## Findings on Happiness & SEX-LIFE

**Classification of Findings**

<table>
<thead>
<tr>
<th>Correlate Code</th>
<th>Correlate Name</th>
<th>Number of Studies on this Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>S 3</td>
<td>SEX-LIFE</td>
<td>0</td>
</tr>
<tr>
<td>S 3.1</td>
<td>Sex-life career</td>
<td>0</td>
</tr>
<tr>
<td>S 3.1.1</td>
<td>Earlier sex-life</td>
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</tr>
<tr>
<td>S 3.1.1.1</td>
<td>. earlier sexual behavior</td>
<td>0</td>
</tr>
<tr>
<td>S 3.1.1.2</td>
<td>. earlier satisfaction with sex-life</td>
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<tr>
<td>S 3.1.2</td>
<td>Change in sex-life</td>
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</tr>
<tr>
<td>S 3.1.2.1</td>
<td>. change in sexual behavior</td>
<td>0</td>
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<tr>
<td>S 3.1.2.2</td>
<td>. change in satisfaction with sex-life</td>
<td>1</td>
</tr>
<tr>
<td>S 3.1.4</td>
<td>Later sex-life</td>
<td>0</td>
</tr>
<tr>
<td>S 3.2</td>
<td>Current sex-life</td>
<td>3</td>
</tr>
<tr>
<td>S 3.2.1</td>
<td>Sexual activity</td>
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<tr>
<td>S 3.2.2</td>
<td>Sexual preference</td>
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<tr>
<td>S 3.2.3</td>
<td>Sexual monogamy</td>
<td>4</td>
</tr>
<tr>
<td>S 3.3</td>
<td>Attitudes to one's sex-life</td>
<td>1</td>
</tr>
<tr>
<td>S 3.3.1</td>
<td>Concern about sex</td>
<td>2</td>
</tr>
<tr>
<td>S 3.3.2</td>
<td>Problems with sex</td>
<td>7</td>
</tr>
<tr>
<td>S 3.3.3</td>
<td>Satisfaction with sex-life</td>
<td>20</td>
</tr>
<tr>
<td>S 3.4</td>
<td>Attitudes to sex in general</td>
<td>0</td>
</tr>
<tr>
<td>S 3.4.1</td>
<td>Restrictiveness of own attitude to sex</td>
<td>2</td>
</tr>
<tr>
<td>S 3.4.2</td>
<td>Perceived restrictiveness of others attitudes</td>
<td>0</td>
</tr>
<tr>
<td>S 3.4.3</td>
<td>Attitudinal conflicts</td>
<td>0</td>
</tr>
</tbody>
</table>

Appendix 1: Happiness queries used

Appendix 2: Statistics used

Appendix 3: About the World Database of Happiness

Appendix 4: Further Findings in the World Database of Happiness

Appendix 5: Related Topics

Cite as: Veenhoven, R.: Findings on Happiness & SEX-LIFE
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
### Study Details

**BRAY 1980**

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

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

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

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

**N:** 422 * *)

### Measured Correlate

**Class:** Earlier sex-life  
Code: S 3.1.1

**Measurement:** Edwards Personal Preference Schedule (EPPS) scale of heterosexuality.  
This inventory reflects a need for social and sexual activities with the opposite sex as well as enjoying discussions, stories, and jokes involving sex.  
Assessed at T1 (20 years before T5).

**Measured Values:**

**Error Estimates:**

**Remarks:**

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-PL/c/rc/v/5/a</td>
<td>r=-.27</td>
<td>p&lt;.01</td>
</tr>
</tbody>
</table>

**Remarks:**  
T1 need for heterosexuality by T5 happiness.  
Later analysis of the full studygroup (N=266) also showed a significantly negative correlation (BRAY 1983 p 302).
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Study PALMO 1977

Reported in: Palmore, E.B. and Kivett, V.
Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70

Population: 46+ aged whites, North Carolina, USA, 1968-1972/74

Sample: Probability stratified sample

Non-Response:
N: 378

Measured Correlate

Class: . earlier satisfaction with sex-life Code: S 3.1.1.2

Measurement: How much pleasure or enjoyment do you have during sex relation at the present time?
0 = none
1 = mild
2 = moderate
3 = very much

Assessed at T1 = 1968/70.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks

O-BW/c/sq/l/10/c r=+.14 p<.05 T1 enjoyment by T1 happiness
r=+.16 p<.01 T1 enjoyment by T2 happiness
r=+.13 p<.01 T1 enjoyment by T3 happiness

Beta=+.0 ns Multiple regression Dependent T1 life satisfaction.
Selfrated health R=+.42
Sexual enjoyment B1=+.43
Soc. Act. hours B2=+.44
Org. activity B3=+.46
Productive hours B4=+.46

Beta=+.1 p<.05 Multiple regression Dependent T2 life satisfaction.
Selfrated health R=+.42
Sexual enjoyment B1=+.43
Soc. Act. hours B2=+.44
Org. activity B3=+.46
Productive hours B4=+.46
Beta = .1 p < .05

Multiple regression Dependent T3 life satisfaction.

Self-rated health  R  =  .42
Sexual enjoyment  B1 = .43
Soc. Act. hours  B2 = .44
Org. activity  B3 = .46
Productive hours  B4 = .46
Findings on Happiness & SEX-LIFE

Study  
**PALMO 1981**  
_ Reported in:_ Palmore, E.B.  
Social Patterns in Normal Aging: Findings from the Duke Longitudinal Study.  
_ Sample:_ Probability stratified sample  
_ Non-Response:_ 375  

**Measured Correlate**  
_ Class:_ earlier satisfaction with sex-life  
_ Code:_ S 3.1.1.2  
_ Measurement:_ Closed question: "How much pleasure or enjoyment do you have during sex relations at the present time?"  
0 = none  
1 = mild  
2 = moderate  
3 = very much  
Assessed at T1.  

_ Measured Values:_  
_ Error Estimates:_  
_ Remarks:_  

**Observed Relation with Happiness**  
_ Happiness Query_  
O-BW/c/sq/l/10/c  

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=+.14 p&lt;.05</td>
<td>Men T1 sexual enjoyment by T2 life satisfaction.</td>
</tr>
<tr>
<td>r=+.14 p&lt;.05</td>
<td>Women T1 sexual enjoyment by T2 life satisfaction.</td>
</tr>
</tbody>
</table>

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

**HAES 1987**

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

**Population:** Early breast cancer patient, followed 11 and 18 month after treatment, The Netherlands, 1981-1987

**Sample:**

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

**N:** 34

### Measured Correlate

**Class:** Change in sex-life  Code: S 3.1.2

**Measurement:** Rotterdam Symptom Checklist (see de Haes, Pruyn & van Knippenberg, 1983)

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/se/sq/v/7/a</td>
<td>Beta=-.2</td>
<td>11 months after surgery (T1)</td>
</tr>
<tr>
<td>Beta=+.0</td>
<td>18 months after surgery (T2)</td>
<td></td>
</tr>
<tr>
<td>O-SLW/se/sq/?/7/a</td>
<td>Beta=+.1</td>
<td>11 months after surgery (T1)</td>
</tr>
<tr>
<td>Beta=-.1</td>
<td>18 months after surgery (T2)</td>
<td></td>
</tr>
</tbody>
</table>

**Beta controlled for:** Psychological complaints, pain, gastro-intestinal symptoms, fatigue, activity level, perceived impact of breast-surgery on body image, and fear of recurrence of cancer and death
### Study

**HEADE 1982/2**  
*Reported in:* Headey, B.; Holström, E.; Wearing, A.J.  
*Australians’ Priorities Satisfactions and Well-being: Methodological Issues*  
Monograph in Public Policy Studies, nr.8, University of Melbourne, 1982, Australia  
*Population:* Adults, general public, Melbourne, Australia, followed 25 months 1978-81  
*Sample:* Probability sample (unspecified)  
*Non-Response:* 0  
*N:* 184

### Measured Correlate

- **Class:** Change in sex-life  
  Code: S 3.1.2  
- **Measurement:** Single question on satisfaction with sex life, scored on a 1-9 D-T rating scale.

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>Beta=.2 p&lt;.001</td>
<td>T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with sex life</td>
</tr>
<tr>
<td></td>
<td>Beta=.1 p&lt;.05</td>
<td>T1-T2 CHANGE in happiness by T1-T2 CHANGE in satisfaction with sex life</td>
</tr>
</tbody>
</table>

Beta controlled for satisfaction with  
- standard of living  
- health  
- house  
- friends  
- self-fulfillment  
- leisure
Findings on Happiness & SEX-LIFE

Correlate Code: S 3

Study

HEADE 1984

Reported in: Headey,B., Holmstroem,E. & Wearing,A.
The impact of life events and changes in domain-satisfaction on well-being

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

Sample:

Non-Response:

N: 184

Measured Correlate

Class: . change in satisfaction with sex-life Code: S 3.1.2.2

Measurement: Closed question rated on a 9-point scale (delighted ... terrible) Assessed at T2.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>Beta=.2 p&lt;.01</td>
<td>Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1. $\beta$ can be interpreted as regression between change of happiness and change of satisfaction in time.</td>
</tr>
</tbody>
</table>

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### 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 sex-life  
**Code:** S 3.2

**Measurement:** Single question: 'Do you feel that you have sexual problems?'
- 0 : no
- 1a: yes, but they are not related to any prolonged illness, handicap
- 1b: yes, and they are related to a prolonged illness/handicap

**Measured Values:** N: All:1377, 0:1068, 1a:277, 1b:332

**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 = -.28, p < .00 | 0 : Mt = 8.08  
  1a: Mt = 6.86  
  1b: Mt = 5.86  
  All Mt = 7.79 |
| O-HL/c/sq/v/5/h | r = -.24, p < .00 | 0 : Mt = 7.23  
  1a: Mt = 6.04  
  1b: Mt = 6.29  
  All Mt = 6.96 |
| O-SLu/c/sq/v/5/e | r = -.29, p < .00 | 0 : Mt = 7.78  
  1a: Mt = 6.38  
  1b: Mt = 5.84  
  All Mt = 7.45 |

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Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
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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,
Forskningscentret 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 sex-life Code: S 3.2
Measurement:
The sexual problems:
WOMEN:
1: none
2: one of the following:
2a: absence of suitable sexual partner
2b: reduced sexual desire
2c: pain or discomfort during intercourse
2d: unable to achieve orgasm
2e: vaginism
2f: other
MEN:
1: none
2: one of the following:
2a: absence of a suitable sexual partner
2b: reduced sexual desire
2c: pain or discomfort during intercourse
2d: unable to achieve orgasm
2e: reduced ability to achieve erection
2f: premature ejaculation
2g: other

Measured Values:
N: WOMEN: All:2616; %:1: 63.6; 2a:6.8; 2b:15.3; 2c:3.4; 2d:5.1; 2e:0.4; 2f:5.4
N: MEN: All:2092; %:1: 74; 2a:11.7; 2b:2.8; 2c:0.5; 2d:0.4; 2e:0.9; 2f:5.2; 2g:4.4

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>A-AOL/m/sq/v/5/a</td>
<td>WOMEN:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1: Mt = 8.13</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2: Mt = 6.93</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2a: Mt = 6.34</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2b: Mt = 6.81</td>
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</tr>
<tr>
<td></td>
<td>2c: Mt = 6.45</td>
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<tr>
<td></td>
<td>2d: Mt = 6.55</td>
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<tr>
<td></td>
<td>2e: Mt = 6.59</td>
<td></td>
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<tr>
<td></td>
<td>2f: Mt = 6.39</td>
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<tr>
<td></td>
<td>MEN:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1: Mt = 8.15</td>
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<td>2: Mt = 6.44</td>
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<td>2b: Mt = 6.46</td>
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<td>2d: Mt = 5.84</td>
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<td></td>
<td>2e: Mt = 6.31</td>
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<td></td>
<td>2f: Mt = 6.93</td>
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<td></td>
<td>2g: Mt = 6.38</td>
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<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>WOMEN:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1: Mt = 7.50</td>
<td></td>
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<tr>
<td></td>
<td>2: Mt = 6.95</td>
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<td>2a: Mt = 6.18</td>
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<td>2b: Mt = 6.31</td>
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<td></td>
<td>2c: Mt = 6.16</td>
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<td>2d: Mt = 5.94</td>
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<td>2e: Mt = 6.59</td>
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<td></td>
<td>2f: Mt = 5.99</td>
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<td>MEN:</td>
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<td>2c: Mt = 5.00</td>
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<td>2d: Mt = 5.55</td>
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<td>2e: Mt = 5.53</td>
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<td>2f: Mt = 6.05</td>
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<td>2g: Mt = 5.89</td>
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<td>O-SLu/c/sq/v/5/e</td>
<td>WOMEN:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1: Mt = 7.91</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2: Mt = 7.30</td>
<td></td>
</tr>
<tr>
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<td>2a: Mt = 5.50</td>
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<td>DMt</td>
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<td>2: Mt = 5.88</td>
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<tr>
<td>-----</td>
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</tr>
<tr>
<td>MEN</td>
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</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Single question: "Do you feel that you have sexual problems?"
1: no
2: yes, but they are not related to any prolonged illness/handicap
3: yes, and they are related to a prolonged illness/handicap

Measured Correlate

Class: Current sex-life Code: S 3.2

Measurement:
'Single question: 'Do you feel that you have sexual problems?'
1: no
2: yes, but they are not related to any prolonged illness/handicap
3: yes, and they are related to a prolonged illness/handicap

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=-.30 p<.00 | WOMEN:
1: Mt = 8.13
2: Mt = 6.83
3: Mt = 5.95
|                 | r=-.33 p<.00 | MEN:
1: Mt = 8.15
2: Mt = 6.75
3: Mt = 4.68
| O-HL/c/sq/v/5/h | r=-.34 p<.00 | MEN:
1: Mt = 7.80
2: Mt = 6.21
3: Mt = 4.51
|                 | r=-.30 p<.00 | WOMEN:
1: Mt = 7.50
2: Mt = 6.14
3: Mt = 6.01
Findings on Happiness & SEX-LIFE

**MEN:**
1: Mt = 7.34
2: Mt = 5.85
3: Mt = 4.76

**WOMEN:**
1: Mt = 7.91
2: Mt = 6.43
3: Mt = 6.31

\[ r = -0.34 \quad p < 0.00 \]

\[ r = -0.30 \quad p < 0.00 \]
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Direct question: "Approximately how often do you have sex?" Rated on a 9-point scale from 1='never or once a month' to 9='15 times or more a month'

GORDO 1975

Study

Reported in: Gordon, R.M.
The effects of interpersonal and economic resources upon values and the quality of life.

Population: Undergraduate students, Temple University, Pennsylvania, USA, 1973

Sample:

Non-Response: 346

N: 346

Measured Correlate

Class: Sexual activity Code: S 3.2.1

Measurement: Direct question: "Approximately how often do you have sex?" Rated on a 9-point scale from 1='never or once a month' to 9='15 times or more a month'

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/g/sq/n/9/a  r=.25  rpc controlled for self perceived receipt of: love, services, financial security
rpc=.12

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Findings on Happiness & SEX-LIFE Correlate Code: S 3

HETHE 1976

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

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

Sample:

Non-Response: 33 %
N: 96

Measured Correlate

Class: Sexual activity Code: S 3.2.1
Measurement: Frequency as reported in daily records kept during three days at three points in time (T1 2 months after divorce T2 one year after T3 two years after)

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-Sum/se/fl/?/5/a Correlation with synchronous happiness. Computed for divorced only.
High intimate relation
Male Female
T1 r=+.40 (05) r=+.43 (05)
T2 r=+.49 (01) r=+.47 (01)
T3 r=+.54 (01) r=+.52 (01)
Low intimate relation
T1 r=-.09 (ns) r=-.42 (05)
T2 r=-.41 (05) r=-.46 (05)
T3 r=-.48 (01) r=-.57 (01)
### Study

**SCHUL 1985B**

**Reported in:** Schulz, W.; Kötringer, 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:** Sexual activity  
**Code:** S 3.2.1

**Measurement:** Single direct question: "How often do you have sexual intercourse with your partner?" Rated on a 5-point scale ranging from 'seldom' to 'almost daily'.

### 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-AO/c/mq/*/0/a</td>
<td>Beta=+.1 p&lt;.05</td>
<td>β controlled for: professional status, frequency of contact with partner, and satisfaction with partner.</td>
</tr>
<tr>
<td>O-QL?/c/mq/v/5/a</td>
<td>Beta=+.0 p&lt;.05</td>
<td>β controlled for: age, professional status, income, suffering from jealousy of self and/or partner, and satisfaction with partner.</td>
</tr>
</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Single question:
"Are you sexually active?"
1: no
2: yes

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: Sexual activity Code: S 3.2.1
Measurement: Single question:
"Are you sexually active?"
1: no
2: yes

Measured Values: N: 1:275, 2:1174

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=+.15</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt=7.10</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.91</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.76</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=+.19</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt=6.18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=6.95</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=+.15</td>
<td>p&lt;.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1: Mt=6.79</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt=7.58</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt=7.43</td>
</tr>
</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

**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:** Sexual activity  Code: S 3.2.1

- **Measurement:**
  - Single question: "Are you sexually active?"
  - 1: no
  - 2: yes

- **Measured Values:** N: All:4577; 1:391; 2:4186

- **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=+.20 p<.00 | 1: Mt = 6.34  
2: Mt = 7.88 |
| O-HL/c/sq/v/5/h | r=+.24 p<.00 | 1: Mt = 5.45  
2: Mt = 7.18 |
| O-SLu/c/sq/v/5/e | r=+.23 p<.00 | 1: Mt = 5.78  
2: Mt = 7.58 |
<table>
<thead>
<tr>
<th>Study</th>
<th>BRAY 1980</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population:</td>
<td>40+ aged, male managers, Bell Telephone Company, 1978</td>
</tr>
<tr>
<td>Sample:</td>
<td>Non-probability purposive-quota sample</td>
</tr>
<tr>
<td>Non-Response:</td>
<td>panel loss at T5: 37%</td>
</tr>
<tr>
<td>N:</td>
<td>422 * *)</td>
</tr>
</tbody>
</table>

**Measured Correlate**

<table>
<thead>
<tr>
<th>Class:</th>
<th>Sexual preference Code: S 3.2.2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>Edwards Personal Preference Schedule (EPPS) scale of heterosexuality. This inventory reflects a need for social and sexual activities with the opposite sex as well as enjoying discussions, stories, and jokes involving sex. Assessed at T5.</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>M-PL/rc/v/5/a</td>
<td>r=&lt;.30 p&lt;.01</td>
<td>T5 need for heterosexuality by T5 happiness. Later analysis of the full studygroup (N=266) showed a significantly negative correlation (BRAY 1983 p 302).</td>
</tr>
</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

**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

<table>
<thead>
<tr>
<th>Measured Correlate</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class:</strong> Sexual preference</td>
<td>Code: S 3.2.2</td>
</tr>
<tr>
<td><strong>Measurement:</strong> 0 Other 1 Homosexual</td>
<td></td>
</tr>
<tr>
<td><strong>Measured Values:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Remarks:</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SL/?/sq/v/5/a</td>
<td>G=-.36 ns</td>
<td>Computed for never married males only.</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 21 of 86
### 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:* Sexual preference

*Measurement:* Sexual preferences:
1: homosexual
2: bisexual
3: heterosexual

*Measured Values:* N: 1:11, 2:14, 3:1159

### 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=.03 ns</td>
<td>1: Mt = 7.28</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt = 7.75</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt = 7.78</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt = 7.76</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>r=.05 ns</td>
<td>1: Mt = 6.14</td>
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<td></td>
<td></td>
<td>2: Mt = 6.43</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt = 6.96</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt = 6.95</td>
</tr>
<tr>
<td>O-SLu/c/sq/v/5/e</td>
<td>r=.04 ns</td>
<td>1: Mt = 6.81</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Mt = 6.96</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Mt = 7.41</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Mt = 7.41</td>
</tr>
</tbody>
</table>
### Measured Correlate

**Class:** Sexual preference  Code: S 3.2.2

**Measurement:** Sexual preferences:
- 1: homosexual
- 2: bisexual
- 3: heterosexual

**Measured Values:** N: All:2263; %:1:1.4; 2:1.6; 3:97.0

**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=-.03 ns  | WOMEN:  
  1: Mt = 7.83  
  2: Mt = 6.60  
  3: Mt = 7.76  
  
  r=-.02 ns  
  MEN:  
  1: Mt = 8.00  
  2: Mt = 6.70  
  3: Mt = 7.79  |

| O-HL/c/sq/v/5/h | r=-.07 p<.00 | WOMEN:  
  1: Mt = 6.61  
  2: Mt = 5.76  
  3: Mt = 7.10  
  
  r=-.02 ns  
  MEN:  
  1: Mt = 6.90  
  2: Mt = 6.20  
  3: Mt = 6.98  |

| O-SLu/c/sq/v/5/e | r=-.06 p<.00 | WOMEN:  
  1: Mt = 6.94  
  2: Mt = 5.90  
  3: Mt = 7.49  |
Findings on Happiness & SEX-LIFE  

Correlate Code: S 3

r = -.03  ns

MEN:
1: Mt = 7.50
2: Mt = 5.80
3: Mt = 7.41
Findings on Happiness & SEX-LIFE Correlate Code: S 3

<table>
<thead>
<tr>
<th>Study</th>
<th>MOLLE 1985</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reported in:</td>
<td>Moller, V. and Welch, G.J.</td>
</tr>
<tr>
<td>Polygamy and well-being among Zulu migrants</td>
<td></td>
</tr>
<tr>
<td>Population:</td>
<td>Ex-migrant workers, returned to rural Kwazulu, South Africa, 1984</td>
</tr>
<tr>
<td>Sample:</td>
<td></td>
</tr>
<tr>
<td>Non-Response:</td>
<td></td>
</tr>
<tr>
<td>N:</td>
<td>253</td>
</tr>
</tbody>
</table>

### Measured Correlate

<table>
<thead>
<tr>
<th>Class:</th>
<th>Sexual monogamy Code: S 3.2.3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement:</td>
<td>1 polygamist (N = 32) 0 other (N = 221)</td>
</tr>
</tbody>
</table>

### Measured Values:

### Error Estimates:

<table>
<thead>
<tr>
<th>Remarks:</th>
<th>Very and fairly satisfied with life:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 53%</td>
<td></td>
</tr>
<tr>
<td>0 34%</td>
<td></td>
</tr>
</tbody>
</table>

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>O-SLW/u/sq/v/5/d</td>
<td>G=+.38 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tau=+.13 p&lt;.01</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Very and fairly satisfied with life:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 53%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0 34%</td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Study MOLL 1985

Reported in: Moller, V. and Welch, G.J. Polygamy and well-being among Zulu migrants

Population: Ex-migrant workers, returned to rural Kwazulu, South Africa, 1984

Sample:

Non-Response:

N: 253

Measured Correlate

Class: Sexual monogamy Code: S 3.2.3

Measurement:

1 polygamist (N = 32)
0 other (N = 221)

Measured Values:

Error Estimates:

Remarks: Very and fairly happy:
1 81%
0 37%

Observed Relation with Happiness

Happiness Query Statistics Remarks
O-HL/o/sq/v/5/a G=+.76 p<.01

Very and fairly happy:
1 81%
0 37%

tau=+.30 p<.01

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 26 of 86
**Study**  
**MOLLE 1985**  
*Reported in:* Moller, V. and Welch, G.J.  
Polygamy and well-being among Zulu migrants  
*Population:* Ex-migrant workers, returned to rural Kwazulu, South Africa, 1984  
*Sample:*  
*Non-Response:*  
*N:* 253

### Measured Correlate

*Class:* Sexual monogamy  
*Code:* S 3.2.3  
*Measurement:*  
1. polygamist \( N = 32 \)  
0. other \( N = 221 \)  
*Measured Values:*  
*Error Estimates:*  
*Remarks:* Very and fairly happy:  
1 81%  
0 37%

### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| O-HL/c/sq/v/5/a  | G=+.76 p<.01 | Very and fairly happy:  
1 81%  
0 37%  
| tau=+.30 p<.01 | |
Study  MOLLE 1985  Page in Report: 33

Reported in: Moller, V. and Welch, G.J.
Polygamy and well-being among Zulu migrants

Population: Ex-migrant workers, returned to rural Kwazulu, South Africa, 1984

Sample: Non-Response:
N: 253

Measured Correlate

Class: Sexual monogamy  Code: S 3.2.3

Measurement:
1 polygamy  (N = 32)
0 other  (N = 221)

Measured Values:

Error Estimates:

Remarks: Very and fairly satisfied with life:
1 53%
0 34%

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-SLW/u/sq/v/5/d  G=+.38  p<.01  Very and fairly satisfied with life:
tau=+.13  p<.01  1 53%
  0 34%
Findings on Happiness & SEX-LIFE Correlate Code: S 3

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

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: Attitudes to one's sex-life Code: S 3.3
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

Happiness Query Statistics Remarks
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
### Study

**CAMER 1975**

*Reported in:* Cameron, P.

Mood as an Indicant of Happiness: Age, Sex, Social Class and Situational

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

*Sample:*

*Non-Response:* 187

### Measured Correlate

*Class:* Concern about sex  Code: S 3.3.1

*Measurement:* Time sampling, the questions asked 21 times during 10 weeks: "Were you thinking about sex?", and "If you were thinking about a person, was he your or the opposite sex?"

*Measured Values:*

*Remarks:*

Thinking about sex:
- Happy mood: $r=+.29$ (001)
- Neutral mood: $r=-.21$ (01)
- Unhappy mood: $r=+.15$ (01)

Thinking about person of opposite sex:
- Happy mood: $r=+.49$ (001)
- Neutral mood: $r=-.31$ (001)
- Unhappy mood: $r=+.04$  ns

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

### Observed Relation with Happiness

- Thinking about sex:
  - Happy mood: $r=+.29$ (001)
  - Neutral mood: $r=+.21$ (01)
  - Unhappy mood: $r=+.15$ (01)

- Thinking about person of opposite sex:
  - Happy mood: $r=+.49$ (001)
  - Neutral mood: $r=-.31$ (001)
  - Unhappy mood: $r=+.04$  ns

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

**Study**

**SYMON 1937**

*Reported in:* Symonds, P.M.
Happiness as related to problems and interests
Journal of Educational Psychology, 1937, vol. 28, p. 290-294

*Population:* High school pupils and college students, USA, 193?

*Sample:*

*Non-Response:* -

*N:* 1651

---

**Measured Correlate**

*Class:* Concern about sex  Code: S 3.3.1

*Measurement:* Closed question

---

**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/sq/v7/a</td>
<td>DM= ns</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNR= ns</td>
<td></td>
</tr>
</tbody>
</table>

Print date: 7-2-2003
**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:* Problems with sex  
Code: S 3.3.2  

*Measurement:* Rotterdam Symptom Checklist (see de Haes, Pruyn & van Knippenberg, 1983)  

**Measured Values:**

**Error Estimates:**

**Remarks:**

---

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/se/sq/v/7/a Beta=+.1</td>
<td>11 months after surgery (T1)</td>
<td></td>
</tr>
<tr>
<td>Beta=-.1</td>
<td>18 months after surgery (T2)</td>
<td>8 controlled for: Psychological complaints, pain, gastro-intestinal symptoms, fatigue, activity level, perceived impact of breast-surgery on body image, and fear of recurrence of cancer and death</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 32 of 86
### Study SYMON 1937

** Reported in:** Symonds, P.M.  
Happiness as related to problems and interests  
Journal of Educational Psychology, 1937, vol. 28, p. 290-294  
** Population:** High school pupils and college students, USA, 193?  
** Sample:**  
** Non-Response:** -  
** N:** 1651

### Measured Correlate

** Class:** Problems with sex  
Code: S 3.3.2  
** Measurement:** Closed question

### 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-CP/g/sq/v/7/a</td>
<td>DM=-</td>
<td>High school students only: L-shaped curve: significantly negative among happier students only</td>
</tr>
<tr>
<td></td>
<td>SNR=-</td>
<td>High school students only: L-shaped curve: significantly negative among happier students only</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: Problems with sex  
Code: S 3.3.2  

Measurement: Single question: "If you have sexual problems, what is your problem?"  
a: none  
b: absence of a suitable sexual partner  
c: reduced sexual desire  
d: pain or discomfort during intercourse  
e: unable to achieve orgasm  
f: reduced ability to achieve erection(m)  
g: premature ejaculation(m)  
h: vaginism(f)  
i: other  


Error Estimates:  
Remarks:  

Observed Relation with Happiness  

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

a: Mt = 8.09  
b: Mt = 6.24  
c: Mt = 6.94  
d: Mt = 6.80  
e: Mt = 7.06  
f: Mt = 6.80  
g: Mt = 7.08  
h: Mt = 6.66  
i: Mt = 6.55  
All Mt = 7.71
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<td>i:</td>
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<td>All</td>
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Findings on Happiness & SEX-LIFE Correlate Code: S 3

Single question:
"Do you feel that you have sexual problems?"
0 : no
1a: yes, but they are not related to any prolonged illness, handicap
1b: yes, and they are related to a prolonged illness/handicap

Ventegodt, S. (Quality of Life in Denmark)
Forskningscentret 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: Problems with sex Code: S 3.3.2
Measurement: Single question:
'Do you feel that you have sexual problems?'
0 : no
1a: yes, but they are not related to any prolonged illness, handicap
1b: yes, and they are related to a prolonged illness/handicap

Measured Values: N: All:1377, 0:1068, 1a:277, 1b:3:32

Observed Relation with Happiness

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<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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1a: Mt=6.86  
1b: Mt=5.86  
All Mt=7.79 |
| O-HL/c/sq/v/5/h| r=-.24 p<.00 | 0 : Mt=7.23  
1a: Mt=6.04  
1b: Mt=6.29  
All Mt=6.96 |
| O-SLu/c/sq/v/5/e| r=-.29 p<.00 | 0 : Mt=7.78  
1a: Mt=6.38  
1b: Mt=5.84  
All Mt=7.45 |
Findings on Happiness & SEX-LIFE Correlate Code: S 3.3.2

The sexual problems:

**WOMEN:**
1: none
2: one of the following:
   2a: absence of suitable sexual partner
   2b: reduced sexual desire
   2c: pain or discomfort during intercourse
   2d: unable to achieve orgasm
   2e: vaginism
   2f: other

**MEN:**
1: none
2: one of the following:
   2a: absence of a suitable sexual partner
   2b: reduced sexual desire
   2c: pain or discomfort during intercourse
   2d: unable to achieve orgasm
   2e: reduced ability to achieve erection
   2f: premature ejaculation
   2g: other

**Measured Values:**

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**Error Estimates:**

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Findings on Happiness & SEX-LIFE

Correlate Code: S 3

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MEN:

DMt=−
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Single question:
"Do you feel that you have sexual problems?"
1: no
2: yes, but they are not related to any prolonged illness/handicap
3: yes, and they are related to a prolonged illness/handicap

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,
Forskningscentret 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: Problems with sex   Code: S 3.3.2
Measurement:
Single question: 'Do you feel that you have sexual problems?'
1: no
2: yes, but they are not related to any prolonged illness/handicap
3: yes, and they are related to a prolonged illness/handicap

Measured Values: N: All:2414; %:1:69.0; 2:29.3; 3:1.7
Error Estimates:
Remarks:

Observed Relation with Happiness

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Findings on Happiness & SEX-LIFE

**Correlate Code: S 3**

- **MEN:**
  - 1: Mt = 7.34
  - 2: Mt = 5.85
  - 3: Mt = 4.76
  - $r = -0.34$, $p < .00$

- **WOMEN:**
  - 1: Mt = 7.91
  - 2: Mt = 6.43
  - 3: Mt = 6.31
  - $r = -0.30$, $p < .00$

*O-SLu/c/sq/v/5/e*
### Study

**WILSO 1965**

**Reported in:** Wilson, W.R.

Relation of sexual behaviors, values, and conflicts to avowed happiness.


**Population:** College students, undergraduates, Hawaii, USA, 196?

**Sample:**

**Non-Response:**

**N:** 101

---

### Measured Correlate

**Class:** Problems with sex  
**Code:** S 3.3.2

**Measurement:**

a. **Peers:**  
6-item questionnaire of various sexual behaviors varying in intimacy, scored for those behaviors which one's peer group would not seriously disapprove of on a first date, after several dates, with a steady and with a fiancé(e).

b. **Parents:**  
6-item questionnaire (see above), scored for sexual behaviors which one's parents would not seriously disapprove of.

**Measured Values:**

**Error Estimates:**

**Remarks:**

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### Observed Relation with Happiness

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**Findings on Happiness & SEX-LIFE Correlate Code: S 3**

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

**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:** Satisfaction with sex-life Code: S 3.3.3

- **Measurement:**
  Closed question: "How do you feel about your sex 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**

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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:** Satisfaction with sex-life Code: S 3.3.3

- **Measurement:**
  - Closed question: "How do you feel about your sex 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

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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:* Satisfaction with sex-life  
*Code:* S 3.3.3

*Measurement:*  
Closed question: "How do you feel about your sex 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

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**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

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**Measured Correlate**  
*Class:* Satisfaction with sex-life  
Code: S 3.3.3

*Measurement:*  
Closed question: "How do you feel about your sex 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**  

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Findings on Happiness & SEX-LIFE  Correlate Code: S 3

Study  ANDRE 1976/5  Page in Report: 112

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 sex-life  Code: S 3.3.3

Measurement: Closed question: "How do you feel about your sex 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-DT/u/sqt/v/7/a  r=+.42

Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 47 of 86
### 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 sex-life Code: S 3.3.3

**Measurement:** Closed question: How do you feel about your sex 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

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
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<td>r=.42</td>
<td></td>
</tr>
</tbody>
</table>

* *
### Study

**BAKKE 1974**

**Reported in:** Bakker, P. & Berg, N. van de
Determinants and correlates of happiness.

**Population:** 20-65 aged, general public, The Netherlands, 1968

**Sample:**

**Non-Response:** 34% refusal and unattainable.

**N:** 1552

### Measured Correlate

**Class:** Satisfaction with sex-life Code: S 3.3.3

**Measurement:** Closed question rated on an open graphic scale ranging from 'very dissatisfied' to '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/sq/ol7/a</td>
<td>G=+.70</td>
<td>p&lt;.05</td>
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</tbody>
</table>

Lower among age 41-50 and 61-65
Stronger among low S.E.S.
Not among high educational level.
Unaffected by sex.
<table>
<thead>
<tr>
<th>Study</th>
<th>BRADB 1967</th>
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<tbody>
<tr>
<td><strong>Reported in:</strong></td>
<td>Bradbury, B.R.</td>
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<tr>
<td></td>
<td>A study of guilt and anxiety as related to certain psychological variables.</td>
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<td></td>
<td>Unpublished doctoral dissertation, 1967, North Texas State University, USA.</td>
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<td><strong>Population:</strong></td>
<td>University students, North Texas State, USA, 1966/67</td>
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<td><strong>N:</strong></td>
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<thead>
<tr>
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<tbody>
<tr>
<td><strong>Class:</strong></td>
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<tr>
<td><strong>Measurement:</strong></td>
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<tr>
<td><strong>Measured Values:</strong></td>
</tr>
<tr>
<td><strong>Error Estimates:</strong></td>
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<td><strong>Remarks:</strong></td>
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<table>
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<th>Observed Relation with Happiness</th>
</tr>
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<tbody>
<tr>
<td><strong>Happiness Query</strong></td>
</tr>
<tr>
<td>O-HP/g/sq/v/3/a</td>
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</tbody>
</table>
Findings on Happiness & SEX-LIFE

**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  
Non-Response:  
N: 163

**Measured Correlate**

Class: Satisfaction with sex-life  
Code: S 3.3.3  
Measurement: How satisfactory is this aspect of your life?.....  
Sexual life  
1 very dissatisfying  
2 dissatisfying  
3 rather dissatisfying  
4 rather satisfying  
5 satisfying  
6 very satisfying

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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<tr>
<td>O-SLW/u/sq/v/6/a</td>
<td>rs=+.40</td>
<td>p&lt;.001</td>
</tr>
</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

1 single question on satisfaction with sex life scored on a 1-9 D-T rating scale.

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: Satisfaction with sex-life Code: S 3.3.3

Measurement: 1 single question on satisfaction with sex life scored on a 1-9 D-T rating scale.

Measured Values: M = 6.8   SD = 1.6

Error Estimates:

Remarks: Item 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>
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<td>r=+.47</td>
<td>p&lt;.001</td>
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</table>

Beta=+.1

all cases
Beta's controlled for satisfaction with
- self-fulfillment
- problem handling
- family activities
- work around the house
- mother
- health
- house
- standard of living
- assertiveness
- friends
- fun and enjoyment
- marriage
Findings on Happiness & SEX-LIFE Correlate Code: S 3

**Study**

**HEADE 1984**

*Reported in:* Headey,B., Holmstroem,E. & Wearing,A.  
The impact of life events and changes in domain-satisfaction on well-being  

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

**Sample:**

**Non-Response:** N: 184

**Measured Correlate**

*Class:* Satisfaction with sex-life Code: S 3.3.3

*Measurement:* Closed question rated on a 9-point scale (delighted ... terrible) Assessed at T2.

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
</table>
| A-BB/cm/mq/v/2/a | Beta=.2 p<.01 | Happiness T2 by satisfaction T2, controlling for happiness T1 and satisfaction T1.  

\[ \beta \text{ can be interpreted as regression between change of happiness and change of satisfaction in time.} \]
Study  
**MILLE 1968**  
*Reported in:* Miller, H. & Wilson, W.  
Relation of sexual behaviors, values and conflict to avowed happiness and personal Psychological Reports, 1968, vol. 23, p. 1075-1086.  

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

*Sample:*  

*Non-Response:* 132  

**Measured Correlate**  

*Class:* Satisfaction with sex-life  
Code: S 3.3.3  

*Measurement:* Discrepancy between various scores indicative of sexual liberality: For questions used see under 'Liberality of Sexual Attitudes’ (S 3.1)  

a. Difference between liberality of sexual behaviors engaged in and liberality of sexual behaviors engaged in as revealed to parents.  
b. Difference between liberality of sexual behaviors engaged in and liberality of sexual behaviors engaged in as revealed to parents.  
c. Difference between liberality of sexual behaviors engaged in and liberality of sexual behaviors one would like to engage in with a date.  
d. Difference between liberality of sexual behaviors engaged in and liberality of sexual behaviors deemed acceptable if experienced previously by a fiancé(e).  
e. Difference between liberality of sexual behaviors engaged in and liberality of sexual behaviors engaged in and revealed to peers and revealed to parents.  
f. Difference between liberality of sexual behaviors engaged in and revealed to peers and liberality of sexual behaviors one would like to engage in with a date.  
g. Difference between liberality of sexual behaviors engaged in and re-
h. Difference between liberalty of sexual behaviors engaged in and revealed to parents and liberalty of sexual behaviors one would like to engage in with adate.

i. Difference between liberalty of sexual behaviors engaged in and revealed to peers and liberalty of sexual behaviors deemed acceptable if experienced previously by a fiancé(e).

j. Difference between liberalty of sexual behaviors one would like to engage in with a date and liberalty of sexual behaviors deemed acceptable if experienced previously by a fiancé(e).

Measured Values:

Error Estimates:

Remarks:

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<td>a: males</td>
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<td></td>
<td>r=-.07</td>
<td>females</td>
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<td></td>
<td>r=.03</td>
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Findings on Happiness & SEX-LIFE

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</tbody>
</table>
Findings on Happiness & SEX-LIFE  

**Study**  
**PALMO 1972**

*Reported in:* Palmore, E.B. & Luikart, C.  
Health and social factors related to life satisfaction.  

*Population:* 46+ aged, whites, North Carolina, USA, 1968

*Sample:* Probability stratified sample

*Non-Response:* N: 502

**Measured Correlate**

*Class:* Satisfaction with sex-life  
Code: S 3.3.3

*Measurement:* Self-report on single question:  
"How much pleasure or enjoyment do you have during sex relations at the present time":  
0 = none  
1 = mild  
2 = moderate  
3 = very much

*Measured Values:* M-1.4  SD=1.1

*Error Estimates:*  

*Remarks:*  

**Observed Relation with Happiness**

*Happiness Query*  
O-BW/c/sq/l/10/c

*Statistics*  
\( r = +.14 \)

*Remarks*  

---

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Findings on Happiness & SEX-LIFE Correlate Code: S 3

How much pleasure or enjoyment do you have during sex relation at the present time?

0 = none  
1 = mild  
2 = moderate  
3 = very much  

Assessed at T1= 1968/70.

Measurement: How much pleasure or enjoyment do you have during sex relation at the present time?

0 = none  
1 = mild  
2 = moderate  
3 = very much  

Assessed at T1= 1968/70.

Study  PALMO 1977  Page in Report: 313

Reported in: Palmore, E.B. and Kivett, V.
Change in Life Satisfaction: A Longitudinal Study of Persons Aged 46-70

Population: 46+ aged whites, North Carolina, USA, 1968-1972/74
Sample: Probability stratified sample
Non-Response: 378

Measured Correlate

Class: Satisfaction with sex-life  Code: S 3.3.3
Measurement: How much pleasure or enjoyment do you have during sex relation at the present time?

0 = none  
1 = mild  
2 = moderate  
3 = very much  

Assessed at T1= 1968/70.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-BW/c/sq/l/10/c  r=+.14  p<.05  T1 sexual enjoyment by T1 life satisfaction.
Beta=+.0 ns  Multiple regression. Dependent T1 life satisfaction.
selfrated health
sexual enjoyment
soc. act hours
org. act.
productive hours
Findings on Happiness & SEX-LIFE

Correlate Code: S 3

Study

**SCHUL 1985B**

*Reported in:* Schulz, W.; Kötringer, 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 sex-life Code: S 3.3.3

*Measurement:* Single direct question: "How do you judge your situation, concerning ‘relation and sexuality’?" Rated on a 5-point scale, ranging from 'not satisfying' to 'very good'.

Measured Values:

Error Estimates:

*Remarks:* Ss without partner, with work only (N=134)

Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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</thead>
<tbody>
<tr>
<td>O-QL?/c/mq/v/5/a</td>
<td>Beta=+.1 p&lt;.05</td>
<td>β controlled for four domain satisfactions (income, work, social involvement, leisure) Ss without partner, with work only (N=134)</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003

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

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### 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 sex-life  
*Code:* S 3.3.3

*Measurement:* 0: dissatisfied with sexlife  
1: satisfied with sexlife

*Measured Values:* N 0: 91 1: 413

*Error Estimates:

*Remarks:* Ss in labourforce only

### 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>
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<td>unemployed no contacts employed contacts unemployed no contacts contacts unemployed contacts contactsemployed no contacts contacts employed contacts</td>
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<tr>
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<td></td>
<td>O: Ms = 4.59 6.16 5.84 7.09 1: Ms = 7.00 8.35 8.40 8.54</td>
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<tr>
<td>O-HL/c/sq/v/5/h</td>
<td>DMt=+</td>
<td>unemployed no contacts employed contacts unemployed no contacts contacts unemployed contacts contactsemployed no contacts contacts employed contacts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>O: Ms = 3.34 5.09 5.00 6.59 1: Ms = 7.25 8.05 7.95 8.28</td>
</tr>
<tr>
<td>O-SLc/c/sq/v/5/e</td>
<td>DMt=+</td>
<td>unemployed no contacts employed contacts unemployed no contacts contacts unemployed contacts contactsemployed no contacts contacts employed contacts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>O: Ms = 3.34 5.09 5.00 6.59 1: Ms = 7.25 8.05 7.95 8.28</td>
</tr>
</tbody>
</table>
Findings on Happiness & SEX-LIFE Correlate Code: S 3

Single question:
"How satisfied are you with your sex-life as it is, or is not, at present?"
1: very dissatisfied
2: dissatisfied
3: neither/nor
4: satisfied
5: very satisfied

Measured Correlate

Class: Satisfaction with sex-life  Code: S 3.3.3
Measurement: Single question:
"How satisfied are you with your sex-life as it is, or is not, at present?"
1: very dissatisfied
2: dissatisfied
3: neither/nor
4: satisfied
5: very satisfied

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

Measured Values:

Error Estimates:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
A-AOL/m/sq/v/5/a  r=.35 p<.00  women:
1: Mt = 5.54
2: Mt = 6.66
3: Mt = 7.01
4: Mt = 7.94
5: Mt = 8.63
All Mt = 7.75

r=.39 p<.00  men:
1: Mt = 5.58
2: Mt = 6.75
3: Mt = 7.55
4: Mt = 8.08
5: Mt = 8.81
All Mt = 7.80

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Findings on Happiness & SEX-LIFE

Correlate Code: S 3

O-HL/c/sq/v/5/h  \( r = +.43 \)  \( p < .00 \)

women:
1: Mt = 5.18
2: Mt = 5.79
3: Mt = 6.19
4: Mt = 7.09
5: Mt = 8.16
All: Mt = 7.01

men:
1: Mt = 4.73
2: Mt = 5.50
3: Mt = 6.38
4: Mt = 7.24
5: Mt = 8.31
All: Mt = 6.90

O-SLu/c/sq/v/5/e  \( r = +.39 \)  \( p < .00 \)

women:
1: Mt = 4.83
2: Mt = 6.08
3: Mt = 6.71
4: Mt = 7.65
5: Mt = 8.39
All: Mt = 7.44

men:
1: Mt = 4.86
2: Mt = 6.13
3: Mt = 7.06
4: Mt = 7.81
5: Mt = 8.60
All: Mt = 7.43
### 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 sex-life  **Code:** S 3.3.3

**Measurement:** (Un)employment with/without satisfaction with sexlife, and daily personal contacts

0: no daily contacts

1: daily contacts

- dissatisfaction with sex life: sex-
- satisfaction with sex life: sex+

### Observed Relation with Happiness

#### Happiness Query

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
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<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>unemployed employed sex- sex+ sex- sex+ sex- sex+ sex- sex+</td>
</tr>
<tr>
<td>O-HL/c/sq/v/5/h</td>
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</tr>
<tr>
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<td>unemployed employed sex- sex+ sex- sex+</td>
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Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness  Page 63 of 86
Findings on Happiness & SEX-LIFE

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

Measurement: Single question:
'How satisfied are you with your sex life as it is, or is not, at present?'
1: very dissatisfied
2: dissatisfied
3: neither/nor
4: satisfied
5: very satisfied

Measured Correlate
Class: Satisfaction with sex-life Code: S 3.3.3

Measured Values:
N: All:2460; 1:91; 2:249; 3:500; 4:945; 5:675

Error Estimates:

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-AOL/m/sq/v/5/a r=.39 p<.00 WOMEN:
1: Mt=5.66
2: Mt=6.61
3: Mt=6.96
4: Mt=7.90
5: Mt=8.75

MEN:
1: Mt=5.54
2: Mt=6.71
3: Mt=7.38
4: Mt=8.06
5: Mt=8.80
Findings on Happiness & SEX-LIFE  
Correlate Code: S 3

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</table>
Findings on Happiness & SEX-LIFE

**Study**

**WILSO 1965**

*Reported in:* Wilson, W.R.

Relation of sexual behaviors, values, and conflicts to avowed happiness.


*Population:* College students, undergraduates, Hawaii, USA, 196?

*Sample:*

*Non-Response:*

*N:* 101

**Measured Correlate**

*Class:* Satisfaction with sex-life  Code: S 3.3.3

*Measurement:*

Discrepancy between various scores indicative of sexual liberality:

- a. Discrepancy between liberality of one's ideal sexual attitude and liberality of one's pragmatic sexual attitude.

- b. Discrepancy between liberality of one's pragmatic sexual attitude and perceived liberality of sexual attitude of one's peer group.

- c. Discrepancy between liberality of one's ideal sexual attitude and perceived liberality of sexual attitude of one's peer group.

- d. Discrepancy between liberality of one's pragmatic sexual attitude and perceived liberality of sexual attitude of one's parents.

- e. Discrepancy between liberality of one's ideal sexual attitude and perceived liberality of sexual attitude of one's parents.

- f. Discrepancy between perceived liberality of sexual attitudes of one's peers and one's parents.

*Measured Values:*

*Error Estimates:*

*Remarks:* For questions used see under 'Liberality of Sexual Attitudes' (S 3.1) and 'Perceived Liberality of Sexual Attitudes of Others' (S 3.2)
### Observed Relation with Happiness

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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<tr>
<td>M-TH/g/sq/v/11/a</td>
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<td></td>
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</table>

For questions used see under 'Liberality of Sexual Attitudes' (S 3.1) and 'Perceived Liberality of Sexual Attitudes of Others' (S 3.2)
Findings on Happiness & SEX-LIFE Correlate Code: S 3

a. Sexual behaviors engaged in:
6-item questionnaire of various sexual behaviors varying in intimacy, scored for number of behaviors engaged in on a first date, after several dates, with a steady, with a fiancé(e).

b. Sexual behaviors engaged in and revealed to peers:
6-item questionnaire of various sexual behaviors varying in intimacy, scored for number of sexual behaviors engaged in and later disclosed to a member of one's peer group.

c. Sexual behaviors engaged in and revealed to parents:
6-item questionnaire of various sexual behaviors varying in intimacy, scored for number of sexual behaviors engaged in and later disclosed to one or both parents.

d. Sexual behaviors one would like to engage in with a date:
6-item questionnaire of various sexual behaviors varying in intimacy, scored for number of behaviors one would like to engage in at different stages of a dating relationship.

e. Sexual behaviors deemed acceptable if experienced previously by fiancé(e):
6-item questionnaire of various sexual behaviors varying in intimacy, scored for number of behaviors one would not seriously disapprove of if one's fiancé(e) had engaged in them before with someone else.

Observed Relation with Happiness
<table>
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<tr>
<th>Happiness Query</th>
<th>Statistics</th>
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**Study**  
**WILSO 1965**  
**Page in Report:** 375

**Reported in:** Wilson, W.R.  
Relation of sexual behaviors, values, and conflicts to avowed happiness.  

**Population:** College students, undergraduates, Hawaii, USA, 196?

**Sample:**

**Non-Response:**

| N: 101 |

**Measured Correlate**

**Class:** Restrictiveness of own attitude to sex  
Code: S 3.4.1

**Measurement:**

a. **Pragmatic liberalism:**

6-item questionnaire of various sexual behaviors varying in intimacy, scored for how one would probably behave when possible on a first date, after several dates, with a steady, and with a fiancé(e).

b. **Ideal liberalism:**

6-item questionnaire of various sexual behaviors varying in intimacy scored for those behaviors one endorses or approves of on a first date, after several dates, with a steady, and with a fiancé(e).

**Measured Values:**

**Error Estimates:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
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</thead>
<tbody>
<tr>
<td>M-TH/g/sq/v/11/a</td>
<td>r=-.15</td>
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</tbody>
</table>

| r=-.15 | ns | a. |
| r=-.10 | ns | b. |
Appendix 1  Queries on Happiness used in reported Studies

### Happiness Query Code

**Full Text**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Questions</th>
<th>Scoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-AOL/m/sq/v/5/a</td>
<td>Single direct question</td>
<td>'How are you feeling now....?'</td>
<td>1 very poor, 2 poor, 3 neither good nor poor, 4 good, 5 very good</td>
</tr>
<tr>
<td>A-AOL/se/sq/v/7/a</td>
<td>Self-report on single question</td>
<td>&quot;Taken things together: how did you feel since you got ill....?&quot;</td>
<td>1 very bad, 2, 3, 4, 5, 6, 7 very good</td>
</tr>
<tr>
<td>A-BB/cm/mq/v/2/a</td>
<td>Self-report on 10 questions</td>
<td>&quot;During the past few weeks, did you ever feel ....?&quot; (yes/no)</td>
<td>1 yes, 0 no</td>
</tr>
</tbody>
</table>

- **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
Findings on Happiness & SEX-LIFE  
Correlate Code: S 3

Possible range: -5 to +5

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

A-CP/g/sq/v/7/a  
Selfreport on single question:

"Check one of the following groups of adjectives which best describes you."

7  full of deep joy, excitedly happy, enthusiastic, thrilled
6  cheerful, successful, optimistic, lighthearted
5  satisfied, comfortable, life goes smoothly, peaceful
4  contented at times and at other times discontented, life has
   both favorable and unfavorable features
3  restless, impatient, uncertain, dull, cross, confined
2  anxious, irritated, discouraged, disappointed, discontented
1  gloomy, miserable, a failure, no pleasure in anything

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?"

Summation: simple average

M-PL/c/rc/v/5/a  
Clinical rating by 4 experts on the basis of multi-method assessments during
periodical stays in assessment center.

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

1  low
2
3  average
4
5  high

M-TH/g/sq/v/11/a  
Selfreport on single question:

Lead item not reported
11  completely and supremely happy, tremendous joy and elation
   all the time
10
9
8  very happy  most of the time
7
6  happy most of the time
5
4  . not very happy most of the time
3
2.
1  completely utterly unhappy, terrible depression and gloom
   all the time

(Originally presented horizontally)

M-TH/g/sq/v/9/a  
Self report on single question:
"Please estimate your happiness on the scale below by marking a number from 1 to 9"
1  not very happy most of the time
2
3
4
5  happy most of the time
6
7
8
9  very happy most of the time

O-BW/c/sq/l/10/c  Selfreport on single question:

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

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

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

O-DT/u/sq/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 "Delighted-Terrible Scale" (original version)

O-DT/u/sq/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
Findings on Happiness & SEX-LIFE

Correlate Code: S 3

4 mostly dissatisfied
5 mixed feelings
6 mostly satisfied
7 pleased
8 very pleased
9 delighted

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

"Taking all things together in your life, how would you say things are these days? Would you say you are ....?"
5 very happy
4 happy
3 neither happy nor unhappy
2 unhappy
1 very unhappy

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

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

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

O-HL/g/sq/n/9/a 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)

O-HP/g/sq/ol/7/a Selfreport on single question:

"Generally speaking are you a happy person.......?"

Responses were made on an open line scale, and were later coded in 7 categories:
Findings on Happiness & SEX-LIFE

1 very unhappy
2
3
4
5
6
7 very happy.

Original text in Dutch:
"Bent u over het algemeen een gelukkig mens?"
a zeer ongelukkig
b
c
d
e
f
g zeer gelukkig

O-HP/g/sq/v/3/a Selfreport on single question:

"Do you consider yourself to be.....?"
3 generally happy
2 moderately happy
1 generally unhappy

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

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness
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 unglücklich
  a ziemlich unglücklich
- 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
- keine Angabe

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

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

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

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

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.

Selfreport in focussed interview:

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

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

On the web you will find an overview of valid queries on happiness and an explanation of the classification used. Go to: www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm. This is the introductory text to the Catalog of Happiness Queries.
### Appendix 2  Statistics used in reported studies

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
</table>
| Beta   | (B) STANDARDIZED REGRESSION COEFFICIENT  
  Type: test statistic.  
  Measurement level: Correlates: all metric, Happinessl: metric.  
  Range: [-1 ; +1]  
  Meaning:  
  beta > 0 « a higher correlate level corresponds with, on an average, higher happiness rating.  
  beta < 0 « a higher correlate level corresponds with, on an average, lower happiness rating.  
  beta = 0 « no correlation.  
  beta = + 1 or -1 « perfect correlation. |
| DM    | DIFFERENCE of MEANS  
  Type: descriptive statistic only.  
  Measurement level: Correlate: dichotomous, Happiness: metric  
  Range: depending on the happiness rating scale of the author; range symmetric about zero.  
  Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels. |
| DMt   | DIFFERENCE of MEANS AFTER TRANSFORMATION  
  Type: descriptive statistic only.  
  Measurement level: Correlate: dichotomous, Happiness: metric  
  Theoretical range: [-10; +10]  
  Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels. |
| 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, Happinessl: 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]

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
rpc > 0 « a higher correlate level corresponds with a higher happiness rating,
rpc < 0 « 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 « no rank correlation
rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings
rs = -1 « perfect rank correlation, where high correlate values are associated with low happiness ratings

SNR Statistic Not Reported

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

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

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

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

- Literature on happiness
  - Selection on subject
  - Bibliography (1)
    - Directory (2)
    - Selection of Empirical studies
      - Selection on valid measurement
    - Happiness Queries (3)
      - Testbank
      - Abstracting and classification of findings

- Distributional Findings
  - How happy people are
    - Happiness in Nations (4)
    - Happiness in Publics (6)

- Correlational Findings
  - What goes with happiness

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

<table>
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<tr>
<th>Main Category's</th>
<th>Category Name</th>
<th>Number of Studies in this Category</th>
</tr>
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<tbody>
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<td>A 1</td>
<td>ACTIVITY LEVEL (how much one does)</td>
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</tr>
<tr>
<td>A 2</td>
<td>ACTIVITY PATTERN (what one does)</td>
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</tr>
<tr>
<td>A 3</td>
<td>AFFECTIVE LIFE</td>
<td>31</td>
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<td>APPEARANCE (good looks)</td>
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<td>ATTITUDES</td>
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<td>CULTURE (Arts and Sciences)</td>
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