-whole  
**Code:** S 2.4.2  
**Measurement:** Single direct question

### Observed Relation with Happiness
<table>
<thead>
<tr>
<th>Study</th>
<th>BACHM 1970</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population:</td>
<td>Public highschool boys followed 3 years from grade 10, USA, 1966-69</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>2.8% incomplete information in 1966</td>
</tr>
<tr>
<td>N:</td>
<td>T1:2213, T2:1886, T3:1799</td>
</tr>
</tbody>
</table>

### Measured Correlate

**Class:** Evaluation of self-as-a-whole  
**Code:** S 2.4.2

**Measurement:** 10-item index of closed questions on being worthwhile as a person, having good qualities, being as able as others, not proud of oneself, positive attitude towards oneself, feeling not good at all, a useful guy, can't do anything right, do a job well, not very useful life (item from Self-Esteem Indices from Rosenberg, 1965; and Cobb et al., 1966).

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

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

O-HP/g/mq/v/5/a  
$r = +.54$  
$p < .001$  
Both variables assessed at T1.
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

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

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

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2

Measurement: 10 item index at T1, T2, T3, T4 and T5 of closed questions on being worthwhile as a person, having good qualities, being as able as others, not being proud of oneself, having a positive attitude towards oneself, feeling no good at all, being a useful guy, feeling one can't do anything right, doing a job well, having a not very useful life (items from Rosenberg, 1965, and Cobb, 1966)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HP/g/mq/v/5/a tau+= p<.001 Self-esteem

Happiness T1 T2 T3 T4 T5
T1 = +.57 +.38 +.34 +.33 +.22
T2 = +.37 +.58 +.44 +.40 +.28
T3 = +.31 +.43 +.61 +.46 +.30
T4 = +.29 +.38 +.44 +.60 +.33

All significant (001)

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Findings on Happiness & SELF-IMAGE

**Study**

**BALAT 1993**

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

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

- **Sample:** Non-probability chunk sample

- **Non-Response:** not reported

- **N:** 116

**Measured Correlate**

- **Class:** Evaluation of self-as-a-whole
  Code: S 2.4.2

- **Measurement:** Single question: "How do you feel about your self esteem right now?"
  Rated on 7-point scale from:
  1.Terrible........to
  7.Delighted.

- **Measured Values:** M= 4.30; SD 1.48

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/c/sq/v7/b</td>
<td>r=+.11</td>
<td>ns</td>
</tr>
<tr>
<td>O-DT/u/sq/v7/a</td>
<td>r=+.21</td>
<td>p&lt;.05 p two-tailed</td>
</tr>
</tbody>
</table>

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### Study
**BALAT 1993**

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

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

*Sample:* Non-probability chunk sample

*Non-Response:* not reported

*N:* 116

### Measured Correlate

*Class:* Evaluation of self-as-a-whole  
*Code:* S 2.4.2

*Measurement:* Rosenberg scale

*Measured Values:* M= 38.16; SD= 7.4

*Error Estimates:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/c/sq/v/7/b</td>
<td>r=+.29</td>
<td>p&lt;.01 p two tailed</td>
</tr>
<tr>
<td>O-DT/u/sq/v/7/a</td>
<td>r=+.36</td>
<td>p&lt;.01 p two-tailed</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

BRENN 1970

Reported in:
Brenner, B.
Social factors in mental well-being at adolescence.
Doctoral dissertation, 1970, The American University,
Washington D.C., USA

Population:
Highschool pupils, New York State, USA, 1960

Sample:
Non-Response: 1%
N: 5204

Measured Correlate

Class:
Evaluation of self-as-a-whole Code: S 2.4.2

Measurement:
10-item index (Guttman scale) of agree/disagree statements on feeling to be a person of worth, having a number of good qualities, feeling to be a failure, being able to do things as well as most other people, not having much to be proud of, positive attitude towards oneself, satisfaction with oneself, lack of self-respect, feeling useless at times, being no good at all (Rosenberg Self-Esteem Scale; see Rosenberg, 1965).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-AOL/g/sq/v/5/a G=+.36
V= .19 p<.01

O-HL/u/sq/v/4/b G=+.42

After control for:
- participation in extracurricular activities : Gs = +.41
- social class : Gs = +.42

Stronger in lower class : G = +.48
After control for participation in extracurricular activities : Gs = +.42
Lower in middle and upper class : G = +.42
After control for participation in extracurricular activities : Gs = +.40

V= .20 p<.01
<table>
<thead>
<tr>
<th>Study</th>
<th>DOBSO 1985</th>
</tr>
</thead>
</table>
| Reported in: | Dobson, C.  
Attitudes and Perceptions  
| Population: | 50+ aged males, fulltime employed, followed ten years, Iowa, USA, 1964-74 |
| Sample: | |
| Non-Response: | T1 refusals: 8%  
T1-T2 drop-out: 29%, of which 20% deceased |
| N: | T1: 1870, T2: 1319 |
| Measured Correlate |
| Class: | Evaluation of self-as-a-whole  
Code: S 2.4.2 |
| Measurement: | 10 item index  
(Rosenberg 1965) |
| Measured Values: | |
| Error Estimates: | |
| Remarks: | |
| Observed Relation with Happiness |
| Happiness Query | Statistics | Remarks |
| M-CO/h/sq/v/4/a | r=+.24 p<.001 | T1 |
| | r=+.31 p<.001 | T2 |
Findings on Happiness & SELF-IMAGE

**Study**

**DOSCH 1979**

*Reported in:* Dosch, M.
Child Abuse: A comparison of physical abusers, sexual abusers, and non-abusers on perceived locus of control, self-acceptance, and avowed happiness
Unpublished Ph.D. dissertation, University of Oregon, USA, 1979

*Population:* Parents, abusing and non-abusing, Oregon, USA, 197?

*Sample:

*Non-Response:* 234 questionn. given to case-workers, 76 actually sent out

*N:* 34 (17 child-abusers and 17 non-abusers)

---

**Measured Correlate**

*Class:* Evaluation of self-as-a-whole  
*Code:* S 2.4.2

*Measurement:* Ten-item Self-Esteem Scale (Rosenberg, 1965)

*Measured Values:

*Error Estimates:

*Remarks:

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>G=+</td>
<td>No difference between child-abusers and non-abusers</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Study: LEWIS 1972

Reported in: Lewis, M.A.

Population: 24-75 aged Catholic sisters, Eastern USA. 197?

Sample: 34%

Non-Response: 183

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2

Measurement: 21 bipolar adjective 7-point scales (semantic differential scales; see Monge, 1971). The scales were scored for 'Myself - as I really am most of the time'.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>$T^2 = +$</td>
<td>$p &lt; .01$</td>
</tr>
</tbody>
</table>

Four principal self-concept components were extracted: Achievement / Leadership, Congeniality / Sociability, Psychological adjustment and Physical adjustment. Only Psychological adjustment appeared to be related to the Affect Balance Score (see also 'Content or real self image'; S 2.2.1).
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Closed question rated on a 7-point scale.

MICHA 1980

Satisfaction and Happiness
Social Indicators Research, Vol 8, 1980, 385-422

University staff members, Guelph Canada, 1979

Sample: N: 357
Non-Response: 59%

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2
Measurement: Closed question rated on a 7-point scale.

Measured Values:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-DT/c/sq/v7/aa | r = .45 p < .01 | Controlled for 1 rpc = +.17 (01)
|                 |            | Controlled for 1+2 rpc = +.14 (01) |
|                 |            | Controlled for 1+3 rpc = +.15 (01) |
|                 |            | Controlled for 1+2+3 rpc = +.13 (05) |
|                 |            | Controlled for 1 ß = +.13 |
|                 |            | Controlled for 1+3+4 ß = +.11 |

1 = Satisfaction with health, financial security, family life, friendships, housing, job, free time activity, education, area you live in, ability to get around, security from crime.

2 = Global happiness(indicator 2, HAPP 1.1)

3 = Demographic factors (sex, age, marital status, education, family income)

4 = Workstatus.

| O-HL/u/sq/v7/a | r = .36 p < .01 | Controlled for 1 ß = +.07 |
|               |                | Controlled for 1+3 ß = +.07 |

1 = Satisfaction with health, financial security, family life, friendships, housing, job, free time activity, education, area you live in, ability to get around, security from crime.

3 = Demographic factors (sex, age, marital status, education, family income)
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

MICHA 1982

Reported in: Michalos, A.C.
The satisfaction and happiness of some senior citizens in rural Ontario

Population: 60+ aged, rural townships, Southern Huron County, Ontario, Canada, 198?

Sample:
Non-Response: 37%
N: 392

**Measured Correlate**

Class: Evaluation of self-as-a-whole Code: S 2.4.2

Measurement: Closed question on how the person feels about himself, rated on a 7-point scale.

Measured Values:
Error Estimates:
Remarks:

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/7/a</td>
<td>Beta=+.0</td>
<td>All 8's are controlled for satisfaction with family life, friendships, financial security, spouse, health, transportation, recreation, housing, religion, area you live in, government services; and for sex, age and education. Males: N: 149 β: +.13 Females: N: 121 β: +.04 Farmer: N: 130 β: +.09 Non-farmer: N: 141 β: +.04 Age 60-74: N: 170 β: +.07 Age 75-up: N: 102 β: +.06</td>
</tr>
</tbody>
</table>
### Study

**MICHA 1983**

- **Reported in:** Michalos, A.C.  
  Satisfaction and happiness in a rural northern resource community  
- **Population:** 18+ aged, rural community, N.Ontario, Canada, 1982
- **Sample:**
- **Non-Response:** 8%
- **N:** 598

### Measured Correlate

- **Class:** Evaluation of self-as-a-whole  
  Code: S 2.4.2
- **Measurement:** Closed question on how the person feels about himself, rated on a 7-point scale

### Measured Values:

### Error Estimates:

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-DT/c/sq/v/7/aa | Beta=+.1  | All β's controlled for satisfaction with health, financial security, family relations, paid employment, friendships, housing, area you live in, recreation activity, religion, transportation, government services, and for the demographic factors: sex, age, formal education, language, work status, marital status, time in area.  
Males : N: 173  β: +.16  
Females: N: 154  β: +.20 |
| O-HL/u/sq/v/7/a | Beta=+.1  | All β's controlled for satisfaction with health, financial security, family relations, paid employment, friendships, housing, area you live in, recreation activity, religion, transportation, government services; and for sex, age, formal education, language, work status, marital status, time in area.  
Males : N: 173  β: +.12  
Females: N: 154  β: +.16 |
Findings on Happiness & SELF-IMAGE  
Correlate Code: S 2

Study  
MICHA 1985

Reported in:  
Michalos, A.C.  
Multiple Discrepancies Theory  
Social Indicators Research vol 16 (1985) p.347-413

Population:  
Students undergraduates University of Guelph, Canada, 1984

Sample:  
Non-Response: 18%
N: 700

Measured Correlate

Class: Evaluation of self-as-a-whole  Code: S 2.4.2
Measurement: Closed question on how the person feels about himself, rated on a 7 point scale. 1: terrible...7: delightful.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks  
O-DT/c/sq/v7/aa Beta=.3 p<.01 Males N: 140 B=+.34 (01) Females N: 149 B=+.29 (01)  
ß's controlled for satisfaction with: 
health, financial security, family relations, paid employment, friendships, housing, recreation, religion and education.

Beta=.2 p<.01  
ß controlled for:  
- life compared with wants  
- life compared with others  
- life compared with that deserved  
- life compared with best previous experience  
- social support

O-HL/u/sq/v7/a Beta=.2 p<.01 Males N: 140 B=+.29 (01) Females N: 149 B=+.25 (01)  
ß's controlled for satisfaction with: 
health, family relations, paid employment, friendships and education
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Beta = +.1, p < .01

β controlled for:
- life compared with wants
- life compared with others
- life compared with that deserved
- life compared with best previous experience
- social support
- work status
Findings on Happiness & SELF-IMAGE

MICHA 1986

Reported in:  Michalos, A. C.
An application of Multiple Discrepancies Theory to seniors

Population:  60+ aged, rural districts, Canada, 1984

Sample:

Non-Response: 47%
N: 457

Measured Correlate

Class:  Evaluation of self-as-a-whole  Code: S 2.4.2

Measurement:  Closed question on how the person feels about himself, rated on a 7-point scale. 1: terrible..7: delightful.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query       Statistics                        Remarks
O-DT/c/sq/v/7/aa      Beta=+.1 p<.01 8 controlled for satisfaction with: health, financial security, friendships, housing, spouse.
                      Beta=+.2 p<.01 Males
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Content analysis of interview records by 2 independent judges (component of Life Satisfaction Rating LSR, Neugarten et al. 1961)

5-point scale:

5. Feels at his best. Thinks of self as wise, mellow; physically able or attractive; feels important to others.
4. Feels more fortunate than the average. Is sure he can meet the exigencies of life. Compensates well for any difficulty of health. Feels in control of self in relation to the situation.
3. Sees self as competent in at least one area, e.g., work; but has doubts about self in other areas. Acknowledges loss of youthful vigor, but accepts it. Reports health better than average.
2. Feels that other people look down on him. Is defensive about what the years are doing to him.

NEUGA 1961

Reported in: Neugarten, B.L., Havighurst, R.J. & Tobin, S.S.
The measurement of life satisfaction.

Population: 50+ aged, whites followed 2,5 years, Kansas City, USA., 196?

Sample: Panel group:
16% refusal;
26% dropout after 4 interviews.
Quasi panel:
17% dr.

N: 177 (after 4 interviews)

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2

Measurement: Content analysis of interview records by 2 independent judges (component of Life Satisfaction Rating LSR, Neugarten et al. 1961)

5-point scale:
5. Feels at his best. Thinks of self as wise, mellow; physically able or attractive; feels important to others.
4. Feels more fortunate than the average. Is sure he can meet the exigencies of life. Compensates well for any difficulty of health. Feels in control of self in relation to the situation.
3. Sees self as competent in at least one area, e.g., work; but has doubts about self in other areas. Acknowledges loss of youthful vigor, but accepts it. Reports health better than average.
2. Feels that other people look down on him. Is defensive about what the years are doing to him.

Measured Values:

Error Estimates:

Remarks:
### Observed Relation with Happiness

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<thead>
<tr>
<th>Happiness Query</th>
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</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/fl/v/6/a</td>
<td>r=+.73</td>
<td></td>
</tr>
<tr>
<td>M-FH/c/f/v/5/a</td>
<td>r=+.82</td>
<td></td>
</tr>
</tbody>
</table>

World Database of Happiness: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)
### Study

**PAYNE 1974**  
*Reported in:* Payne, R.L.  
N.M. Bradburn's measures of psychological well-being: an attempt at replication.  
*Sample:*  
*Non-Response:* 4% incomplete.  
*N:* 192

### Measured Correlate

**Class:** Evaluation of self-as-a-whole  
**Code:** S 2.4.2  
**Measurement:** 11-item index of 9-point Likert scales containing being honest, confident, etc.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
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<th>Remarks</th>
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</thead>
</table>
| A-BB/cm/mq/v/5/a | G=+        | Index of Positive Affects: G = +.09  
|                 |            | Index of Negative Affects: G = -.11 |
Findings on Happiness & SELF-IMAGE

Study:

VENTE 1995

Reported in:
Ventegodt, S.
Livskvalitet i Danmark. (Quality of Life in Denmark)
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,
ISBN 8790190017

Population:
18-88 aged, general public, Denmark, 1993

Sample:
Non-probability purposive sample (unspecified)

Non-Response:
39%

N:
1494

Measured Correlate

Class:
Evaluation of self-as-a-whole  Code: S 2.4.2

Measurement:
Single question:
"How are your current relations with yourself ?"
1: very bad
2: bad
3: neither/nor
4: good
5: very good

Measured Values:
N employed: 1:21, 2:82, 3:410, 4:329,
N unemployed: 1:6, 2:22, 3:50, 4:53

Error Estimates:

Remarks:
Ss in laborforce only

Observed Relation with Happiness

Happiness Query   Statistics   Remarks
A-AOL/m/sq/v/5/a DMt=+ employed: unemployed:
1: Mt = 1: Ms in laborforce only
2: Mt = 4.40 2: Ms = 3.75
3: Mt = 6.38 3: Ms = 5.45
4: Mt = 7.74 4: Ms = 7.15
5: Mt = 8.93 5: Ms = 8.73
r=+.54  p<.00  all
1: Mt = 3.00
2: Mt = 3.95
3: Mt = 6.14
4: Mt = 7.61
5: Mt = 8.80
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

O-HL/c/sq/v/5/h  DMt=+  employed:  unemployed:
1: Mt = 1: Ms =
2: Mt = 4.64  2: Ms = 3.75
3: Mt = 5.61  3: Ms = 5.23
4: Mt = 6.84  4: Ms = 6.40
5: Mt = 7.95  5: Ms = 7.64

O-SLu/c/sq/v/5/e  DMt=+  employed:  unemployed:
1: Mt = 1: Ms =
2: Mt = 4.00  2: Ms = 3.75
3: Mt = 4.28  3: Ms = 5.56
4: Mt = 5.76  4: Ms = 6.76
5: Mt = 7.90  5: Ms = 7.90

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Findings on Happiness & SELF-IMAGE

VENTE 1996

Study

Reported in: Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)

Population: Persons born at the University Hospital in Copenhagen 1959-1961

Sample: Non-probability purposive sample (unspecified)

Non-Response: 39%

N: 4500

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2

Measurement: Single question: "How are your current relations with yourself?"
employed:
a1: very bad
a2: bad
a3: neither/nor
a4: good
a5: very good
unemployed:
b1: very bad
b2: bad
b3: neither/nor
b4: good
b5: very good

Measured Values:
N All:3993; %:a1:0.3; a2:1.9; a3:8.4; a4:41.0; a5:35.6
b1:0.2; b2:0.8; b3:2.0; b4:5.1; b5:4.8

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-AOL/m/sq/v/5/a 

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>employed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>a1: Mt=2.00</td>
<td>b1: 1.56</td>
<td></td>
</tr>
<tr>
<td>a2: Mt=3.71</td>
<td>b2: 3.63</td>
<td></td>
</tr>
<tr>
<td>a3: Mt=5.94</td>
<td>b3: 5.31</td>
<td></td>
</tr>
<tr>
<td>a4: Mt=7.73</td>
<td>b4: 7.14</td>
<td></td>
</tr>
<tr>
<td>a5: Mt=8.91</td>
<td>b5: 8.41</td>
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</table>

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 86 of 252
<table>
<thead>
<tr>
<th>O-HL/c/sq/v/5/h</th>
<th>employed</th>
<th>unemployed</th>
</tr>
</thead>
<tbody>
<tr>
<td>a1: Mt = 2.75</td>
<td>b1: 3.44</td>
<td></td>
</tr>
<tr>
<td>a2: Mt = 3.98</td>
<td>b2: 4.35</td>
<td></td>
</tr>
<tr>
<td>a3: Mt = 5.33</td>
<td>b3: 4.98</td>
<td></td>
</tr>
<tr>
<td>a4: Mt = 6.86</td>
<td>b4: 6.25</td>
<td></td>
</tr>
<tr>
<td>a5: Mt = 8.15</td>
<td>b5: 7.64</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>O-SLu/c/sq/v/5/e</th>
<th>employed</th>
<th>unemployed</th>
</tr>
</thead>
<tbody>
<tr>
<td>a1: Mt = 2.00</td>
<td>b1: 1.56</td>
<td></td>
</tr>
<tr>
<td>a2: Mt = 3.71</td>
<td>b2: 3.23</td>
<td></td>
</tr>
<tr>
<td>a3: Mt = 5.29</td>
<td>b3: 4.81</td>
<td></td>
</tr>
<tr>
<td>a4: Mt = 7.43</td>
<td>b4: 6.56</td>
<td></td>
</tr>
<tr>
<td>a5: Mt = 8.68</td>
<td>b5: 8.16</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

VEROFE 1962

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

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

Sample:
Non-Response: -
N: 797

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2

Measurement: Degree to which S gives a positive evaluation of the self in describing differences from others, as assessed by an open-ended question on differences from most other people: negative / ambivalent / neutral / positive / very positive.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/u/sq/v/3/a tb= ns Males : b = -.01 (ns)
Females : b = +.02 (ns)
### Study

**WEBB  1915/1**

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

**Population:** Male college students, England, 1912

**Sample:**

**Non-Response:** -

**N:** 194

### Measured Correlate

**Class:** Evaluation of self-as-a-whole  
Code: S 2.4.2

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

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/rdp/ro/7/a</td>
<td>$r = +.12$</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Study

XU 1988

Reported in: XU, S.L. & Wu, Z.P.

Population: 55+ aged, Being China, 198?
Sample: Non-probability purposive-quota sample
Non-Response: N: 175

Measured Correlate

Class: Evaluation of self-as-a-whole Code: S 2.4.2
Measurement: Self-report. Question(s) not reported

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query         Statistics   Remarks
O-SL?q/sq/v/4/a          r=+.60      ns
Ir i s r e p o r t e d a s +.06. T h i s i s p r o b a b l y a m i s t a k e. The text refers to the relationship as 'high'
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Index of two single questions on:
a: The ability to assert yourself when necessary
b: The extent to which you are tough and can take it
Both items scored on 1-9 D-T rating scale, summation by average.

HEADE 1981
Reported in: Headey, B.
The Quality of Life in Australia
Social Indicators Research, 1981, Vol. 9, 155-181
Population: Adults, general public, Australia 1978
Sample: Probability sample (unspecified)
Non-Response: not reported
N: 679

Measured Correlate
Class: Evaluation of aspects of self Code: S 2.4.3
Measurement: Index of two single questions on:
a: The ability to assert yourself when necessary
b: The extent to which you are tough and can take it
Both items scored on 1-9 D-T rating scale, summation by average.

Measured Values: M = 6.7   SD = 1.1
Error Estimates:
Remarks: Both items scored on the same rating scale as the question on happiness.

Observed Relation with Happiness
Happiness Query Statistics Remarks
O-DT/u/sq/v9/a r=+.44 p<.001 Both items scored on the same rating scale as the question on happiness.
Beta=+.0 all cases
Beta's controlled for satisfaction with
- self-fulfillment
- sex life
- problem handling
- family activities
- work around the house
- mother
- health
- house
- standard of living
- friends
- fun and enjoyment
- marriage
<table>
<thead>
<tr>
<th>Beta = +.0</th>
<th>Married cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta's controlled for satisfaction with</td>
<td></td>
</tr>
<tr>
<td>- Self-fulfillment</td>
<td></td>
</tr>
<tr>
<td>- Sex life</td>
<td></td>
</tr>
<tr>
<td>- Problem handling</td>
<td></td>
</tr>
<tr>
<td>- Family activities</td>
<td></td>
</tr>
<tr>
<td>- Work around the house</td>
<td></td>
</tr>
<tr>
<td>- Mother</td>
<td></td>
</tr>
<tr>
<td>- Health</td>
<td></td>
</tr>
<tr>
<td>- House</td>
<td></td>
</tr>
<tr>
<td>- Standard of living</td>
<td></td>
</tr>
<tr>
<td>- Friends</td>
<td></td>
</tr>
<tr>
<td>- Fun and enjoyment</td>
<td></td>
</tr>
<tr>
<td>- Marriage</td>
<td></td>
</tr>
</tbody>
</table>
### Study
**VENTE 1995**

**Reported in:** Ventegodt, S. Livskvalitet i Danmark. (Quality of Life in Denmark) Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark, ISBN 8790190017

**Population:** 18-88 aged, general public, Denmark, 1993

**Sample:** Non-probability purposive sample (unspecified)

**Non-Response:** 39%

**N:** 1494

### Measured Correlate

**Class:** Evaluation of aspects of self  Code: S 2.4.3

**Measurement:**
1: don't accept
2: unsure
3: accept

**Measured Values:**

<table>
<thead>
<tr>
<th></th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>under weight</td>
<td>normal</td>
</tr>
<tr>
<td>1: don't accept</td>
<td>Mt = 5.00</td>
<td>5.65</td>
</tr>
<tr>
<td>2: unsure</td>
<td>Mt = 7.20</td>
<td>7.15</td>
</tr>
<tr>
<td>3: accept</td>
<td>Mt = 8.15</td>
<td>8.25</td>
</tr>
</tbody>
</table>

### Error Estimates:

A-AOL/m/sq/v/5/a DMt=+

<table>
<thead>
<tr>
<th></th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>under weight</td>
<td>normal</td>
</tr>
<tr>
<td>1: don't accept</td>
<td>Mt = 5.71</td>
<td>5.34</td>
</tr>
<tr>
<td>2: unsure</td>
<td>Mt = 7.06</td>
<td>6.51</td>
</tr>
<tr>
<td>3: accept</td>
<td>Mt = 7.31</td>
<td>7.33</td>
</tr>
</tbody>
</table>

O-HL/c/sq/v/5/h DMt=+

<table>
<thead>
<tr>
<th></th>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>under weight</td>
<td>normal</td>
</tr>
<tr>
<td>1: don't accept</td>
<td>Mt = 5.38</td>
<td>5.34</td>
</tr>
<tr>
<td>2: unsure</td>
<td>Mt = 5.94</td>
<td>6.00</td>
</tr>
<tr>
<td>3: accept</td>
<td>Mt = 6.35</td>
<td>7.09</td>
</tr>
</tbody>
</table>

### Observed Relation with Happiness

**Happiness Query**

**Statistics**

**Remarks**
<table>
<thead>
<tr>
<th></th>
<th>WOMEN</th>
<th>under weight</th>
<th>normal</th>
<th>overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: don't accept</td>
<td>Mt = 5.00</td>
<td>5.34</td>
<td>6.41</td>
<td></td>
</tr>
<tr>
<td>2: unsure</td>
<td>Mt = 7.06</td>
<td>6.44</td>
<td>7.23</td>
<td></td>
</tr>
<tr>
<td>3: accept</td>
<td>Mt = 7.94</td>
<td>8.04</td>
<td>8.30</td>
<td></td>
</tr>
<tr>
<td>MEN</td>
<td>under weight</td>
<td>normal</td>
<td>overweight</td>
<td></td>
</tr>
<tr>
<td>1: don't accept</td>
<td>Mt = 4.38</td>
<td>5.00</td>
<td>5.84</td>
<td></td>
</tr>
<tr>
<td>2: unsure</td>
<td>Mt = 7.19</td>
<td>6.10</td>
<td>6.90</td>
<td></td>
</tr>
<tr>
<td>3: accept</td>
<td>Mt = 7.11</td>
<td>7.69</td>
<td>8.05</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**  
**ENTE 1995**  

*Reported in:*  
Ventegodt, S.  
Livskvalitet i Danmark. (Quality of Life in Denmark)  
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,  
ISBN 8790190017  

*Population:* 18-88 aged, general public, Denmark, 1993  

*Sample:* Non-probability purposive sample (unspecified)  

*Non-Response:* 39%  

*N:* 1494

---

**Measured Correlate**

*Class:* Evaluation of aspects of self  
Code: S 2.4.3

*Measurement:* Single question:  
"Do you accept your own body"  
1: no  
2: not sure  
3: yes

*Measured Values:*  
N: 1:150, 2:253, 3:1037

*Error Estimates:*  

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=.42, p<.00 | 1: Mt = 5.56  
2: Mt = 7.15  
3: Mt = 8.25  
All Mt = 7.78 |
| O-HL/c/sq/v/5/h | r=.28, p<.00 | 1: Mt = 5.63  
2: Mt = 6.45  
3: Mt = 7.25  
All Mt = 6.94 |
| O-SLu/c/sq/v/5/e | r=.39, p<.00 | 1: Mt = 5.55  
2: Mt = 6.63  
3: Mt = 7.93  
All Mt = 7.45 |
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study VENTE 1996 Page in Report: 246,248

Reported in: Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

Population: Persons born at the University Hospital in Copenhagen 1959-1961

Sample: Non-probability purposive sample (unspecified)
Non-Response: 39%
N: 4500

Measured Correlate

Class: Evaluation of aspects of self  Code: S 2.4.3

Measurement:
Single question: 'Do you accept your own body?'
1: don't accept
2: unsure
3: accept

Observed Relation with Happiness

Happiness Query Statistics Remarks

A-AOL/m/sq/v/5/a

WOMEN:
under weight normal overweight
1: Mt=5.36 1:6.00 1:6.50
2: Mt=6.43 2:7.03 2:7.28
3: Mt=8.11 3:8.11 3:8.45

MEN:
under weight normal overweight
1: Mt=6.11 1:4.64 1:5.73
2: Mt=6.00 2:6.50 2:7.23
3: Mt=7.85 3:8.14 3:8.43

O-HL/c/sq/v/5/h

WOMEN:
under weight normal overweight
1: Mt=5.36 1:5.79 1:6.09
2: Mt=6.01 2:6.35 2:6.48
3: Mt=7.36 3:7.61 3:7.75

MEN:
under weight normal overweight
1: Mt=5.50 1:4.70 1:5.46
2: Mt=6.00 2:6.11 2:6.53
3: Mt=6.90 3:7.21 3:7.46
### Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

<table>
<thead>
<tr>
<th>O-SLu/c/sq/v/5/e</th>
<th>WOMEN:</th>
<th>MEN:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>under weight</td>
<td>normal</td>
</tr>
<tr>
<td>1: Mt = 5.44</td>
<td>1: 5.68</td>
<td>1: 6.29</td>
</tr>
<tr>
<td>2: Mt = 6.10</td>
<td>2: 6.68</td>
<td>2: 7.06</td>
</tr>
<tr>
<td>3: Mt = 7.90</td>
<td>3: 8.04</td>
<td>3: 8.35</td>
</tr>
</tbody>
</table>

Underweight: 1; Normal: 2; Overweight: 3

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness
Study **VENTE 1996**

*Reported in:* Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

*Population:* Persons born at the University Hospital in Copenhagen 1959-1961

*Sample:* Non-probability purposive sample (unspecified)

*Non-Response:* 39%

*N:* 4500

---

**Measured Correlate**

*Class:* Evaluation of aspects of self  Code: S 2.4.3

*Measurement:* Single question:
"Do you accept your own body?"
1: no
2: not sure
3: yes


*Error Estimates:*

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.39</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt =5.85</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt =6.91</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt =8.25</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.31</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt =5.63</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt =6.31</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt =7.43</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.37</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt =5.54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt =6.59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt =7.93</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

The Bem Sex Role Inventory (Bem, 1974) was administered twice to each respondent. In the first instance the respondent was asked to describe him/herself as he/she is now. In the second instance the respondent was asked to describe him/herself as he/she would like to be.

0 Small divergence.
1 Big divergence.

SHICH 1984

Reported in: Shichman, S.; Cooper, E.
Life Satisfaction and Sex-Role Concept
Sex Roles, Vol 11, 1984, p.227-240

Population: Adults, students and churchmembers,
USA, 198?

Sample:
Non-Response: 5.9 %
N: 217

Measured Correlate

Class: .real-ideal congruence Code: S 2.4.3.1

Measurement: The Bem Sex Role Inventory (Bem, 1974) was administered twice to each respondent. In the first instance the respondent was asked to describe him/herself as he/she is now. In the second instance the respondent was asked to describe him/herself as he/she would like to be.
0 Small divergence.
1 Big divergence.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-SLu/u/sq/v/4/a r=-.15 p<.05
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**  
**VEROF 1962**  
*Reported in:* Veroff, J., Feld, S. & Gurin, G.  
Dimensions of subjective adjustment.  

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

**Sample:**
**Non-Response:** -
**N:** 797

---

**Measured Correlate**

*Class:* . real-ideal congruence  Code: S 2.4.3.1

*Measurement:* Open-ended question on how one would like his children to be different from oneself: doesn't want children to be different vs wants children to be different.

**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-HL/u/sq/v/3/a  | tb = -     | Males : _b = -.10 (05)  
                  |            | Females : _b = 00 (ns)  |
# Findings on Happiness & SELF-IMAGE

**Correlate Code: S 2**

## Study

**WESSM 1960**

**Reported in:** Wessman, A.E., Ricks, D.F. & McIlvaine Tyl, M.  
Characteristics and concomitants of mood fluctuation in college women.  

**Population:** Female college students, followed 6 weeks, Radcliffe, USA, 1957

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response:</th>
<th>44% dropouts</th>
</tr>
</thead>
<tbody>
<tr>
<td>N:</td>
<td>14</td>
</tr>
</tbody>
</table>

## Measured Correlate

**Class:** real-ideal congruence  
**Code:** S 2.4.3.1

**Measurement:** Correlation between self and ideal descriptions, as assessed by a 45-item Q sort, filled out both in very elated and in very depressed moods, for both self-concept ('the most accurate picture of yourself as you really believe you are now') and ideal-concept ('the picture of yourself as the kind of person you have hoped to become or have fancied yourself to be').

## Measured Values

**Error Estimates:**

## Observed Relation with Happiness

**Happiness Query**

A-ARE/md/sqr/v/10/  
rs = - p< .s

**Statistics**

For congruency in elation: rs = -.36 (ns)  
For congruency in depression: rs = -.50 (05)

**Remarks:**

Both the happier and unhappier girls experience discrepancies between real-self and ideal-self in depression.  
In elation the unhappier girls feel no consistent divergence from their ideals (primarily concerning intellectual ambitions), while the happier girls continue to feel areas of discontent (primarily concerning social and emotional qualities).
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Study

**WESSM 1966/2**

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

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

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

**N:** 17

**Measured Correlate**

**Class:** real-ideal congruence

**Measurement:**
Correlation between self and ideal descriptions, as assessed by a 60-item Q sort, describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crises of the Erikson's stages of psychosocial development (see Erikson, 1959).

The Q sort was filled out in both very elated and in very depressed moods for both self-concept ('an accurate picture of yourself as you honestly feel and believe you are') and ideal-concept ('the picture of the sort of person you have hoped to become or fancied yourself to be').

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-ARE/md/sqr/v10/ | $r = +$ p < .05 | Congruency in elation: $r = +.79$
|                 |            | Congruency in depression: $r = +.76$

Both the happier and unhappier men experience more discrepancies between real-self and ideal-self in depression than in elation. For the happier men the differences between the real-selves and ideal-selves concerned social and emotional qualities as well as work, while for the unhappier men the most extreme and consistent differences all dealt with unrealized ambition and inability to work (see also 'Content of self-
image': S 2.2).

For the unhappy men most discrepancies concerned the fourth developmental crisis: 'Industry vs Inferiority', while for the happy men most discrepancies concerned the sixth developmental crisis: 'Intimacy vs Isolation' (see 'Personality development': P 1.4).
Findings on Happiness & SELF-IMAGE  

**Study**  
**BRENN 1970**  

*Reported in:* Brenner, B.  
Social factors in mental well-being at adolescence.  

*Population:* Highschool pupils, New York State, USA, 1960  

*Sample:*  
Non-Response: 1%  
N: 5204  

**Measured Correlate**  
*Class:* relative superiority  
Code: S 2.4.3.2  

*Measurement:* Closed question: strongly disagree / disagree / agree / strongly agree  

*Measured Values:*  

*Error Estimates:*  

*Remarks:*  

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>G=.22</td>
<td></td>
</tr>
<tr>
<td></td>
<td>V=.11</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-HL/u/sq/v/4/b</td>
<td>G=.19</td>
<td></td>
</tr>
<tr>
<td></td>
<td>V=.10</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

HEADE 1989

Reported in: Headey, B & Veenhoven, R.

Does happiness induce a rosy outlook?

in: R. Veenhoven, ed. 'How harmful is happiness?'. Universitaire Pers Rotterdam, Rotterdam, the Netherlands, 1989, p. 106-127

Population: 18-65 aged, general public, followed 6 years, Melbourne, Australia, 1981-87

Sample:

Non-Response: Attrition T1-T4: 31%

N: 649

Measured Correlate

Class: relative superiority  Code: S 2.4.3.2

Measurement: Two identical indices consisting of four closed questions on Ss' self-rated performance as partners, parents, friends and workers, rated on a 7 point scale: 1: below average, 7: above.


Measured Values:

Error Estimates:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks

O-DT/u/sqt/v/10/a  βL=+.23  p<.05  Estimated same-time causal EFFECT ON HAPPINESS of sense of relative superiority (bottom-up).

βL=+.41  p<.05  Estimated same-time causal EFFECT OF HAPPINESS on sense of relative superiority (top-down).

Effects assessed at T1, T2, T3 and T4.
Effects assumed to be identical at all times.

βL is the path-coefficient in a four wave LISREL model. T1 sex, age, SES, extraversion and neuroticism are controlled.
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study LUDWI 1971

Reported in: Ludwig, L.D.
Elation-Depression and skill as determinants of desire for excitement.
Unpublished doctoral dissertation, 1971, University of Wisconsin, USA.

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

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

N: 72

Measured Correlate

Class: relative superiority Code: S 2.4.3.2
Measurement: 2-item index of direct questions on creativity and personality maturity compared with others.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>AoV=+ ns</td>
<td>Ss answered these questions at the end of an experimental situation in which their self-esteem was experimentally altered. This was done by means of a false personality report dealing with the subject's creativity, maturity and other things. Self-perceived creativity: r = +.05 (ns) Self-perceived maturity: r = +.17 (ns)</td>
</tr>
</tbody>
</table>

- For happy Ss self-perceived creativity and maturity is unaffected by bolstered self-esteem and decreased by reduced self-esteem.
- For unhappy Ss it is increased by bolstered self-esteem and unaffected by reduced self-esteem.

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 106 of 252
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Two indicators:

1. Adjective checklist scored for 'how do you feel at the moment?' (Modified Leventhal Self Esteem Scale; see Dabbs & Leventhal, 1966)

2. Each subject was asked to place herself and 5 other persons (such as a friend, a selfish person, a grandmother, a sad person, a doctor, a strong person, etc.) in a line of 6 circles. This was done 6 times with different combinations of persons. Each placement of the self in the circle farthest to the left was most indicative of high self-esteem (score 6), and placement in the circle farthest to the right of low self-esteem (score 1). (Ziller Self-Esteem Scale; see Ziller et al., 1964).

Measured Correlate

Class: relative superiority Code: S 2.4.3.2
Measurement: Two indicators:

1. Adjective checklist scored for 'how do you feel at the moment?' (Modified Leventhal Self Esteem Scale; see Dabbs & Leventhal, 1966)

2. Each subject was asked to place herself and 5 other persons (such as a friend, a selfish person, a grandmother, a sad person, a doctor, a strong person, etc.) in a line of 6 circles. This was done 6 times with different combinations of persons. Each placement of the self in the circle farthest to the left was most indicative of high self-esteem (score 6), and placement in the circle farthest to the right of low self-esteem (score 1). (Ziller Self-Esteem Scale; see Ziller et al., 1964).

Measured Values:

Error Estimates:

Remarks: Ss answered these questions at the end of an experimental situation in which their
Ss answered these questions at the end of an experimental situation in which their self-esteem was experimentally altered. This was done by means of a false personality report dealing with the subject's creativity, maturity and other things.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/u/mq/v/10/a</td>
<td>r=+.35  p&lt;.01</td>
<td>For happy Ss self-esteem is unaffected by bolstered self-esteem and decreased by reduced self-esteem. For unhappy Ss self-esteem is higher by bolstered self-esteem than by reduced self-esteem.</td>
</tr>
<tr>
<td></td>
<td>r=+.08  ns</td>
<td>ns</td>
</tr>
</tbody>
</table>

r=+.08  ns  

- For happy Ss self-esteem is unaffected by bolstered self-esteem and decreased by reduced self-esteem.
- For unhappy Ss self-esteem is higher after bolstering of self-esteem than after reduction.
### Study

**MITCH 1972/2**  
**Reported in:** Mitchell, R.E.  
Levels of emotional strain in Southeast Asian cities  
Asian Folklore & social life monographs, The Orient culturalServic 1972, Taipei, Formosa  
**Population:** 18+ aged, general public, Hong Kong, South East Asia, 1967  
**Sample:**  
**Non-Response:** 21%  
**N:** 3966 (men : 2006, women : 1960)

### Measured Correlate

**Class:** relative superiority  
**Code:** S 2.4.3.2  
**Measurement:** Single direct question: "Being a good family person compared with most other people, would you say that you: exceed others/about the same as others/fall short of others?"

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/4/a</td>
<td>G=-.07</td>
<td>ns</td>
</tr>
</tbody>
</table>

*Figures based on half of the sample. N-shaped curve*
### Study

**BORTN 1970**

*Reported in:* Bortner, R.W. & Hultsch, D.F.

A multivariate analysis of correlates of life satisfaction in adulthood

*Measurement:* Closed question rated on an 11-point self-anchoring scale (Cantril ladder: see CANTR, 1965)

*Population:* 21+ aged, general public, USA 1959

*Sample:

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>9%</td>
<td>1406</td>
</tr>
</tbody>
</table>

### Measured Correlate

*Class:* self confidence  
*Code:* S 2.4.3.3

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/sq/l/11/a</td>
<td>r=+.41</td>
<td></td>
</tr>
<tr>
<td>O-BW/c/sq/l/11/a</td>
<td>r=+.26</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/l/11/a</td>
<td>r=+.34</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**CANTR 1965/2**

- **Reported in:** Cantril, H.
- **The pattern of human concerns.**
- **New Brunswick, Rutgers University Press, New Jersey, 1965**
- **Population:** 21+ aged, general public, USA, 1959
- **Sample:**
- **Non-Response:** -
- **N:** 1549

### Measured Correlate

- **Class:** . self confidence
- **Code:** S 2.4.3.3
- **Measurement:** Direct question rated on an 11-point self-anchoring scale on confidence in oneself in general; how sure one feels of oneself.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-RG/h/sq/l/11/a</td>
<td>r=+.41</td>
<td></td>
</tr>
<tr>
<td>O-BW/c/sq/l/11/a</td>
<td>r=+.28</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/l/11/a</td>
<td>r=+.31</td>
<td></td>
</tr>
<tr>
<td>Study</td>
<td>MOSER 1969</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td><strong>Reported in:</strong></td>
<td>Moser - Peters, C.M.J.</td>
<td></td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>Adult, general public, Utrecht, city, The Netherlands, 1967</td>
<td></td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>14% unattainable etc.</td>
<td></td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>300</td>
<td></td>
</tr>
</tbody>
</table>

### Measured Correlate

<table>
<thead>
<tr>
<th><strong>Class:</strong></th>
<th>self confidence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Code:</strong></td>
<td>S 2.4.3.3</td>
</tr>
</tbody>
</table>

| **Measurement:** | 2-item index indicating fear for other's opinion (criticism), and lack of self-confidence. |

### Measured Values

<table>
<thead>
<tr>
<th><strong>Statistics</strong></th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>G=-.35</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/c/sq/v/5/c</td>
<td>G=-.35</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study
LOWEN 1975

Reported in:
Lowenthal, M.F., Thurnher, M. & Chiriboga, D.
Four stages of life: A comparative study of women and men facing transitions
Jossey-Bass, 1975, San Francisco, USA

Population:
People in transition, metropolis, USA, 1969

Sample:

Non-Response:

N: 216

Measured Correlate

Class: self-critical Code: S 2.4.3.4

Measurement:
The number of characteristics the respondent indicated were true of himself but wished he did not have.

The 70 adjectives of the Adjective Rating List (Block, 1961) were used.

Measured Values:

Error Estimates:

Remarks:
hs seniors males: r= ns females: r=-.33 (ns) newly weds males: r= ns females: r=-.36 (ns)
middle aged males: r= ns females: r= ns preretired males: r=-.36 ns females: r=-.33 ns

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BB/cw/mq/v/4/d r=-.26 p<.01 Youngest (hs seniors + newly weds)
hs seniors males: r= ns females: r=-.33 (ns)
newly weds males: r= ns females: r=-.36 (ns)
middle aged males: r= ns females: r= ns preretired males: r=-.36 ns females: r=-.33 ns

r=-.20 p<.05 Oldest (middle aged + preretired)

Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

**LOWEN 1975**

**Reported in:** Lowenthal, M.F., Thurnher, M. & Chiriboga, D.

Four stages of life: A comparative study of women and men facing transitions
Jossey-Bass, 1975, San Francisco, USA

**Population:** People in transition, metropolis, USA, 1969

**Sample:**

**Non-Response:**

N: 216

**Measured Correlate**

**Class:** . self-critical Code: S 2.4.3.4

**Measurement:** The number of characteristics the respondent indicated were true of himself but wished he did not have. The 70 adjectives of the Adjective Rating List (Block, 1961) were used.

**Observed Relation with Happiness**

**Happiness Query**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-Sum/u/mq/*/0/a</td>
<td>r=-.33 p&lt;.01</td>
<td>Youngest (hs seniors + newly weds)</td>
</tr>
<tr>
<td></td>
<td>r=-.23 p&lt;.05</td>
<td>Oldest (middle aged + preretired)</td>
</tr>
</tbody>
</table>

**Error Estimates:**

- hs seniors males: \( r = -0.62 \) 01 females: \( r = -0.35 \) ns newly weds males: \( r = -0.45 \) 05 females: \( r = \) ns
- middle aged males: \( r = -0.41 \) 05 females: \( r = \) ns preretired males: \( r = -0.32 \) ns females: \( r = -0.31 \) ns

- hs seniors males: \( r = -0.62 \) 01 females: \( r = -0.35 \) ns newly weds males: \( r = -0.45 \) 05 females: \( r = \) ns
- middle aged males: \( r = -0.41 \) 05 females: \( r = \) ns preretired males: \( r = -0.32 \) ns females: \( r = -0.31 \) ns
Findings on Happiness & SELF-IMAGE

<table>
<thead>
<tr>
<th>Study</th>
<th>OGRI 1994/1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Ogris, G.</td>
</tr>
<tr>
<td>Measurement:</td>
<td>Korrelate mit der Lebenszufriedenheit, Glueck und Wohlbefinden in Oesterreich und</td>
</tr>
<tr>
<td></td>
<td>Paper presented on: 13th World Congress of Sociology</td>
</tr>
<tr>
<td></td>
<td>(Correlates of lifesatisfaction, happiness and wellbeing in Austria and Slovenia)</td>
</tr>
<tr>
<td>Population:</td>
<td>Adults, general public, Slovenia, 1994</td>
</tr>
<tr>
<td>Sample:</td>
<td>Probability multi-stage cluster sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>not reported</td>
</tr>
<tr>
<td>N:</td>
<td>1998</td>
</tr>
</tbody>
</table>

### Measured Correlate

- **Class:** self-critical
- **Code:** S 2.4.3.4
- **Measurement:** 2 questions:
  1. I want to change much of myself
  2. Sometimes I wish to be different

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v5/c</td>
<td>r=-.13</td>
<td>question 1</td>
</tr>
<tr>
<td>O-HL/c/sq/v5/d</td>
<td>r=-.2</td>
<td>question 1..change myself......</td>
</tr>
<tr>
<td>O-SLW/u/sq/v5/d</td>
<td>r=-.2</td>
<td>question 1</td>
</tr>
<tr>
<td>r=-.22</td>
<td>question 2</td>
<td></td>
</tr>
</tbody>
</table>

World Database of Happiness: www.eur.nl/fsw/research/happiness
Study: OGRI 1994/2

Reported in: Ogris,G.
Korrelate mit der Lebenszufriedenheit, Glück und Wohlbefinden in Österreich und Slowenien
(Correlates on life satisfaction, happiness and wellbeing in Austria and Slovenia)

Population: Adult, general public, Austria 1994
Sample: Probability multi-stage cluster sample
Non-Response: not reported
N: 1998

Measured Correlate

Class: self-critical Code: S 2.4.3.4
Measurement:

2 questions:
1 I want to change much of myself
2 Sometimes I wish to be different

Each rated on a 7-step scale
totally disagree......totally agree

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/c/sq/v/5/c</td>
<td>r=-.19</td>
<td>question 1</td>
</tr>
<tr>
<td></td>
<td>r=-.2</td>
<td>question 2</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/d</td>
<td>r=-.23</td>
<td>question 1</td>
</tr>
<tr>
<td></td>
<td>r=-.26</td>
<td>question 2</td>
</tr>
<tr>
<td>O-SLW/u/sq/v/5/d</td>
<td>r=-.26</td>
<td>question 1......change myself...</td>
</tr>
<tr>
<td></td>
<td>r=-.28</td>
<td>question 2...wish to be different</td>
</tr>
</tbody>
</table>
### Study: VEROF 1962

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

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

**Sample:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>-</td>
<td>797</td>
</tr>
</tbody>
</table>

**Measured Correlate**

**Class:** . self-critical  
**Code:** S 2.4.3.4

**Measurement:** Open-ended direct question: sees no strong points vs mentions strong points

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/u/sq/v/3/a</td>
<td>tb=+.04</td>
<td>Unaffected by sex.</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

Study  
BORTN 1970  
Reported in:  Bortner, R.W. & Hultsch, D.F.  
A multivariate analysis of correlates of life satisfaction in adulthood  
Population:  21+ aged, general public, USA 1959  
Sample:  
Non-Response:  9%  
N:  1406  

Measured Correlate  
Class:  self respect  
Code: S 2.4.3.5  
Measurement:  Closed question rated on an 11-point self-anchoring scale (Cantril ladder: see CANTR, 1965)  

Measured Values:  
Error Estimates:  
Remarks:  

Observed Relation with Happiness  
Happiness Query  Statistics  Remarks  
C-RG/h/sq/l/11/a  r=+.41  
O-BW/c/sq/l/11/a  r=+.21  
O-SLu/c/sq/l/11/a  r=+.36  

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World Database of Happiness: www.eur.nl/fsw/research/happiness  
Print date: 7-2-2003
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study CANTR 1965/2

Reported in: Cantril, H.
The pattern of human concerns.
New Brunswick, Rutgers University Press, New Jersey, 1965

Population: 21+ aged, general public, USA, 1959

Sample: -
Non-Response: -
N: 1549

Measured Correlate

Class: . self respect  Code: S 2.4.3.5

Measurement: Direct question rated on an 11-point self-anchoring scale on respect for oneself as a person; feelings of being a worthwhile and worthy person, as contrasted to a feeling that one is a failure and doesn't amount to much.

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-RG/h/sq/l/11/a</td>
<td>r=+.41</td>
<td></td>
</tr>
<tr>
<td>O-BW/c/sq/l/11/a</td>
<td>r=+.21</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/l/11/a</td>
<td>r=+.39</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

<table>
<thead>
<tr>
<th>Study</th>
<th>ANDRE 1976/1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Andrews, F.M. &amp; Withey, S.B.</td>
</tr>
<tr>
<td>Population:</td>
<td>18+ aged, general public, non-institutionalized, USA, 1972/75</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td>24%</td>
</tr>
<tr>
<td>N:</td>
<td>1297</td>
</tr>
</tbody>
</table>

**Measured Correlate**

| Class: | Current satisfaction with self Code: S 2.5 |
| Measurement: | Index of questions: "How do you feel about...?" |
| 1. the way you handle problems |
| 2. the way of accomplishment |
| 3. and yourself. |
| Rated on a 7-point scale: terrible/unhappy mostly dissatisfied/mixed/mostly satisfied/pleased/delighted |

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqrt/v/7/a</td>
<td>$E^2 = .55$</td>
<td>Unaffected by sex</td>
</tr>
<tr>
<td>Beta</td>
<td>+.2</td>
<td>(8) controlled for 11 domain satisfactions (family, money, amount of fun, house/apartment, spare-time activities, national government, things do with family, consumer, time to do things, health, job).</td>
</tr>
<tr>
<td>Beta</td>
<td>+.2</td>
<td>(8) controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 12 domain satisfactions.</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

**Study**

**ANDRE 1976/4**

*Reported in:* Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/3

*Sample:*

*Non-Response:* 26%

*N:* 1433

---

**Measured Correlate**

*Class:* Current satisfaction with self  Code: S 2.5

*Measurement:*

Closed question: "How do you feel about yourself?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>E²=+.54</td>
<td></td>
</tr>
<tr>
<td>Beta=+.1</td>
<td></td>
<td>β controlled for 7 criterion satisfactions (physical needs met, fun and enjoyment, how fairly treated, develop self, interesting daily life, adjust to changes, financial security).</td>
</tr>
<tr>
<td>Beta=+.1</td>
<td></td>
<td>β controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 7 criterion satisfactions. (see above)</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 121 of 252
### Study
**ANDRE 1976/4**

* Reported in: Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA  
* Population: 18+ aged, general public, non-institutionalized, USA, 1973/3  
* Sample:  
* Non-Response: 26%  
* N: 1433

### Measured Correlate

* Class: Current satisfaction with self  Code: S 2.5  
* Measurement: Closed question: "How do you feel about yourself?"  
Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-BW/cy/sq/l/9/a</td>
<td>r=+.30</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Study

**ANDRE 1976/6**

*Reported in:*
Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans’ Perceptions of Life Quality
Plenum Press, 1976, New York, USA

*Population:*
18+ aged, general public, non-institutionalized, USA, 1972-73

*Sample:*

*Non-Response:*

*N: 1072+1433+222*

**Measured Correlate**

*Class:*
Current satisfaction with self  Code: S 2.5

*Measurement:*
Index of closed questions, asked in different samples: "How do you feel about...
1. yourself (asked in April 1973)
2. yourself - what you are accomplishing and how you handle problems (asked in November 1972)
3. the extent to which you are achieving success and getting ahead (asked in July 1973)
4. what you are accomplishing in your life (asked in July 1973)
5. the extent to which you are developing yourself and broadening your life (asked in July 1973)?"

Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

*Measured Values:*

*Error Estimates:*

*Remarks:*

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqrt/v/7/a</td>
<td>r=+.59</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Index of closed questions, asked in different samples: "How do you feel about...
1. yourself (asked in April 1973)
2. yourself - what you are accomplishing and how you handle problems (asked in November 1972)
3. the extent to which you are achieving success and getting ahead (asked in July 1973)
4. what you are accomplishing in your life (asked in July 1973)
5. the extent to which you are developing yourself and broadening your life (asked in July 1973)?"
Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

ANDRE 1976/6

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1972-73
Sample:
Non-Response:
N: 1072+1433+222

Measured Correlate

Class: Current satisfaction with self Code: S 2.5
Measurement: Index of closed questions, asked in different samples: "How do you feel about...
1. yourself (asked in April 1973)
2. yourself - what you are accomplishing and how you handle problems (asked in November 1972)
3. the extent to which you are achieving success and getting ahead (asked in July 1973)
4. what you are accomplishing in your life (asked in July 1973)
5. the extent to which you are developing yourself and broadening your life (asked in July 1973)?"
Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/u/sqt/v/7/a r=+.59
### Study

**BRENN 1970**

- **Reported in:** Brenner, B.  
  Social factors in mental well-being at adolescence.  
  Doctoral dissertation, 1970, The American University,  
  Washington D.C., USA

- **Population:** Highschool pupils, New York State, USA, 1960

- **Sample:**

<table>
<thead>
<tr>
<th>Non-Response</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>1%</td>
<td>5204</td>
</tr>
</tbody>
</table>

### Measured Correlate

- **Class:** Current satisfaction with self  
  Code: S 2.5

- **Measurement:** Closed question: strongly disagree / disagree / agree / strongly agree.

- **Measured Values:**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/g/sq/v/5/a</td>
<td>G=+.35</td>
<td></td>
</tr>
<tr>
<td></td>
<td>V=.19</td>
<td>p&lt;.01</td>
</tr>
<tr>
<td>O-HL/u/sq/v/4/b</td>
<td>G=+.43</td>
<td></td>
</tr>
<tr>
<td></td>
<td>V=.25</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>
### Study

**MERED 1984**

**Reported in:** Meredith, W.H.  
Level and correlates of perceived quality of life for Lao Hmong refugees in Nebraska Social Indicators Research vol 14, 1984, p 83-97

**Population:** 16+ aged, recent refugees from Laos, USA, 1982

**Sample:**

**Non-Response:** 0%

**N:** 145

### Measured Correlate

**Class:** Current satisfaction with self  
Code: S 2.5

**Measurement:** Index of closed questions, measured on a 7-point Delighted-Terrible scale: How do you feel about:
- what you are accomplishing in your life?
- how interesting or exciting your life is?
- the extent to which you are improving yourself?
- the sense of direction or purpose you have in your life?
- the control you have over what happens in your life?
- the way you handle problems that come up in your life?
- yourself?

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

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

O-DT/u/sqt/v/7/a  
r=+.57  
p<.01  
\[\text{Beta=+.5} \]

\[\text{controlled for: optimism, perceived control, satisfaction with USA and satisfaction with leisure.}\]
<table>
<thead>
<tr>
<th><strong>Study</strong></th>
<th><strong>CAMPB 1981</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Campbell, A.</td>
</tr>
<tr>
<td></td>
<td>The Sense of Well-Being in America</td>
</tr>
<tr>
<td><strong>Population:</strong></td>
<td>18+ aged, general public, non-institutionalized USA, 1978</td>
</tr>
<tr>
<td><strong>Sample:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Non-Response:</strong></td>
<td>about 20 %</td>
</tr>
<tr>
<td><strong>N:</strong></td>
<td>3692</td>
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### Measured Correlate

<table>
<thead>
<tr>
<th><strong>Class:</strong></th>
<th>Satisfaction with oneself-as-a-person</th>
<th><strong>Code:</strong> S 2.5.1</th>
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</thead>
<tbody>
<tr>
<td><strong>Measurement:</strong></td>
<td>Single closed question on amount of satisfaction with oneself: &quot;How satisfied are you with yourself as a person?&quot;, rated on a 7-point scale ranging from completely dissatisfied to completely satisfied.</td>
<td></td>
</tr>
</tbody>
</table>

### Measured Values:

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
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<tr>
<th><strong>Happiness Query</strong></th>
<th><strong>Statistics</strong></th>
<th><strong>Remarks</strong></th>
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<tbody>
<tr>
<td>O-SLW/c/sq/n/7/a</td>
<td>r = +.55</td>
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 127 of 252
### Study

**DIENE 1991/1**

- **Reported in:** Diener, E. & Diener, M.
- **Cross-Cultural Correlates of Life Satisfaction and Self-Esteem**
- **Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street, Champaign, IL 61820 U.S.A.**
- **Population:** University students, Austria, 1991
- **Sample:**
- **Non-Response:** 319
- **N:**

### Measured Correlate

- **Class:** Satisfaction with oneself-as-a-person  
  Code: S 2.5.1
- **Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale.  
  Part of a 12 item inventory of domain-satisfactions.
- **Measured Values:**
- **Error Estimates:**
- **Remarks:**

### Observed Relation with Happiness

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<tbody>
<tr>
<td>O-DT/c/sq/v/7/c</td>
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<tr>
<td></td>
<td>r=+.55</td>
<td>males</td>
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 128 of 252
### Study

**DIENE 1991/2**

**Reported in:** Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

**Population:** University students, Bahrain, 1991  
**Sample:**

**Non-Response:**

**N:** 275

---

### Measured Correlate

**Class:** Satisfaction with oneself-as-a-person  
**Code:** S 2.5.1

**Measurement:**  
Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain satisfactions.

**Measured Values:**

**Error Estimates:**

**Remarks:**

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### Observed Relation with Happiness

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<th>Remarks</th>
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<tr>
<td>O-DT/c/sq/v/7/c</td>
<td>r=+.21 p&lt;.01</td>
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<tr>
<td></td>
<td>r=+.44 p&lt;.01</td>
<td>males</td>
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</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

DIENE 1991/3

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street, Champaign, Ill 61820 U.S.A.

Population: University students, Bangladesh, 1991

Sample:

Non-Response:

N: 262

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Error Estimates:

Remarks:

Observed Relation with Happiness

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<tr>
<td>O-DT/c/sq/v7/c</td>
<td>r=+.27 p&lt;.01 females</td>
<td></td>
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<td></td>
<td>r=+.04 p&lt;.01 males</td>
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</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

**DIENE 1991/4**

*Reported in:* Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, II 61820 U.S.A.

*Population:* University students, Brazil, 1991

*Sample:*

*Non-Response:*

*N:* 268

---

**Measured Correlate**

*Class:* Satisfaction with oneself-as-a-person Code: S 2.5.1

*Measurement:* Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain satisfactions.

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

**Observed Relation with Happiness**

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<td>r=.31</td>
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<td></td>
<td>p&lt;.01</td>
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Print date: 7-2-2003   World Database of Happiness: www.eur.nl/fsw/research/happiness   Page 131 of 252
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DIENE 1991/5

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

Population: University students, Cameroon, 1991
Sample:
Non-Response: 159

N: 159

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1
Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Observed Relation with Happiness

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<td>r = +.07</td>
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<tr>
<td></td>
<td>r = +.42</td>
<td>p &lt; .01</td>
</tr>
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</table>

females
males

Page in Report: 18

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

DIENE 1991/6

Reported in: Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

Population: University students, Canada, 1991

Sample:

Non-Response: 1600

N:

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale. Part of a 12 item inventory of domain-satisfactions.

Meared Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
---|---|---
O-DT/c/sq/v/7/c | $r=+.60$ $p<.01$ | females
 | $r=+.59$ $p<.01$ | males
Findings on Happiness & SELF-IMAGE

DIENE 1991/7

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, Il 61820 U.S.A.

Population: University students, Chile, 1991

Sample:

Non-Response: 256

N: 256

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale. Part of a 12 item inventory of domain satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
O-DT/c/sq/v/7/c | r=+.57 p<.01 | females
r=+.37 p<.01 | males
Findings on Happiness & SELF-IMAGE

Study

DIENE 1991/8

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street, Champaign, Il 61820 U.S.A.

Population: University students, Egypt, 1991

Sample:

Non-Response:

N: 274

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/c/sq/v/7/c r=+.45 p<.01 females
r=+.24 p<.01 males
Findings on Happiness & SELF-IMAGE

DIENE 1991/9

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

Population: University students, Finland, 1991

Sample:

Non-Response:

N: 270

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement:
Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
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<th>Happiness Query</th>
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<th>Remarks</th>
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<tbody>
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<td>O-DT/c/sq/v/7/c</td>
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<tr>
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<td>p&lt;.01</td>
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<tr>
<td></td>
<td>r=+.56</td>
<td>males</td>
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<td>p&lt;.01</td>
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</tbody>
</table>

World Database of Happiness: www.eur.nl/fsw/research/happiness Page 136 of 252
Findings on Happiness & SELF-IMAGE

Study

**DIENE1991/10**

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

Population: University students, Germany, 1991

Sample:

Non-Response: 540

N:

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale. Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/c/sq/v/7/c r=.51 p<.01 females
r=.49 p<.01 males
### Study

**DIENE1991/11**

- **Reported in:** Diener, E. & Diener, M.  
  Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
  Unpublished paper Dept. of Psychology University of Illinois  
  603 E. Daniel Street, Champaign, IL 61820 U.S.A.
- **Population:** University students, Greece, 1991
- **Sample:**
- **Non-Response:**
  - **N:** 164

### Measured Correlate

- **Class:** Satisfaction with oneself-as-a-person  
  Code: S 2.5.1
- **Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale.  
  Part of a 12 item inventory of domain-satisfactions.
- **Measured Values:**
- **Error Estimates:**
- **Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
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<tbody>
<tr>
<td>O-DT/c/sq/v/7/c</td>
<td>r=+.51  p&lt;.01</td>
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<tr>
<td></td>
<td>r=+.35  p&lt;.01</td>
<td>males</td>
</tr>
</tbody>
</table>
### Study

**DIENE1991/12**

**Reported in:** Diener, E. & Diener, M.

Cross-Cultural Correlates of Life Satisfaction and Self-Esteem

Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

**Population:** University students, India, 1991

**Sample:**

**Non-Response:**

**N:** 234

### Measured Correlate

**Class:** Satisfaction with oneself-as-a-person  
Code: S 2.5.1

**Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale.

Part of a 12 item inventory of domain satisfactions.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
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<tbody>
<tr>
<td>O-DT/c/sq/v/7/c</td>
<td>r=+.08</td>
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<tr>
<td></td>
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<td>p&lt;.01</td>
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Findings on Happiness & SELF-IMAGE

DIENE1991/13

**Reported in:** Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

**Population:** University students, Israel, 1991

**Sample:**

| N: | 317 |

**Measured Correlate**

**Class:** Satisfaction with oneself-as-a-person  
**Code:** S 2.5.1

**Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale. Part of a 12 item inventory of domain satisfactions.

**Observed Relation with Happiness**

<table>
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<th>Remarks</th>
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<tr>
<td>O-DT/c/sq/v7/c</td>
<td>r=+.22</td>
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<tr>
<td></td>
<td>r=+.42</td>
<td>p&lt;.01</td>
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</table>

WDBH 2003-18
Findings on Happiness & SELF-IMAGE

DIENE1991/14

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street,
Champaign, IL 61820 U.S.A.

Population: University students, Japan, 1991

Sample:

Non-Response: 1200

N:

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query       Statistics    Remarks
O-DT/c/sq/v/7/c          r=+.44 p<.01 females
                             r=+.34 p<.01 males

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Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

Study  

DIENE1991/15  

Reported in:  Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paperDept. of Psychology University of Illinois603 E. Daniel Street,  
Champaign, IL 61820 U.S.A.  

Population:  University students, Jordan, 1991  

Sample:  

Non-Response:  

N:  279  

Measured Correlate  

Class:  Satisfaction with oneself-as-a-person  Code: S 2.5.1  

Measurement:  Single direct question rated on a 7-point Delighted-Terrible  
scale.  Part of a 12 item inventory of domain-satisfactions.  

Measured Values:  

Error Estimates:  

Remarks:  

Observed Relation with Happiness  

Happiness Query  Statistics  Remarks  

O-DT/c/sq/v/7/c  r=+.30  p<.01  females  

r=+.37  p<.01  males  

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 142 of 252
## Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

### Study

**DIENE1991/16**

<table>
<thead>
<tr>
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<th>Diener, E. &amp; Diener, M.</th>
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<td>Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street, Champaign, IL 61820 U.S.A.</td>
</tr>
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<td>Population:</td>
<td>University students, Kenya, 1991</td>
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<td>Sample:</td>
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### Measured Correlate

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<td>Measurement:</td>
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<td>Part of a 12 item inventory of domain-satisfactions.</td>
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### Measured Values:

### Error Estimates:

### Remarks:

### Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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<tr>
<td>O-DT/c/sq/v/7/c</td>
<td>r=+.59</td>
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<td>r=+.42</td>
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<td></td>
<td>p&lt;.01</td>
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Study | DIENE1991/17
---|---
**Reported in:** | Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, Ill 61820 U.S.A.
**Population:** | University students, Korea, 1991
**Sample:** |  
**Non-Response:** |  
**N:** | 241

**Measured Correlate**

**Class:** | Satisfaction with oneself-as-a-person  
**Code:** | S 2.5.1
**Measurement:** | Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain-satisfactions.

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
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</table>
| O-DT/c/sq/v7/c | r=+.61  
p<.01 | females |
|  | r=+.57  
p<.01 | males |
Findings on Happiness & SELF-IMAGE

### Study

**DIENE1991/18**

- **Reported in:** Diener, E. & Diener, M.  
  Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
  Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

- **Population:** University students, Mexico, 1991

- **Sample:**

- **Non-Response:** 220

- **N:** 220

### Measured Correlate

- **Class:** Satisfaction with oneself-as-a-person  
  Code: S 2.5.1

- **Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale. Part of a 12 item inventory of domain-satisfactions.

### Observed Relation with Happiness

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<td>r = +.43</td>
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</table>

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Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

DIENE1991/19

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street,
Champaign, IL 61820 U.S.A.

Population: University students, Netherlands, 1991

Sample:
Non-Response:
N: 352

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1
Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

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<tr>
<td>O-DT/c/sq/v7/c</td>
<td>r=+.35</td>
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females
males

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 146 of 252
Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

Study  DIENE1991/20

Reported in:  Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street,
Champaign, IL 61820 U.S.A.

Population:  University students, New Zealand, 1991

Sample:  
Non-Response:  
N:  314

Measured Correlate

Class:  Satisfaction with oneself-as-a-person  Code: S 2.5.1
Measurement:  Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks

O-DT/c/sq/v/7/c  r=+.58  p<.01  females
r=+.61  p<.01  males
Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

**Study**

* Reported in: Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street,  
Champaign, IL 61820 U.S.A.  

* Population: University students, Norway, 1991  

* Sample:  

* Non-Response:  

* N: 222

---

**Measured Correlate**

* Class: Satisfaction with oneself-as-a-person  
Code: S 2.5.1  

* Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain-satisfactions.

---

**Observed Relation with Happiness**

<table>
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 148 of 252
Findings on Happiness & SELF-IMAGE

**Study**

**DIENE1991/22**

*Reported in:* Diener, E.& Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois
603 E. Daniel Street, Champaign, IL 61820 U.S.A.

*Population:* University students, Philippines, 1991

*Sample:*

*Non-Response:*

*N:* 953

---

**Measured Correlate**

*Class:* Satisfaction with oneself-as-a-person Code: S 2.5.1

*Measurement:* Single direct question rated on a 7-point Delighted-Terrible scale. Part of a 12 item inventory of domain-satisfactions.

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**Observed Relation with Happiness**

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</table>
Findings on Happiness & SELF-IMAGE

**Study**

**DIENE1991/23**

- **Reported in:** Diener, E. & Diener, M.
  Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
  Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

- **Population:** University students, Puerto Rico, 1991

- **Sample:**

- **Non-Response:**
  N: 297

---

**Measured Correlate**

- **Class:** Satisfaction with oneself-as-a-person  Code: S 2.5.1

- **Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale.
  Part of a 12 item inventory of domain-satisfactions.

---

**Observed Relation with Happiness**

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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 150 of 252
Findings on Happiness & SELF-IMAGE  

**Study**  
**DIENE1991/24**  
**Page in Report:** 18  

*Reported in:* Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois  
603 E. Daniel Street, Champaign, IL 61820 U.S.A.  

*Population:* University students, Singapore, 1991  

*Sample:*  

*Non-Response:*  

*N:* 256  

---  

**Measured Correlate**  

*Class:* Satisfaction with oneself-as-a-person  
Code: S 2.5.1  

*Measurement:* Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain-satisfactions.  

*Measured Values:*  

*Error Estimates:*  

*Remarks:*  

---  

**Observed Relation with Happiness**  

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<th>Remarks</th>
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<tbody>
<tr>
<td>O-DT/c/sq/v7/c</td>
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<tr>
<td></td>
<td>r=+.62 p&lt;.01 males</td>
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</table>
Findings on Happiness & SELF-IMAGE

**Study**

**DIENE1991/25**

*Reported in:* Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street,
Champaign, IL 61820 U.S.A.

*Population:* University students, South Africa, 1991

*Sample:

*Non-Response:* 275

**Measured Correlate**

*Class:* Satisfaction with oneself-as-a-person  
*Code:* S 2.5.1

*Measurement:* Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain-satisfactions.

*Measured Values:

*Error Estimates:

*Remarks:

**Observed Relation with Happiness**

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<tr>
<td></td>
<td>r=+.25</td>
<td>males</td>
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<td>p&lt;.01</td>
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</table>
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

DIENE1991/26

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street, Champaign, IL 61820 U.S.A.

Population: University students, Spain, 1991
Sample:
Non-Response:
N: 275

Measured Correlate
Class: Satisfaction with oneself-as-a-person Code: S 2.5.1
Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/c/sq/v/7/c r=+.38 p<.01 females
r=+.39 p<.01 males
## Study

**DIENE1991/27**

*Reported in:* Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street,  
Champaign, IL 61820 U.S.A.

*Population:* University students, Tanzania, 1991

*Sample:*

*Non-Response:* 222

### Measured Correlate

**Class:** Satisfaction with oneself-as-a-person  
**Code:** S 2.5.1

**Measurement:** Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain-satisfactions.

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

### Observed Relation with Happiness

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<td>p&lt;.01</td>
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<tr>
<td></td>
<td>r=+.54</td>
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<td></td>
<td>p&lt;.01</td>
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</tbody>
</table>
**Study**

**DIENE1991/28**

*Reported in:* Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois 603 E. Daniel Street,  
Champaign, IL 61820 U.S.A.

*Population:* University students, Thailand, 1991

*Sample:*

*Non-Response:*

*N:* 571

---

**Measured Correlate**

*Class:* Satisfaction with oneself-as-a-person  
Code: S 2.5.1

*Measurement:* Single direct question rated on a 7-point Delighted-Terrible scale  
Part of a 12 item inventory of domain-satisfactions.

*Measured Values:*

*Error Estimates:*

*Remarks:*

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**Observed Relation with Happiness**

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<td></td>
<td>r=+.41</td>
<td>males</td>
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<td>p&lt;.01</td>
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</table>
Findings on Happiness & SELF-IMAGE

DIENE1991/29

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street, Champaign, Il 61820 U.S.A.

Population: University students, Turkey, 1991

Sample:

Non-Response:

N: 287

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1
Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

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<th>Statistics</th>
<th>Remarks</th>
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<tr>
<td>O-DT/c/sq/v?/7/c</td>
<td>( r = +.35 ) ( p &lt; .01 ) females</td>
<td></td>
</tr>
<tr>
<td></td>
<td>( r = +.38 ) ( p &lt; .01 ) males</td>
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</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Reported in: Diener, E. & Diener, M.
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem
Unpublished paper Dept. of Psychology University of Illinois603 E. Daniel Street,
Champaign, IL 61820 U.S.A.


Sample:

Non-Response:

N: 1234

Measured Correlate

Class: Satisfaction with oneself-as-a-person Code: S 2.5.1

Measurement: Single direct question rated on a 7-point Delighted-Terrible scale.
Part of a 12 item inventory of domain-satisfactions.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
--- | --- | ---
O-DT/c/sq/v/7/c | r=+.60 p<.01 females
r=+.56 p<.01 males
**Study**  
DIENE1991/31  

*Reported in:*  
Diener, E. & Diener, M.  
Cross-Cultural Correlates of Life Satisfaction and Self-Esteem  
Unpublished paper Dept. of Psychology University of Illinois  
603 E. Daniel Street, Champaign, IL 61820 U.S.A.

*Population:*  
University students, Yugoslavia, 1991

*Sample:* 

*Non-Response:* 
N: 332

---

**Measured Correlate**

*Class:* Satisfaction with oneself-as-a-person  
*Code:* S 2.5.1

*Measurement:*  
Single direct question rated on a 7-point Delighted-Terrible scale.  
Part of a 12 item inventory of domain-satisfactions.

*Measured Values:* 

*Error Estimates:* 

*Remarks:* 

---

**Observed Relation with Happiness**

<table>
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<th>Remarks</th>
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<tr>
<td>O-DT/c/sq/v7/c</td>
<td>r=+.47</td>
<td>females</td>
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<td></td>
<td>r=+.50</td>
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<td>p&lt;.01</td>
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 158 of 252
**Study**  
**GAITZ 1972**  
*Reported in:* Gaitz, C.M. & Scott, J.  
Age and the measurement of mental health  
*Population:* Adults, general public, Houston, Texas, USA, 1969  
*Sample:*  
*Non-Response:* 2%, aged Mexican-Americans of high socio-economic status only  
*N:* 1441

**Measured Correlate**  
*Class:* Satisfaction with oneself-as-a-person Code: S 2.5.1  
*Measurement:* Closed question: "How do you feel about yourself as a person?" not so good / could be better / just O.K. / pretty good  
*Measured Values:*  
*Error Estimates:*  
*Remarks:*  

**Observed Relation with Happiness**  
<table>
<thead>
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<th>Remarks</th>
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<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>r = +.18</td>
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<td>O-HL/m/sq/v/3/a</td>
<td>r = +.24</td>
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*Index of Positive Affects: r = +.03 (ns)*  
*Index of Negative Affects: r = -.22 (01)*
Findings on Happiness & SELF-IMAGE

**Study**

**MITCH 1972/2**

*Reported in:* Mitchell, R.E.

Levels of emotional strain in Southeast Asian cities

Asian Folklore & social life monographs, The Orient culturalServic 1972, Taipei, Formosa

*Population:* 18+ aged, general public, Hong Kong, South East Asia, 1967

*Sample:* 3966 (men : 2006, women : 1960)

*Non-Response:* 21%

*Error Estimates:

**Measured Correlate**

*Class:* Satisfaction with oneself-as-a-person  Code: S 2.5.1

*Measurement:* Single direct question: "Being a good family person compared with most other people, would you say that you: exceed others/about the same as others/fall short of others?"

**Measured Values:**

**Observed Relation with Happiness**

<table>
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<th>Happiness Query</th>
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<td>O-HL/c/sq/v/4/a</td>
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</table>

*Figures based on half of the sample.*

*N-shaped curve*
Findings on Happiness & SELF-IMAGE  

**Study**  
**ANDRE 1976/1**  
*Reported in:* Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976. New York, USA  
*Population:* 18+ aged, general public, non-institutionalized, USA, 1972/75  
*Sample:*  
*Non-Response:* 24%  
*N:* 1297  

**Measured Correlate**  
*Class:* satisfaction with own abilities  
*Code:* S 2.5.1.1  
*Measurement:*  
Index of questions: "How do you feel about...?"  
1. the way you handle problems  
2. the way of accomplishment  
3. and yourself.  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted  

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

**Observed Relation with Happiness**  

<table>
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<tr>
<td>Beta=+.2</td>
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<td>8 controlled for 11 domain satisfactions (family, money, amount of fun, house/apartment, spare-time activities, national government, things do with family, consumer, time to do things, health, job).</td>
</tr>
<tr>
<td>Beta=+.2</td>
<td></td>
<td>8 controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 12 domain satisfactions.</td>
</tr>
<tr>
<td>Study</td>
<td>ANDRE 1976/1</td>
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<td>-------</td>
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<td>Reported in:</td>
<td>Andrews, F.M. &amp; Withey, S.B.</td>
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<td>Social Indicators of Well-being: Americans' Perceptions of Life Quality</td>
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<tr>
<td>Plenum Press, 1976. New York, USA</td>
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<tr>
<td>Population:</td>
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<td>Non-Response:</td>
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<td>1297</td>
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</table>

### Measured Correlate

- **Class:** satisfaction with own abilities  
  Code: S 2.5.1.1
- **Measurement:** Closed question: "How do you feel about how you get on with other people?"
  Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

### Measured Values:

### Observed Relation with Happiness

<table>
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<th>Happiness Query</th>
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<td>$E^2=+.31$</td>
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Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

**Study**

<table>
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<tr>
<th>ANDRE 1976/3</th>
<th>Page in Report: 112</th>
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</thead>
</table>

**Reported in:** Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans’ Perceptions of Life Quality
Plenum Press, 1976, New York, USA

**Population:** 18+ aged, general public, non institutionalized, USA, 1972/11

**Sample:**

**Non-Response:** 38%

**N:** 1072

**Measured Correlate**

- **Class:** . satisfaction with own abilities Code: S 2.5.1.1
- **Measurement:** Closed question: "How do you feel about yourself - what you are accomplishing and how you handle problems?"
  Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
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<td>$E^2=+.54$</td>
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### Measured Correlate

<table>
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<th>. satisfaction with own abilities</th>
<th>Code: S 2.5.1.1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measurement:</strong></td>
<td>Closed question: &quot;How do you feel about how creative you can be?&quot;</td>
<td>Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted</td>
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</table>

### Observed Relation with Happiness

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<td>Study</td>
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<td>Page in Report: 156</td>
</tr>
<tr>
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<td>Reported in</td>
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<td>Social Indicators of Well-being: Americans’ Perceptions of Life Quality</td>
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<td>Plenum Press, 1976, New York, USA</td>
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<tr>
<td>Population</td>
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<tr>
<td>Sample</td>
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<tr>
<td>Non-Response</td>
<td>38%</td>
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<td>N</td>
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Measured Correlate

| Class:       | . satisfaction with own abilities | Code: S 2.5.1.1 |
| Measurement: | Closed question: "How do you feel about yourself - what you are accomplishing and how you handle problems?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted |

Measured Values:

| Error Estimates: |

Remarks:

Observed Relation with Happiness

<table>
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<th>Remarks</th>
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<td>O-SLW/c/sq/n/7/a</td>
<td>r=.46</td>
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<tr>
<td>O-SLW/u/sq/t/101/a</td>
<td>r=.33</td>
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</table>
Study | BRAEN 1991  
---|---  
On Work and Life Satisfaction  
M. Eklund: On vocational rehabilitation in Northern Sweden, Diss. 1991 Univ. of Umea, pp 95-107  
Sample: | Probability stratified sample  
N: | 163  
---|---  
Measured Correlate  
Class: | How satisfactory is this aspect of your life?.... Ability to manage my self care  
Measurement: | 1 very dissatisfying  
| 2 dissatisfying  
| 3 rather dissatisfying  
| 4 rather satisfying  
| 5 satisfying  
| 6 very satisfying  
---|---  
Observed Relation with Happiness  
Happiness Query | O-SLW/u/sq/v/6/a  
Statistics | rs=+.21  
Remarks | p<.01  

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

Correlate Code: S 2

**Study**  
*STAPE 1987*

*Reported in:* Stapel, J.  
Kundigheden en geluk (Abilities and happiness)  

*Population:* 18+ aged, general public, non-institutionalized, The Netherlands, 1987

*Sample:
*Non-Response:*  
*N:* 825

---

**Measured Correlate**

*Class:* satisfaction with own abilities  
*Code:* S 2.5.1.1

*Measurement:* Single closed question: "Are you satisfied, not so satisfied or unsatisfied with everything you are able to do?"

*Measured Values:
*Error Estimates:

*Remarks:

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>M-FH/u/sq/v/3/a</td>
<td>G=+.77</td>
<td>p&lt;.01</td>
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<tr>
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<td>p&lt;.01</td>
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 167 of 252
### Study

**ANDRE 1976/4**  
*Reported in:* Andrews, F.M. & Withey, S.B.  
*Social Indicators of Well-being: Americans' Perceptions of Life Quality*  
Plenum Press, 1976, New York, USA  
*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/3  
*Sample:*
- Non-Response: 26%  
- *N:* 1433

### Measured Correlate

*Class:* satisfaction with own coping  
*Code:* S 2.5.1.2  
*Measurement:* Closed question: “How do you feel about the extent to which you can adjust to changes in your life?”  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>$\beta = +.44$</td>
<td>$\beta$ controlled for 7 criterion satisfactions (physical needs met, yourself, how fairly treated, develop self, interesting daily life, fun and enjoyment, financial security).</td>
</tr>
<tr>
<td>$\beta = +.1$</td>
<td>$\beta$ controlled for sociodemographic variables (family life-cycle, age, family income, education, race, sex) and 7 criterion satisfactions. (see above)</td>
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<tr>
<td>Study</td>
<td>ANDRE 1976/4</td>
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<td>Social Indicators of Well-being: Americans’ Perceptions of Life Quality</td>
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<td>Population</td>
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<tr>
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### Measured Correlate

<table>
<thead>
<tr>
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<tr>
<td>Measurement</td>
<td>Closed question: “How do you feel about the extent to which you are tough and can take it?”</td>
</tr>
<tr>
<td></td>
<td>Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted</td>
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### Measured Values

#### Error Estimates:

### Observed Relation with Happiness

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<th>Remarks</th>
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</table>

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 169 of 252
### Study

**ANDRE 1976/4**  
*Reported in:* Andrews, F.M. & Withey, S.B.  
*Social Indicators of Well-being: Americans' Perceptions of Life Quality*  
Plenum Press, 1976, New York, USA  
*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/3

**Sample:**
- *Non-Response:* 26%
- *N:* 1433

### Measured Correlate

**Class:** satisfaction with own coping  
*Code:* S 2.5.1.2

**Measurement:**
- *Closed question:* "How do you feel about the extent to which you are tough and can take it?"
- *Rated on a 7-point scale:* terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

**Error Estimates:**

### Observed Relation with Happiness

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<td>E²=+.33</td>
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### Study

**ANDRE 1976/5**

**Reported in:** Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA

**Population:** 18+ aged, general public, non-institutionalized, USA, 1973/7

**Sample:**

**Non-Response:**

| N: | 222 |

---

### Measured Correlate

- **Class:** satisfaction with own coping  
  Code: S 2.5.1.2

- **Measurement:** Closed question: “How do you feel about how creative you can be?”  
  Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

### Observed Relation with Happiness

**Happiness Query**  
O-DT/u/sqt/v/7/a

**Statistics**  
r = +.35
Findings on Happiness & SELF-IMAGE

**Study**

**ANDRE 1976/5**

*Reported in:* Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/7

*Sample:*  
*Non-Response:*  
*N:* 222

**Measured Correlate**

*Class:* satisfaction with own coping  
*Code:* S 2.5.1.2

*Measurement:* 3-item of questions "How do you feel about .....?"  
1. the extent of toughness  
2. the way you handle problems  
3. the extent to adjustment to changes.  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 172 of 252
### Study

**ANDRE 1976/5**  
*Reported in:* Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA  
*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/7  
*Sample:*  
*Non-Response:*  
*N:* 222

### Measured Correlate

| Class: | satisfaction with own coping  
|---|---|---|---|

*Measurement:* 3 item of questions "How do you feel about ....?"  
1. the extent of toughness  
2. the way you handle problems  
3. the extent to adjustment to changes.  
Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

### Observed Relation with Happiness

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<td>O-DT/u/sqt/v/7/a</td>
<td>r=+.63</td>
<td></td>
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</table>
**Study**  
**ANDRE 1976/5**  
*Reported in:* Andrews, F.M. & Withey, S.B.  
*Social Indicators of Well-being: Americans' Perceptions of Life Quality*  
Plenum Press, 1976, New York, USA  
*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/7  
*Sample:*  
*Non-Response:*  
*N:* 222  

**Measured Correlate**  
*Class:* satisfaction with own creativeness  
*Code:* S 2.5.1.3  
*Measurement:* Closed question: "How do you feel about how creative you can be?"  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted  
*Measured Values:*  
*Error Estimates:*  
*Remarks:*  

**Observed Relation with Happiness**  
*Happiness Query*  
O-DT/u/sqt/v/7/a  
*Statistics*  
$r=+.35$  
*Remarks*
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

**FORTI 1983**

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

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

*Sample:*

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

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

**Measured Correlate**

*Class:* . satisfaction with own creativeness  Code: S 2.5.1.3

*Measurement:* Single closed question: 'How do you feel about your creativity?', rated on a 7-point Delighted Terrible scale, ranging from (1) Delighted to (7) Terrible, (8) neither. (order reversed)

*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/17/a   | r=+        | T1: 1977 r = +.16 (05)  
|                 |            | T2: 1979 r = +.24 (01)  
|                 |            | T3: 1981 r = +.15 (05)  
|                 |            | Both variables assessed at T1, T2, and T3. Correlation concerns same time measures.  

World Database of Happiness: www.eur.nl/fsw/research/happiness
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

**Reported in:** Headey, B.
The Quality of Life in Australia
Social Indicators Research, 1981, Vol. 9, 155-181

**Population:** Adults, general public, Australia 1978

**Sample:** Probability sample (unspecified)

**Non-Response:** not reported

**N:** 679

---

**Measured Correlate**

**Class:** satisfaction with self-realization  Code: S 2.5.1.4

**Measurement:** Index of two single questions on:
a: The way you handle problems that come up in your life
b: Extent to which you can adjust to changes in your life
Both items scored on 1-9 D-T rating scale, summation by average.

**Measured Values:**

M = 6.5   SD = 1.3

**Error Estimates:**

**Remarks:** Both items scored on the same rating scale as the question on happiness.

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r=+.55</td>
<td>p&lt;.001</td>
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</tbody>
</table>

Beta=+.1  all cases
Beta's controlled for satisfaction with
- self-fulfillment
- sex life
- family activities
- work around the house
- mother
- health
- house
- standard of living
- assertiveness
- friends
- fun and enjoyment
- marriage

Both items scored on the same rating scale as the question on happiness.
Findings on Happiness & SELF-IMAGE

<table>
<thead>
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<th>Beta=+.0</th>
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<tbody>
<tr>
<td>married cases</td>
</tr>
<tr>
<td>Beta's controlled for satisfaction with</td>
</tr>
<tr>
<td>- self-fulfillment</td>
</tr>
<tr>
<td>- sex life</td>
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<tr>
<td>- family activities</td>
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<td>- work around the house</td>
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<td>- mother</td>
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<td>- health</td>
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<td>- house</td>
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<td>- standard of living</td>
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<td>- assertiveness</td>
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<td>- friends</td>
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<tr>
<td>- fun and enjoyment</td>
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<tr>
<td>- marriage</td>
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</table>
Findings on Happiness & SELF-IMAGE

Study SCHUL 1985B

Reported in: Schulz, W.; Költinger, R.; Norden, G.; Tüchler, H.
Lebensqualität in Osterreich (Quality-of-life in Austria)
Research paper nr 10/1, Institut für Soziologie, University of Vienna, Austria 1985

Population: Adults, non-institutionalized, Austria,
1984

Sample:

Non-Response: ??
N: 1776

Measured Correlate

Class: satisfaction with self-realization Code: S 2.5.1.4

Measurement: Seven item index of direct questions on satisfaction with self-realization during the last 14 days. The summed scores were divided into 3 strata, i.e. low, medium and high

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
M-AO/c/mq/*/0/a r=.36 p<.05
Beta=.1 p<.05 β controlled for: satisfaction with physical health, material satisfaction, satisfaction with partner, satisfaction with social involvement, satisfaction with work (positive), satisfaction with work (negative), and satisfaction with leisure time.

O-QL?/c/mq/v/5/a r=.36 p<.05
Findings on Happiness & SELF-IMAGE  

**Study**  
**VENTE 1995**  

**Reported in:** Ventegodt, S.  
Livskvalitet i Danmark. (Quality of Life in Denmark)  
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,  
ISBN 8790190017  

**Population:** 18-88 aged, general public, Denmark, 1993  

**Sample:** Non-probability purposive sample (unspecified)  

**Non-Response:** 39%  

**N:** 1494  

**Measured Correlate**  

**Class:** Satisfaction with self-realization  

**Measurement:** Single question:  
'How well is your need for self-realization fulfilled at present?'  
1: very badly  
2: badly  
3: neither well nor badly  
4: well  
5: very well  

**Measured Values:**  

**Error Estimates:**  

**Observed Relation with Happiness**  

**Happiness Query**  

**Statistics**  

**Remarks**  

A-AOL/m/sq/v/5/a  

$r=+.46$  
$p<.00$  

1: $M_t = 4.76$  
2: $M_t = 5.58$  
3: $M_t = 7.29$  
4: $M_t = 8.21$  
5: $M_t = 8.94$  
All $M_t = 7.78$  

O-HL/c/sq/v/5/h  

$r=+.47$  
$p<.00$  

1: $M_t = 4.44$  
2: $M_t = 5.10$  
3: $M_t = 6.34$  
4: $M_t = 7.43$  
5: $M_t = 8.11$  
All $M_t = 6.96$  

O-S Lu/c/sq/v/5/e  

$r=+.54$  
$p<.00$  

1: $M_t = 3.98$  
2: $M_t = 5.15$  
3: $M_t = 6.76$  
4: $M_t = 7.96$  
5: $M_t = 8.90$  
All $M_t = 7.45$  

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World Database of Happiness: www.eur.nl/fsw/research/happiness  
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Findings on Happiness & SELF-IMAGE  
Correlate Code: S 2

Study  
VENTE 1996  
Reported in:  Ventegodt, S.  
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)  
Forskningscenter for Livskvalitet,  
Forskningscentrets Forlag, København 1996,  
ISBN 8790190068  

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

Measured Correlate  
Class:  satisfaction with self-realization  
Code: S 2.5.1.4  
Measurement:  Single question:  
"How well is your need for self-realization fulfilled at present?"  
1: very badly  
2: badly  
3: neither well nor badly  
4: well  
5: very well  

Measured Values:  
N: All:4412; %:1:2,3; 2:10,7; 3:28,6; 4:42,3; 5:16,1

Error Estimates:

Observed Relation with Happiness

<table>
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<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
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</table>
| A-AOL/m/sq/v/5/a | r=+.51 p<.00 | 1: Ms=4.15  
2: Ms=5.63  
3: Ms=7.23  
4: Ms=8.30  
5: Ms=9.04 |
| O-HL/c/sq/v/5/h | r=+.47 p<.00 | 1: Ms=4.00  
2: Ms=5.33  
3: Ms=6.51  
4: Ms=7.49  
5: Ms=8.25 |
| O-SLu/c/sq/v/5/e | r=+.55 p<.00 | 1: Ms=3.06  
2: Ms=5.04  
3: Ms=6.94  
4: Ms=7.99  
5: Ms=8.91 |
Findings on Happiness & SELF-IMAGE  
Correlate Code: S 2

**Study**  
**ANDRE 1976/4**

- **Reported in:** Andrews, F.M. & Withey, S.B.
- Social Indicators of Well-being: Americans’ Perceptions of Life Quality
  Plenum Press, 1976, New York, USA
- **Population:** 18+ aged, general public, non-institutionalized, USA, 1973/3
- **Sample:**
- **Non-Response:** 26%
- **N:** 1433

**Measured Correlate**

- **Class:** satisfaction with own morality  
  Code: S 2.5.1.5
- **Measurement:**
  - **Closed question:** “How do you feel about how sincere and honest you are?”
  - **Rated on a 7-point scale:**
    - terrible/ unhappy/ mostly dissatisfied/
    - mixed/ mostly satisfied/ pleased/ delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
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<th>Statistics</th>
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Findings on Happiness & SELF-IMAGE Correlate Code: S 2

<table>
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<td>Non-Response:</td>
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<td>N:</td>
<td>222</td>
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</tbody>
</table>

### Measured Correlate

| Class: | satisfaction with own morality Code: S 2.5.1.5 |
| Measurement: | 2-item of questions "How do you feel about...?" |
| 1. your dependability and responsibility |
| 2. your sincerity and honesty |
| Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted |

### Measured Values:

### Error Estimates:

### Remarks:

### Observed Relation with Happiness

<table>
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<td>r=+.37</td>
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</table>
### Study

**ANDRE 1976/5**

- **Reported in:** Andrews, F.M. & Withey, S.B. *Social Indicators of Well-being: Americans’ Perceptions of Life Quality* Plenum Press, 1976, New York, USA
- **Population:** 18+ aged, general public, non-institutionalized, USA, 1973/7
- **Sample:**
- **Non-Response:**
  - **N:** 222

### Measured Correlate

- **Class:** satisfaction with own morality  Code: S 2.5.1.5
- **Measurement:** 2-item of questions “How do you feel about...?”
  1. your dependability and responsibility
  2. your sincerity and honesty
    Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

### Observed Relation with Happiness

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Findings on Happiness & SELF-IMAGE  

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<td>The Quality of Life in Australia</td>
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<td>Social Indicators Research, 1981, Vol. 9, 155-181</td>
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<tr>
<td>Non-Response:</td>
<td>not reported</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>679</td>
<td></td>
</tr>
</tbody>
</table>

**Measured Correlate**

- **Class:** satisfaction with own morality  Code: S 2.5.1.5
- **Measurement:** Index of 3 single questions on satisfaction with:
  a: How dependable and responsible you can be
  b: Your own sincerity and honesty
  c: How generous and kind you are
  All scored on a 1-9 rating scale, summation by average.
- **Measured Values:** M = 7.2  SD = 1.0
- **Error Estimates:**
- **Remarks:** All items scored on the same rating scale as the question on happiness.

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r = +.39</td>
<td>p &lt; .001</td>
</tr>
</tbody>
</table>

_all items scored on the same rating scale as the question on happiness._

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 184 of 252
Findings on Happiness & SELF-IMAGE  Correlate Code: S 2

Study  ANDRE 1976/5

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/7

Sample:
Non-Response:
N: 222

Measured Correlate

Class: Satisfaction with own accomplishments  Code: S 2.5.2

Measurement: 3-item index of questions "How do you feel about .....?"
1. the extent of achieving succes and getting ahead
2. what you are accomplishing
3. the extent of developing yourself and broadening your life.
Rated on a 7-point scale: terrible/unhappy/mostly dissatisfied/mixed/mostly satisfied/pleased/delighted

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SLW/u/sq/f/7/a  r=+.57

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 185 of 252
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

**ANDRE 1989**

*Reported in:* Andrews F.M.  
Stability and change in levels and structure of subjective well-being: USA 1972 and  
Paper presented at the International Conference on Social Reporting, Berlin, September 1989  
*Population:* Adults, general public, non-institutionalized, USA, 1972-88  
*Sample:*

*Non-Response:*

*N:* 1972: 2369,  
1988: 616

**Measured Correlate**

*Class:* Satisfaction with own accomplishments  
Code: S 2.5.2  
*Measurement:* Single direct question rated on 7 point delighted-terrible scale  'How do you feel about what you have accomplished?'

**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/sqrt/v/7/a | $E^o=+$ | 1972: +.50  
1988: +.59 |
| Beta=+ | 1972: +.25  
1988: +.34 |
| & controlled for satisfaction with 5 other aspects of life: 1: fun, 2: family income, 3: use of spare time, 4: national government, 5: health |
Findings on Happiness & SELF-IMAGE

**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>
<th>T5</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.8% at T1,</td>
<td></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>
<td></td>
</tr>
<tr>
<td>21.0% at T3,</td>
<td></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>
<td></td>
</tr>
<tr>
<td>28.5% at T5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Measured Correlate**

**Class:** Satisfaction with own accomplishments  Code: S 2.5.2

**Measurement:** Simple direct question at T1 and T2: "How satisfied are you with the way you're actually doing in school?"
1 = not at all; 2 = not very;
3 = somewhat; 4 = quite;
5 = very satisfied

**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>Satisfaction with own school work</td>
</tr>
</tbody>
</table>


## Findings on Happiness & SELF-IMAGE

**Correlate Code: S 2**

### Study

**FORTI 1983**

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

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

**Sample:**

<table>
<thead>
<tr>
<th>Time</th>
<th>T1</th>
<th>T2</th>
<th>T3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Response</td>
<td>18%</td>
<td>14%</td>
<td>23%</td>
</tr>
<tr>
<td>T1: 146</td>
<td>T2: 154</td>
<td>T3: 137</td>
<td></td>
</tr>
</tbody>
</table>

### Measured Correlate

**Class:** Satisfaction with own accomplishments  
**Code:** S 2.5.2

**Measurement:** Single closed question:

- 'How do you feel about your accomplishments/problem solving',  
  rated on a 7-point Delighted-Terrible scale, ranging from (1) Delighted to (7) Terrible, (8) Neutral. (order reversed)

### Measured Values:

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

**Happiness Query**  
O-DT/u/sq/t/7/a  

<table>
<thead>
<tr>
<th>Time</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>T1: 1977</td>
<td>r = +.45 (01)</td>
<td></td>
</tr>
<tr>
<td>T2: 1979</td>
<td>r = +.52 (01)</td>
<td></td>
</tr>
<tr>
<td>T3: 1981</td>
<td>r = +.48 (01)</td>
<td></td>
</tr>
</tbody>
</table>

Both variables assessed at T1, T2, and T3.  
Correlation concerns same time measures.
### Study

| **Reported in:** | Andrews, F.M. & Withey, S.B. |
| **Social Indicators of Well-being: Americans' Perceptions of Life Quality** |
| **Plenum Press, 1976, New York, USA** |
| **Population:** | 18+ aged, general public, non-institutionalized, USA, 1973/3 |
| **Sample:** |  |
| **Non-Response:** | 26% |
| **N:** | 1433 |

### Measured Correlate

| **Class:** | . satisfaction with contributions to others Code: S 2.5.2.1 |
| **Measurement:** | Closed question: "How do you feel about how much you are really contributing to other people's lives?" Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted |
| **Measured Values:** |  |
| **Error Estimates:** |  |
| **Remarks:** |  |

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th><strong>Happiness Query</strong></th>
<th><strong>Statistics</strong></th>
<th><strong>Remarks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqrt/v/7/a</td>
<td>$E^2 = 0.43$</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Study: ANDRE 1976/5

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/7

Sample:
Non-Response:
N: 222

Measured Correlate

Class: . satisfaction with contributions to others  Code: S 2.5.2.1
Measurement: 2-item index of questions "How do you feel about....?
1. the things you do to help people or groups in the community
2. the organizations you belong to
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-DT/u/sqt/v/7/a  r=+.28

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### Study

**ANDRE 1976/5**

*Reported in:* Andrews, F.M. & Withey, S.B.

Social Indicators of Well-being: Americans' Perceptions of Life Quality

Plenum Press, 1976, New York, USA

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/7

*Sample:*

*Non-Response:*

\[N = 222\]

---

### Measured Correlate

*Class:* Satisfaction with contributions to others  
Code: S 2.5.2.1

*Measurement:* Closed question: "How do you feel about how much you are really contributing to other people's lives?"

Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

*Measured Values:*

*Error Estimates:*

*Remarks:*

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/7/a</td>
<td>r = +.32</td>
<td></td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
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Findings on Happiness & SELF-IMAGE

Study

VENTE 1995

Reported in: Ventegodt, S.
Livskvalitet i Danmark.(Quality of Life in Denmark)
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,
ISBN 8790190017

Population: 18-88 aged, general public, Denmark, 1993
Sample: Non-probability purposive sample (unspecified)
Non-Response: 39%
N: 1494

Measured Correlate

Class: . satisfaction with contributions to others Code: S 2.5.2.1

Measurement:

Single question:
"How well is your need to be useful fulfilled at present?"
1: very badly
2: badly
3: neither well nor badly
4: well
5: very well

Measured Values:
N: all:1409, 1:8, 2:86, 3:360, 4:665, 5:290

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>r=+.32 p&lt;.00</td>
<td>1: Mt=2.50 2: Mt=5.93 3: Mt=7.46 4: Mt=7.90 5: Mt=8.58 All Mt=7.78</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.36 p&lt;.00</td>
<td>1: Mt=2.50 2: Mt=5.20 3: Mt=6.51 4: Mt=7.10 5: Mt=7.85 All Mt=6.96</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.41 p&lt;.00</td>
<td>1: Mt=1.56 2: Mt=5.06 3: Mt=7.05 4: Mt=7.61 5: Mt=8.46 All Mt=7.45</td>
</tr>
</tbody>
</table>
Findings on Happiness & SELF-IMAGE

Study: VENTE 1996

Reported in: Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

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

Measured Correlate

Class: . satisfaction with contributions to others Code: S 2.5.2.1
Measurement:

Single question: "How well is your need to be useful fulfilled at present?"
1: very badly
2: badly
3: neither well nor badly
4: well
5: very well

Measured Values: N: All:4484; %:1:1,4; 2:6,6; 3:29,2; 4:43,5; 5:19,3

Error Estimates:

Remarks: The explanation says: "that is your need to help other people and your contribution to make the world a better place?"

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=.35 p<.00 | The explanation says: "that is your need to help other people and your contribution to make the world a better place?"
| O-HL/c(sq)/v/5/h | r=.34 p<.00 |                     |
| O-SLu/c(sq)/v/5/e | r=.38 p<.00 |                     |

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 193 of 252
Findings on Happiness & SELF-IMAGE

Study

**WESSM 1960**

*Reported in:* Wessman, A.E., Ricks, D.F. & McIlvaine Tyl, M.  
Characteristics and concomitants of mood fluctuation in college women.  

*Population:* Female college students, followed 6 weeks, Radcliffe, USA, 1957

*Sample:* 

*Non-Response:* 44% dropouts

*N:* 14

**Measured Correlate**

*Class:* Current consistency of self-image  
Code: S 2.6

*Measurement:* Correlation between self descriptions provided in elation and in depression, as assessed by a Q sort of 45 items, filled out both in extremely high and extremely low moods for self-concept ('the most accurate picture of your self as you really believe you are now').

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

*Happiness Query*  
Statistics  
Remarks

A-ARE/md/sqr/v/10/  
rs=+.09  
ns
Findings on Happiness & SELF-IMAGE  

**Study**  
**VENTE 1996**  

*Reported in:* Ventegodt, S.  
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)  
Forskningscenter for Livskvalitet,  
Forskningscentrets Forlag, København 1996,  
ISBN 8790190068  

*Population:* Persons born at the University Hospital in Copenhagen 1959-1961  

*Sample:* Non-probability purposive sample (unspecified)  

*Non-Response:* 39%  

*N:* 4500  

---  

**Measured Correlate**  

*Class:* Current reputation (social self)  
Code: S 2.7  

*Measurement:* Single question: "Do you feel sexually attractive?"  
1: No  
2: Not sure  
3: Yes  

*Measured Values:*  

*Error Estimates:*  

---  

**Observed Relation with Happiness**  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>$r=+.18$</td>
<td>$p&lt;.00$</td>
</tr>
<tr>
<td></td>
<td>1: $Mt=6.99$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2: $Mt=7.59$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3: $Mt=8.13$</td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>$r=+.17$</td>
<td>$p&lt;.00$</td>
</tr>
<tr>
<td></td>
<td>1: $Mt=6.36$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2: $Mt=6.85$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3: $Mt=7.39$</td>
<td></td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>$r=+.18$</td>
<td>$p&lt;.00$</td>
</tr>
<tr>
<td></td>
<td>1: $Mt=6.64$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2: $Mt=7.25$</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3: $Mt=7.83$</td>
<td></td>
</tr>
</tbody>
</table>

---  

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

**WEBB 1915/1**

- **Reported in:** Webb, E.  
  Character and intelligence. An attempt at an exact study of character.  
- **Population:** Male college students, England, 1912
- **Sample:**
- **Non-Response:** -
- **N:** 194

### Measured Correlate

- **Class:** Current reputation (social self)  
  Code: S 2.7
- **Measurement:** Trained-peer rating on love for the beautiful for its own sake on a 7-point scale on the basis of observation during 6 months.
- **Measured Values:**
- **Error Estimates:**
- **Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-CP/g/rdp/ro/7/a</td>
<td>( r = -0.07 )</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**GORDO 1975**

**Reported in:** Gordon, R.M.
The effects of interpersonal and economic resources upon values and the quality of life. GORDO 1975

**Population:** Undergraduate students, Temple University, Pennsylvania, USA, 1973

**Sample:**

**Non-Response:**

**N:** 346

### Measured Correlate

**Class:** Self-perceived reputation  
**Code:** S 2.7.1

**Measurement:** Direct question: "I often feel important and respected now". Rated on a 9-point scale ranging from 1= 'lowest, not at all, never' to 9= 'highest, completely, always'

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-HL/g/sq/n/9/a</td>
<td>r=+.36</td>
<td>rpc controlled for self perceived receipt of: love, services, financial security, sex and information.</td>
</tr>
<tr>
<td></td>
<td>rpc= .00</td>
<td></td>
</tr>
</tbody>
</table>
### Study

**Reported in:** Headey, B.
*The Quality of Life in Australia*
Social Indicators Research, 1981, Vol. 9, 155-181

**Population:** Adults, general public, Australia 1978

**Sample:** Probability sample (unspecified)

**Non-Response:** not reported

**N:** 679

---

### Measured Correlate

**Class:** Self-perceived reputation  
Code: S 2.7.1

**Measurement:** Index of two single questions on satisfaction with:
- a: How fairly you get treated
- b: Respect and recognition you get

Both items scored on 1-9 rating scale, summation by average.

**Measured Values:**  
M = 6.8  SD = 1.1

**Error Estimates:**

**Remarks:** Both items scored on the same rating scale as the question on happiness.

---

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-DT/u/sqt/v/9/a</td>
<td>r=+.53</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>

Both items scored on the same rating scale as the question on happiness.
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Study: JONG 1969

Reported in: Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).

Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Sample:
Non-Response: 31%;
N: 600

Measured Correlate

Class: Self-perceived reputation Code: S 2.7.1

Measurement: 
Expected agreement of married persons with 3 positive statements about singles: singles have an easy carefree life, a better financial position, a lot of leisure time.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query: O-SL?/?/sq/v/5/a  

Statistics: 
Males: \( r = -0.04 \)
Females: \( r = +0.06 \)

Remarks: 
Computed for never marrieds only.
Findings on Happiness & SELF-IMAGE

Study

JONG 1969

Reported in: Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).

Population: 30-55 aged, general public, Amsterdam, The Netherlands, 1965

Sample:
Non-Response: 31%;
N: 600

Measured Correlate

Class: Self-perceived reputation Code: S 2.7.1
Measurement: Expected agreement of married persons with 11 negative statements about singles: singles like being on their own, live a frivolous life, are often jealous, shy, unattractive, reserved, etc.

Observed Relation with Happiness

Happiness Query
Statistics
Remarks
O-SL?/?/sq/v/5/a r=-

Computed for never marrieds only.

Males : r = -.19
Females: r = -.03
Study | JONG 1969
---|---
Reported in: | Jong-Gierveld, J. de
The unmarried. (In Dutch: De ongehuwden).
Population: | 30-55 aged, general public, Amsterdam, The Netherlands, 1965
Sample: | Non-Response: 31%
N: 600

Measured Correlate

Class: Self-perceived reputation Code: S 2.7.1
Measurement: Question rated on a 3-point scale.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
---|---|---
O-SL?!/?/sq/v/5/a | r=+ p<. | Never married males: r = +.16 (ns)
| | Married males: r = +.08 (ns)
| | Never married females: r = +.10 (025)
| | Married females: r = +.16 (ns)
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study  VENTE 1995  
Reported in:  Ventegodt, S.  
Livskvalitet i Danmark.(Quality of Life in Denmark)  
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,  
ISBN 8790190017  
Population:  18-88 aged, general public, Denmark, 1993  
Sample:  Non-probability purposive sample (unspecified)  
Non-Response:  39%  
N:  1494  

Measured Correlate  
Class:  Self-perceived reputation  
Code: S 2.7.1  
Measurement:  Single question:  
"Do you think that other people mostly think and speak well of you?"  
1: no  
2: not sure  
3: yes  

Measured Values:  
N: all: 1442, 1: 96, 2: 473, 3: 873  

Error Estimates:  

Remarks: 

Observed Relation with Happiness  

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r=.19  p<.00 | 1: Mt = 7.14  
              |            | 2: Mt = 7.33  
              |            | 3: Mt = 8.11  
              |            | All: Mt = 7.79  |
| O-HL/c/sq/v/5/h | r=.15  p<.00 | 1: Mt = 6.49  
              |            | 2: Mt = 6.63  
              |            | 3: Mt = 7.19  
              |            | All: Mt = 6.96  |
| O-SLu/c/sq/v/5/e | r=.21  p<.00 | 1: Mt = 6.73  
              |            | 2: Mt = 6.96  
              |            | 3: Mt = 7.81  
              |            | All: Mt = 7.46  |
### Study: VENTE 1995

**Reported in:** Ventegodt, S.  
Livskvalitet i Danmark. (Quality of Life in Denmark)  
Forskningscentrets Forlag (The Quality of Life Research Center), København, Denmark,  
ISBN 8790190017

**Population:** 18-88 aged, general public, Denmark, 1993  
**Sample:** Non-probability purposive sample (unspecified)  
**Non-Response:** 39%  
**N:** 1494

### Measured Correlate

**Class:** Self-perceived reputation  
**Code:** S 2.7.1

**Measurement:**  
**Single question:** "Do you feel sexually attractive?"  
1: no  
2: not sure  
3: yes

**Measured Values:**  
N: 1:254, 2:673, 3:440

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-AOL/m/sq/v/5/a | r = +.15, p < .00 | 1: Mt = 7.20  
2: Mt = 7.76  
3: Mt = 8.10  
All: Mt = 7.76 |
| O-HL/c/sq/v/5/h | r = +.16, p < .00 | 1: Mt = 6.58  
2: Mt = 6.81  
3: Mt = 7.40  
All: Mt = 6.96 |
| O-SLu/c/sq/v/5/e | r = +.13, p < .00 | 1: Mt = 7.09  
2: Mt = 7.35  
3: Mt = 7.81  
All: Mt = 7.45 |
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

**Study**

**VENTE 1996**

*Reported in:* Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

*Population:* Persons born at the University Hospital in Copenhagen 1959-1961

*Sample:* Non-probability purposive sample (unspecified)

*Non-Response:* 39%

*N:* 4500

**Measured Correlate**

*Class:* Self-perceived reputation  Code: S 2.7.1

*Measurement:* Single question: 'Do you believe that other people mostly think and speak well of you?'
1: no
2: not sure
3: yes

*Measured Values:*
N: All:4572; %: 1: 7,2; 2: 29,5; 3: 63,2

*Error Estimates:*

*Remarks:*

**Observed Relation with Happiness**

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<tr>
<td>1: Mt = 6.86</td>
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<td></td>
</tr>
<tr>
<td>2: Mt = 7.28</td>
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</tr>
<tr>
<td>3: Mt = 8.06</td>
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<td>$p&lt;.00$</td>
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<td></td>
</tr>
<tr>
<td>3: Mt = 7.29</td>
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<td>1: Mt = 6.58</td>
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<td>2: Mt = 6.95</td>
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<td>3: Mt = 7.74</td>
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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 204 of 252
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study VENTE 1996

Reported in: Ventegodt, S.
Livskvalitet hos 4500 31-33 årige (The Quality Of Life of 4500 31-33-year-olds)
Forskningscenter for Livskvalitet,
Forskningscentrets Forlag, København 1996,
ISBN 8790190068

Population: Persons born at the University Hospital in Copenhagen 1959-1961

Sample: Non-probability purposive sample (unspecified)

Non-Response: 39%

N: 4500

Measured Correlate

Class: Self-perceived reputation Code: S 2.7.1

Measurement:
Single question: "Do you feel sexually attractive?"
1: No
2: Not sure
3: Yes

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

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<td>2: Mt=7.59</td>
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<td></td>
<td>3: Mt=8.13</td>
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<td>3: Mt=7.39</td>
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<td>3: Mt=7.83</td>
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<td>IRWIN 1979</td>
<td></td>
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<td><strong>Reported in:</strong></td>
<td>Irwin, R.; Kammann, R.; Dixon, G.</td>
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<td>If you want to know how happy I am you'll have to ask me</td>
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<td>New Zealand Psychologist, Vol. 8, 1979, p.10-12</td>
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<td><strong>Population:</strong></td>
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<td><strong>Non-Response:</strong></td>
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<tr>
<td><strong>N:</strong></td>
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</table>

**Measured Correlate**

- **Class:** Congruency self-image and reputation Code: S 2.7.2
- **Measurement:** Correspondence of self-rating of Ss' happiness with ratings of Ss' happiness by two flatmates. Flatmates rated how they thought the Ss will rate themselves and how they should rate if they were honest to themselves. These ratings appeared largely identical and were added.

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

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<td>p&lt;.05</td>
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</table>
Findings on Happiness & SELF-IMAGE  

**Study**

*LOWEN 1975*

*Reported in:* Lowenthal, M.F., Thurnher, M. & Chiriboga, D.
Four stages of life: A comparative study of women and men facing transitions
Jossey-Bass, 1975, San Francisco, USA

*Population:* People in transition, metropolis, USA, 1969

*Measurement:*
Correlation between respondents score on the Adjective Rating List
(Block, 1961) as produced by himself vs produced by the interviewer.

*Measured Correlate*

*Class:* Congruency self-image and reputation  
*Code:* S 2.7.2

*Measured Values:*

*Error Estimates:*

*Remarks:*
hs seniors males: r=+.38 ns females: r= ns newly weds males: r=+.37 ns females: r=+.40 05
middle aged males: r= ns females: r= ns preretired males: r= ns females: r= ns

*Observed Relation with Happiness*

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<td>Oldest (middle aged + preretired)</td>
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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
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Findings on Happiness & SELF-IMAGE  

**Study**  

**LOWEN 1975**  

*Reported in:* Lowenthal, M.F., Thurnher, M. & Chiriboga, D.  
*Four stages of life: A comparative study of women and men facing transitions*  
*Jossey-Bass, 1975, San Francisco, USA*  

*Population:* People in transition, metropolis, USA, 1969  

*Sample:*  

*Non-Response:*  

*N:* 216  

---

**Measured Correlate**  

*Class:* Congruency self-image and reputation  
*Code:* S 2.7.2  

*Measurement:* Correlation between respondents score on the Adjective Rating List (Block, 1961) as produced by himself vs produced by the interviewer.  

**Measured Values:**  

**Error Estimates:**  

**Remarks:**  

*hs seniors* males: r = ns females: r = ns newly weds males: r = ns females: r =+.50 (05)  
middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns  

---

**Observed Relation with Happiness**  

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<th>Happiness Query</th>
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<th>Remarks</th>
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<td>r =+.29</td>
<td><strong>Youngest (hs seniors + newly weds)</strong></td>
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<td></td>
<td>p &lt;.01</td>
<td>hs seniors males: r = ns females: r = ns newly weds males: r = ns females: r =+.50 (05)</td>
</tr>
<tr>
<td></td>
<td>r = ns</td>
<td><strong>Oldest (middle aged + preretired)</strong></td>
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<td></td>
<td>middle aged males: r = ns females: r = ns preretired males: r = ns females: r = ns</td>
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Print date: 7-2-2003  

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

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Findings on Happiness & SELF-IMAGE

**Study**

**ANDRE 1976/3**

*Reported in:* Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

*Population:* 18+ aged, general public, non institutionalized, USA, 1972/11

*Sample:

*Non-Response:* 38%
*N:* 1072

**Measured Correlate**

*Class:* Attitudes to own reputation Code: S 2.7.3

*Measurement:* Closed question: “How do you feel about how much you are admired or respected by other people?”
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

*Measured Values:

*Error Estimates:

*Remarks:

**Observed Relation with Happiness**

<table>
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Study: ANDRE 1976/3

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non institutionalized, USA, 1972/11

Sample:
Non-Response: 38%
N: 1072

Measured Correlate

Class: Attitudes to own reputation
Code: S 2.7.3

Measurement:
Closed question: "How do you feel about how much you are admired or respected by other people?"
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/u/sqt/v/7/a $E^2=+.34$
**Study**  
**ANDRE 1976/3**  
*Reported in:* Andrews, F.M. & Withey, S.B.  
Social Indicators of Well-being: Americans' Perceptions of Life Quality  
Plenum Press, 1976, New York, USA  
*Population:* 18+ aged, general public, non institutionalized, USA, 1972/11  
*Sample:*  
*Non-Response:* 38%  
*N:* 1072

**Measured Correlate**  
*Class:* Attitudes to own reputation  
*Code:* S 2.7.3  
*Measurement:* Closed question: "How do you feel about how much you are admired or respected by other people?"  
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Observed Relation with Happiness**  
*Happiness Query*  
*Statistics*  
*Remarks*  
O-DT/u/sqt/v/7/a  
\( E^2 = .34 \)
Findings on Happiness & SELF-IMAGE  
Correlate Code: S 2

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<td>Non-Response:</td>
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**Measured Correlate**

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<th>Code: S 2.7.3</th>
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<tbody>
<tr>
<td>Measurement:</td>
<td>Closed question: “How do you feel about how much you are admired or respected by other people?”</td>
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<td>Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted</td>
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**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

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

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Measured Correlate

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<tbody>
<tr>
<td>Measurement:</td>
<td>Closed question: “How do you feel about how sincere and honest other people are?”</td>
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<td>Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted</td>
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Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

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Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

Study: ANDRE 1976/4

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/3

Sample:
Non-Response: 26%
N: 1433

Measured Correlate
Class: Attitudes to own reputation Code: S 2.7.3
Measurement: Closed question: “How do you feel about how much you are included and accepted by others?”
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:
Error Estimates:
Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-BW/cy/sq/l9/a r=+.35

Page in Report: 156
Findings on Happiness & SELF-IMAGE

Study

ANDRE 1976/4

Reported in: Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans' Perceptions of Life Quality
Plenum Press, 1976, New York, USA

Population: 18+ aged, general public, non-institutionalized, USA, 1973/3

Sample:
Non-Response: 26%
N: 1433

Measured Correlate

Class: Attitudes to own reputation Code: S 2.7.3
Measurement: Closed question: “How do you feel about the amount of respect you get from others?”
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-DT/u/sqt/v/7/a E²=.39

Findings on Happiness & SELF-IMAGE

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<td>N:</td>
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**Measured Correlate**

- **Class:** Attitudes to own reputation  
  Code: S 2.7.3

- **Measurement:**
  Closed question: "How do you feel about how much you are accepted and included by others?"
  Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

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

**Observed Relation with Happiness**

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Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Study

**ANDRE 1976/5**

*Reported in:* Andrews, F.M. & Withey, S.B.
Social Indicators of Well-being: Americans’ Perceptions of Life Quality
Plenum Press, 1976, New York, USA

*Population:* 18+ aged, general public, non-institutionalized, USA, 1973/7

*Sample:

*Non-Response:*

*N:* 222

**Measured Correlate**

*Class:* Attitudes to own reputation  Code: S 2.7.3

*Measurement:* 3-item index containing satisfaction with how much one is admired or respected by other people, with how one gets on with other people, and with how much one is accepted and included: “How do you feel about...?”
Rated on a 7-point scale: terrible/ unhappy/ mostly dissatisfied/ mixed/ mostly satisfied/ pleased/ delighted

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

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<td>O-BW/cy/sq/l9/a</td>
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<td>r=+.53</td>
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Appendix 1
Queries on Happiness used in reported Studies

<table>
<thead>
<tr>
<th>Happiness Query Code</th>
<th>Full Text</th>
</tr>
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<tbody>
<tr>
<td>A-AOL/c/sq/v/5/c</td>
<td>Selfreport on single question:</td>
</tr>
</tbody>
</table>
|                       | "How well do you feel these days? Is your current well-being....?"
|                       | 0 very low |
|                       | 1         |
|                       | 2         |
|                       | 3         |
|                       | 4 very high |
|                       | In German: |
|                       | "Wie wohl fühlen Sie sich derzeit? Ist Ihr Wohlbefinden zur Zeit.....?"
|                       | 0 sehr gering |
|                       | 1 eher gering |
|                       | 2 maesig |
|                       | 3 gross |
|                       | 4 sehr gross |
| A-AOL/cy/sq/v/10/a    | Selfreport on single question: |
|                       | "In thinking over the past year, indicate how elated or depressed, happy or unhappy you have felt....?"
|                       | 10 Complete elation, rapturous joy and soaring ecstasy |
|                       | 9 Very elated and in very high spirits. Tremendous delight and buoyancy |
|                       | 8 Elated and in high spirits |
|                       | 7 Feeling very good and cheerfull |
|                       | 6 Feeling pretty good, "OK" |
|                       | 5 Feeling a little bit low. Just so-so |
|                       | 4 Spirits low and somewhat "blue" |
|                       | 3 Depressed and feeling very low. Definitely "blue" |
|                       | 2 Tremendously depressed |
|                       | Feeling terrible, really miserable, "just awful" |
|                       | 1 Utter depression and gloom. Completely down |
|                       | All is black and leaden. Wish it were all over |
| A-AOL/g/sq/v/5/a      | Selfreport on single question: |
|                       | "In general, how would you say you feel most of the time - in good spirits or in low spirits....?"
|                       | 5 very good spirits |
|                       | 4 fairly good spirits |
|                       | 3 neither good spirits nor low spirits |
|                       | 2 fairly low spirits |
|                       | 1 very low spirits |
| A-AOL/m/sq/v/5/a      | Single direct question: |
|                       | 'How are you feeling now....?'
|                       | 5 very good |
|                       | 4 good |
Findings on Happiness & SELF-IMAGE

3 neither good nor poor
2 poor
1 very poor

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

A-AOL/se/sq/v/7/a Selfreport on single question

"Taken things together: how did you feel since you got ill....?"
7 very good
6
5
4
3
2
1 very bad

A-AOL/u/mq/v/10/a Selfreport on 4 questions:

"The following are statements of feelings or mood. Please read them over and then indicate which of these overall feelings best describes your feelings."
A) Right now you feel ........
B) The best you felt today ....
C) The worst you felt today ...
D) The way you usually feel ...

Response options:
10. Complete elations, rapturous joy, and soaring ecstacy.
9. Very elated and in very high spirits; tremendous delight and bouyancy.
8. Elated and in high spirits.
7. Feeling very good and cheerful.
6. Feeling pretty good, "OK".
4. Spirits low and somewhat blue.
3. Depressed and feeling very low. Definitely blue.
2. Tremendously depressed. Feeling terrible, really miserable, 
"just awful".
1. Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over.

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

Name: Elation-Depression Scale (variant)

A-ARE/md/sqr/v/10/a Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).
"On the average, how happy or unhappy did you feel today?"
2   Very unhappy. Depressed. Spirits very low.
3   Pretty unhappy. Somewhat 'blue'. Spirits down.
4   Mildly unhappy. Just a little low.
5   Barely unhappy. Just this side of neutral.
6   Barely happy. Just this side of neutral.
7   Mildly happy. Feeling fairly good and somewhat cheerful.

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

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

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

Name: Wesssman & Ricks’ `Elation - depression scale`

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
Findings on Happiness & SELF-IMAGE  

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)

Self-report on 13 questions:

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

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

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

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

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

Self-report 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 on something you had done
D  That things are going your way
Findings on Happiness & SELF-IMAGE

E So restless you couldn't sit long in a chair
F Unhappy or depressed
G Particularly interested in something
H Lonely and remote from other people

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

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

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

Name: Bradburn's Affect Balance Scale (variant)

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

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

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

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

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

A-BK/cm/mq/v/5/b
Selfreport on 48 questions:

SENTENCES
Each of the sentences below describes a FEELING. Mark HOW OFTEN you had that feeling during the past few weeks.
A Nothing goes right with me
B I feel close to people around me
C I feel as though the best years of my life are over
D  I feel my life is on the right track
E  I feel loved and trusted
F  My work gives me a lot of pleasure
G  I don't like myself
H  I feel very tense
I  I feel life isn't worth living
J  I am content with myself
K  My past life is filled with failure
L  Everything I do seems worthwhile
M  I am not bothered doing anything
N  I feel I can do whatever I want to
O  I have lost interest in other people and don't care about them
P  Everything is going right for me
Q  I can express my feelings and emotions towards other people
R  I'm easy going
S  I seem to be left alone when I don't want to be
T  I wish I could change some parts of my life
U  I seem to have no real drive to do anything
V  The future looks good
W  I become very lonely
X  I can concentrate well on what I'm doing
Y  I feel out of place
Z  I think clearly and creatively
AA  I feel alone
AB  I feel free and easy
AC  I smile and laugh a lot
AD  I feel things are going my way
AE  The world seems a cold and impersonal place
AF  I feel I've made a mess of things again
AG  I feel like hiding away
AH  I feel confident about decisions I make
AI  I feel depressed for no apparent reason
AJ  I feel other people like me
AK  I feel like a failure
AL  I feel I'm a complete person
AM  I'm not sure I'm done the right thing
AN  My future looks good
AO  I'm making the most out of my life
AP  Everything is going right for me
AQ  I feel unimportant
AR  I feel as though there must be something wrong with me
AS  I don't feel like making the effort to do anything
AT  I feel confident in my dealings with the opposite sex
AU  I want to hurt those who have hurt me
AV  The results I have obtained make my efforts worthwhile

ADJECTIVES
Each of the objectives below describe a FEELING. Mark HOW OFTEN you had that feeling during the past few weeks;
<table>
<thead>
<tr>
<th>Letter</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Confident</td>
</tr>
<tr>
<td>B</td>
<td>Hopeless</td>
</tr>
<tr>
<td>C</td>
<td>Pleasant</td>
</tr>
<tr>
<td>D</td>
<td>Insignificant</td>
</tr>
<tr>
<td>E</td>
<td>Discontented</td>
</tr>
<tr>
<td>F</td>
<td>Healthy</td>
</tr>
<tr>
<td>G</td>
<td>Dejected</td>
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<tr>
<td>H</td>
<td>Annoyed</td>
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<tr>
<td>I</td>
<td>Down</td>
</tr>
<tr>
<td>J</td>
<td>Glad</td>
</tr>
<tr>
<td>K</td>
<td>Glowing</td>
</tr>
<tr>
<td>L</td>
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<tr>
<td>M</td>
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<tr>
<td>N</td>
<td>Moody</td>
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<tr>
<td>O</td>
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<td>Upset</td>
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<tr>
<td>AS</td>
<td>Empty</td>
</tr>
<tr>
<td>AT</td>
<td>Enthusiastic</td>
</tr>
<tr>
<td>AU</td>
<td>Happy</td>
</tr>
<tr>
<td>AV</td>
<td>Vibrant</td>
</tr>
</tbody>
</table>

Answer options:
0 not at all
Findings on Happiness & SELF-IMAGE

1 occasionally
2 some of the time
3 often
4 all of the time

Summation:
- Positive Affect Score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect Balance Score (ABS): PAS minus NAS

Possible range - 4 to +4

A-CA/mh/ri/v/2/b
Interviewer-rating of cheerfulness:
Altogether the respondent looks.....
2 quite cheerfull
1 not too cheerfull
- difficult to say

Part of the 8 item Allensbacher Ausdrücktest which also involves ratings of cheerful appearance in: look, mouth, posture, movements, eyes, elbows and lips. This general rating is the last item in the test.

Original text in German:

Der Befragte sieht insgesamt -
2 Ganz fröhlich aus............... 
1 Nicht so fröhlig aus.............. 
- Unmöglich zu sagen............... 

A-CP/g/rp/ro/7/a
Peer rating on single question (based on contact during 6 months):
Rater instruction: "personal qualities are named and briefly annotated in this schedule. If you have any doubt as to the meaning of any of them, please ask me (investigator)
2. In the columns under each subject's name, place one of the marks for each of the qualities specified (+3, +2, +1, 0, -1, -2, -3) To avoid errors, please put the + sign as well as the -

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

C-ASG/h/mq/v/5/a
Selfreport on 2 questions:
A. "How important was each of the following goals in life in the plans you made for yourself in early adulthood?"
- occupational success
- family life
- friendships
- richness of cultural life
- total service to society.

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

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

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

\[
\frac{P_a S_a + P_b S_b + P_c S_c + P_d S_d + P_e S_e}{P_a + P_b + P_c + P_d + P_e}
\]

where

- \(P_a, P_b, P_c, P_d, P_e\) = planned goal a (1-5)
- \(S_a, S_b, S_c, S_d, S_e\) = success goal a (1-5)

C-ASG/h/mq/v/8/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?"
- -
- joy in living

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

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

Computation: Lifesatisfaction score = Perceived success in achieving joy in living now (B) minus remembered importance of joy in living in early adulthood (A)
C-RG/h/l/v/6/a  

Selfreport in focussed interview:

Content analysis of interview records by independant judges. Interviews focussed on the extent to which S feels he has achieved his goals in life, whatever those goals might be; feels he has succeeded in accomplishing what he regards as important. High ratings go, for instance, to S who says, "I've managed to keep out of jail" just as to R who says, "I managed to send all my kids through college". Low ratings go to R who feels he's missed most of his opportunities, or who says, "I've never been suited to my work", or "I always wanted to be a doctor, but never could get there". Also to R who wants most to be "loved", but instead feels merely "approved". (Expressions of regret for lack of education are not counted because they are stereotyped responses among all but the group of highest social status).

Rating options:

5  Feels he has accomplished what he wanted to do. He has achieved or is achieving his own personal goals.
4  Regrets somewhat the chances missed during life. "Maybe I could have made more of certain opportunities". Nevertheless, feels that he has been fairly succesful in accomplishing what he wanted to do in life.
3  Has a fifty-fifty record of opportunities taken and opportunities missed. Would have done some things differently, if he had his life to live over. Might have gotten more education.
2  Has regrets about major opportunities missed but feels good about accomplishment in one area (may be his avocation).
1  Feels he has missed most opportunities in life.

C-RG/h/sq/l/11/a  

Selfreport on single question:

"How would you rate yourself as to how successful or unsuccessful you have been in terms of achieving your own goals and aims in life? Think of the top of the ladder as being completely successful, the bottom being entirely unsuccessful."

[ 10 ] completely succesfull
[ 9 ]
[ 8 ]
[ 7 ]
[ 6 ]
[ 5 ]
[ 4 ]
[ 3 ]
[ 2 ]
[ 1 ]
[ 0 ] entirely unsuccessfull

M-AO/c/mq/*/0/a  

Selfreport on 4 questions:

A "For the past five years, how much have you accomplished of what you planned in your life?"
B "How much are you satisfied with your life as a whole these days?"
C "How much do you enjoy your life these days?"
D "How happy have you been for the past five years?"
Findings on Happiness & SELF-IMAGE Correlate Code: S 2

Summation: simple average

Selfreport on single question:

"How do you feel things have worked out for you generally?
4 very well
3 fairly well
2 not very well
1 not at all well

Selfreport in focussed interview:

Content analysis of interview records by two independent judges:
High ratings for R who expresses happy, optimistic attitudes and mood; who uses spontaneous positively-toned affective terms for people and things; who takes pleasure from life and expresses it. Low ratings for depression, "feel blue and lonely"; for feelings of bitterness; for frequent irritability and anger. (Here not only R’s verbalized attitudes in the interview were considered, but interferences were made from all the knowledge of his inter-personal relationships, how others react towards him).

Rating options
5 'This is the best time of my life'. Is nearly always cheerful, optimistic. Cheerfulness may seem unrealistic to an observer, but R shows no sign of 'putting up a bold front'.
4 Gets pleasure out of life, knows it and shows it. There is enough restraint to seem appropriate to a younger person Usually feels positive affect. Optimistic.
3 Seems to move along on an even temperamental keel. Any depressions are neutralized by positive mood swings. Generally neutral-to-positive affect. May show some irritability
2 Wants things quiet and peaceful. General neutral-to-negative affect. Some depression.
1 Pessimistic, complaining, bitter. Complaints of being lonely. Feels 'blue' a good deal of the time. May get angry when in contact with people.

Selfreport on single question:

"Over the past month I have been feeling.........?"
7 extremely happy
6 very happy
5 somewhat happy
4 mixed (about equally happy and unhappy)
3 somewhat unhappy
2 very unhappy
1 extremely unhappy

Selfreport on single question:

"Taking all things together, how happy would you say you have been feeling OVER THE PAST WEEK. Please place an x by the choise which best describes how happy you have felt. Try to be as accurate as you can. Over the past week I have been feeling..."
5 very happy
Findings on Happiness & SELF-IMAGE

Correlate Code: S 2

4 happy
3 somewhat happy
2 unhappy
1 very unhappy

M-FH/g/sq/v/2/a  Selfreport on single question:

"Are you generally satisfied?
2 yes
1 no

M-FH/u/sq/v/3/a  Selfreport on single question:

"Do you feel.....?"
3 happy
2 not too happy
1 unhappy

Original text in Dutch:
" Voelt u zichzelf ......?"

a ongelukkig
b niet zo gelukkig
c gelukkig

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/11/a  Selfreport on single question:

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

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

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

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

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

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

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

O-DT/c/sq/v/7/aa
Selfreport on single question:

"How do you feel about your life as a whole right now.....?"
7 delightfull
6 very satisfying
5 satisfying
4 mixed
3 dissatisfying
2 very dissatisfying
1 terrible
No opinion

Name: Andrews & Withey’s ‘Delighted-Terrible Scale’ (modified version)

O-DT/c/sq/v/7/b
Selfreport on single question:

"How do you feel about your life as a whole right now.....?"
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed (about equally satisfied and dissatisfied)
5 mostly satisfied
6 pleased
7 delighted
- neutral (neither satisfied nor dissatisfied)
- I never thought about it
- does not apply to me
Findings on Happiness & SELF-IMAGE

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

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

"Indicate the feeling you have now, generally speaking, how do you feel about your life...?"
1 terrible
2 unhappy
3 mostly dissatisfied
4 mixed (about equally satisfied and dissatisfied)
5 mostly satisfied
6 pleased
7 delighted
- 8 neutral (neither satisfied nor dissatisfied)
- 9 never thought about it
- 10 does not apply to me

Scoring: 8, 9 and 10 left out

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

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

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

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

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

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

O-DT/u/sqt/v/10/a
Selfreport on single question asked twice in interview,

"How do you feel about your life as a whole......?"
10 delightfull
9
Findings on Happiness & SELF-IMAGE

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

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

Summation: arithmetic mean

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

O-DT/u/sq/t/v/9/a Selfreport on single question asked twice

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

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

"......happiness....."
(Full text not reported)

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

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

O-HL/c/sq/v/3/cb Selfreport on single question:
In general, how happy are you these days.....?"
3  very happy
2  pretty happy
1  not too happy

O-HL/c/sq/v/4/a  Selfreport on single question:

"Do you feel your life at present is.....?"
4  very happy
3  quite happy
2  quite unhappy
1  very unhappy

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

"Taking all things together, how would you say you are these days.....?"
5  extremely happy
4  very happy
3  happy
2  pretty happy
1  not too happy

In Dutch:
"Hoe gelukkig voelt u zich alles bij elkaar genomen op het ogenblik?"
5  buitengewoon gelukkig
4  zeer gelukkig
3  gelukkig
2  tamelijk gelukkig
1  niet zo gelukkig

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

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

In German:
"Wenn Sie Ihr Leben jetzt alles im allem betrachten, sind Sie.....?"
5  sehr glücklich
4  ziemlich glücklich
3  eher glücklich
2  eher unglücklich
1  ziemlich unglücklich

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

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

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

Selfreport on single question:
"Generally, how happy are you.....?"
1. not at all
2.
3.
4.
5.
6.
7.
8.
9. completely

(Originally presented on a horizontal line scale)

Selfreport on single question:
"In general, how happy would you say you are.....?"
3. very happy
2. fairly happy
1. not too happy

Selfreport on single question:
"In general, how happy would you say you are.....?"
1. very unhappy
2.
3.
4.
5. very happy

Selfreport on single question :
"All things considered, how happy would you say you are right now.....?"
3. very happy
2. pretty happy
1. not too happy

Selfreport on single question:
"Taking all together: how happy would you say you are? Would you say you are.....?"
3. very happy
2. pretty happy
1. not too happy
Findings on Happiness & SELF-IMAGE

O-HL/u/sq/v/4/b Selfreport on single question:

"On the whole, how happy would you say you are.....?"
4 very happy
3 fairly happy
2 not very happy
1 very unhappy

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

"Considering your life as a whole, would you describe it as.....:?
1 very happy
2 unhappy
3 an even mixture of unhappiness and happiness
4 happy
5 very happy
7 very happy
7 no opinion

O-HL/u/sq/v/7/b Selfreport on single question:

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

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

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

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

Summation: average
Possible range: 1 to 5

O-QL?/c/mq/v/5/a Selfreport on 3 questions:
A "When you consider your present life as-a-whole, would you say you are....?"
5 very happy
4 fairly happy
3 rather happy than unhappy
2 rather unhappy than happy
1 very unhappy
- DK/NA

B "When you consider your present life as-a-whole, would you say you are.....?"
5 very satisfied
4 fairly satisfied
3 rather satisfied than dissatisfied
2 rather dissatisfied than satisfied
1 fairly dissatisfied
- DK/NA

C " How do you feel right now? Is your well-being.....?"
5 very high
4 high
3 moderate
2 rather low
1 very low
- DK/NA

Summation: The summed scores were divided in three strata: low, medium and high quality of life

In German:
A "Wenn Sie ihr Leben jetzt alles in allem betrachten, sind Sie......?"
  e sehr glücklich
  d ziemlich glücklich
  c eher glücklich
  b eher ungücklich
  a ziemlich ungücklich
  - keine Angabe

B "Wenn Sie ihr Leben jetzt in allem betrachten, sind Sie.....?"
  e sehr zufrieden
  d ziemlich zufrieden
  c eher zufrieden
  b eher unzufrieden
  a ziemlich unzufrieden
  - keine Angabe

C "Wie wohl fühlen Sie sich derzeit? Ist Ihr Wohlbefinden....?"
  e sehr gross
  d gross
  c mäszig
  b eher gering
  a sehr gering
Findings on Happiness & SELF-IMAGE

- keine Angabe

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

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

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

"...... satisfaction with life......" (full question not reported)
5 very satisfied
4 satisfied
3 don't know/satisfied
2 don't know/not satisfied
1 disappointed in life

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

"......satisfaction with present life......" (Full lead item not reported)
1
2
3
(Response options not reported)

O-SL/m/sq'/?/7/a Selfreport on single question:

"...........satisfaction with life right now........." (Full question not reported)
1 -
2
3
4
5
6
7 +
Response options not reported.

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

"Some people seem to be quite happy and satisfied with their lives, while others seem quite unhappy and dissatisfied. Now look at this ladder (again). Suppose that a person who is entirely satisfied with his life would be at the top of the ladder and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?"
[ 10 ] entirely satisfied
[ 9 ]
[ 8 ]
[ 7 ]
Findings on Happiness & SELF-IMAGE

O-SLu/c/sq/v/5/e
Selfreport on single question:

'How satisfied are you with your life now?'
5 very satisfied
2 satisfied
3 neither satisfied nor dissatisfied
2 dissatisfied
1 very dissatisfied

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

O-SLu/u/sq/v/4/a
Selfreport on single question:

"Overall, how satisfied are you with your life.....?"
4 very satisfied
3 satisfied
2 dissatisfied
1 very dissatisfied.

O-SLW/c/sq/n/7/a
Selfreport on single question:

"We have talked about various parts of your life, now I want to ask you about your life as a whole. How satisfied are you with your life as a whole these days.....?"

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

O-SLW/c/sq/n/9/a
Selfreport on single question:

'All things considered, how satisfied are you with your life these days?'
1 completely dissatisfied
2
3
4
Findings on Happiness & SELF-IMAGE  

5  
6  
7  
8  
9 completely satisfied  

O-SLW/se/sq/?/7/a Selfreport on single question:

"How satisfied are you about your life as a whole since that time?"(onset of disease)  
7 very satisfied  
6  
5  
4  
3  
2  
1 very dissatisfied  

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

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

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

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

"Where would you put your life as a whole on a feeling thermometer?"

Rated on 'thermometer scale' (in grades)  
0 degrees: very cold, negative  
10  
20  
30  
40  
50  
60  
70  
80  
90  
100 very warm, positive  

O-SLW/u/sq/v/5/d Selfreport on single question:

"Taking your life as a whole, are you .......?"

5 very satisfied  
4 quite satisfied  
3 more satisfied than discontented  
2 more discontented than satisfied
1 quite dissatisfied

In German:
"Wenn Sie Ihr Leben jetzt alles in allem betrachten, sind Sie.....?"
5 sehr zufrieden
4 ziemlich zufrieden
3 eher zufrieden
2 eher unzufrieden
1 ziemlich unzufrieden

O-SLW/u/sq/v/6/a Selfreport on single question:

"How satisfying are these different aspects of your life? Indicate the number which best suits your situation. Life as a whole is....."
1 very dissatisfying
2 dissatisfying
3 rather dissatisfying
4 rather satisfying
5 satisfying
6 very satisfying

This item was followed by eight questions on life domain satisfactions.

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

"Considering everything, how satisfied are you with your life as a whole........?"
7 completely satisfied
6
5
4
3
2
1 completely dissatisfied

Summation: both scores added
Possible range: 2 to 14

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


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

C. Present-year score on Life-Evaluation Chart, ranging from:
1 low
2
3
4
5
On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.
## Appendix 2  Statistics used in reported studies

<table>
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<tr>
<th>Symbol</th>
<th>Explanation</th>
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</table>
| AoV | ANALYSIS of VARIANCE (ANOVA)  
Type: statistical procedure  
Measurement level: Correlate(s): nominal, Happiness: metric.  
In an ANOVA, the total happiness variability, expressed as the sum of squares, is split into two or more parts, each of which is assigned to a source of variability. At least one of those sources is the variability of the correlate, in case there is only one, and always one other is the residual variability, which includes all unspecified influences on the happiness variable. Each sum of squares has its own number of degrees of freedom (df), which sum up to Ne -1 for the total variability. If a sum of squares (SS) is divided by its own number of df, a mean square (MS) is obtained. The ratio of two correctly selected mean squares has an F-distribution under the hypothesis that the corresponding association has a zero-value.  
NOTE: A significantly high F-value only indicates that, in case of a single correlate, the largest of the c mean values is systematically larger than the smallest one. Conclusions about the other pairs of means require the application of a Multiple Comparisons Procedure (see e.g. BONFERRONI's MULTIPLE COMPARISON TEST, DUNCAN's MULTIPLE RANGE TEST or STUDENT-NEWMAN-KEULS) |
| Beta | (B) STANDARDIZED REGRESSION COEFFICIENT  
Type: test statistic.  
Measurement level: Correlates: all metric, Happiness: metric.  
Range: [-1 ; +1]  
Meaning:  
beta > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
beta < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
beta = 0 « no correlation.  
beta = + 1 or -1 « perfect correlation. |
| 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:  
Chi² <= (c-1) * (r-1) means: no association  
Chi² >> (c-1) * (r-1) means: strong association |
| D% | DIFFERENCE in PERCENTAGES  
Type: descriptive statistic only.  
Measurement level: Correlate level: dichotomous, but nominal or ordinal theoretically possible as well. Happiness level: dichotomous  
Range: [-100; +100]  
Meaning: the difference of the percentages happy people at two correlate levels. |
| DM | DIFFERENCE of MEANS |
Findings on Happiness & SELF-IMAGE

Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness: metric
Range: depending on the happiness rating scale of the author; range symmetric about zero.

Meaning: the difference of the mean happiness, as measured on the author’s rating scale, between the two correlate levels.

DMt
DIFFERENCE of MEANS AFTER TRANSFORMATION
Type: descriptive statistic only.
Measurement level: Correlate: dichotomous, Happiness: metric
Theoretical range: [-10; +10]

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

E²
CORRELATION RATIO (Elsewhere sometimes called h² or ETA)
Type: test statistic
Measurement level: Correlate: nominal or ordinal, Happiness: metric
Range: [0; 1]

Meaning: correlate is accountable for E² x 100 % of the variation in happiness.
E² = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.
E² = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating.

G
GOODMAN & Kruskal’s GAMMA
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: [-1; +1]

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

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

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.

rpc
PARTIAL CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: metric, Happiness: metric
Range: [-1; +1]

Print date: 7-2-2003
World Database of Happiness: www.eur.nl/fsw/research/happiness
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Meaning: a partial correlation between happiness and one of the correlates is that correlation, which remains after accounting for the contribution of the other influences, or some of them, to the total variability in the happiness scores.

Under that conditions

\[ \text{rpc} > 0 \rightarrow \text{a higher correlate level corresponds with a higher happiness rating}, \]
\[ \text{rpc} < 0 \rightarrow \text{a higher correlate level corresponds with a lower happiness rating}, \]

**rs**
SPEARMAN'S RANK CORRELATION COEFFICIENT
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal.
Range: \([-1; +1]\)

Meaning:

\( rs = 0 \rightarrow \text{no rank correlation} \)
\( rs = 1 \rightarrow \text{perfect rank correlation, where high correlate values are associated with high happiness ratings} \)
\( rs = -1 \rightarrow \text{perfect rank correlation, where high correlate values are associated with low happiness ratings} \)

**\( \beta \)**
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.

**\( T^2 \)**
HOTELLING’s \( T^2 \) statistic is the MANOVA equivalent of an F-statistic in an ANOVA situation.
Type: test statistic
(one or more correlates; two or more happiness measures at the interval level of measurement)

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

Meaning:

\( \tau = 0 \rightarrow \text{knowledge of the correlate value does not improve the prediction quality of the happiness rating} \)
\( \tau = 1 \rightarrow \text{knowledge of the correlate value enables a perfect (error-free) prediction of the happiness rating} \)

**\( tb \)**
KENDALL'S RANK CORRELATION COEFFICIENT TAU-B
Type: test statistic
Measurement level: Correlate: ordinal, Happiness: ordinal
Range: \([-1; +1]\)

Meaning:

\( tb = 0 \rightarrow \text{no rank correlation} \)
\( tb = 1 \rightarrow \text{perfect rank correlation, where high values of the correlate correspond with high happiness ratings} \)
\( tb = -1 \rightarrow \text{perfect rank correlation, where high values of the correlate correspond with low happiness ratings} \)
V  CRAMéR's $V$
Type: test statistic
Measurement level: Correlate: nominal, Happiness: ordinal
Range: $[0; 1]$

Meaning:
$V = 0$ « no association
$V = 1$ « strongest possible association

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

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

- **Literature on happiness**
  - **Selection on subject**
  - **Bibliography (1)**
  - **Directory (2)**
  - **Selection of Empirical studies**
  - **Happiness Queries (3)**
  - **Testbank**
  - **Abstracting and classification of findings**

**Distributional Findings**
- How happy people are
- **Happiness in Nations (4)**
- **Happiness in Publics (6)**

**Correlational Findings**
- What goes with happiness
- **CATALOG OF CORRELATIONAL FINDINGS**

---

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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