## Correlational Findings

**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>T 2</td>
<td>THERAPY</td>
<td>0</td>
</tr>
<tr>
<td>T 2.1</td>
<td>Therapeutical career</td>
<td>0</td>
</tr>
<tr>
<td>T 2.1.1</td>
<td>Earlier therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.1.2</td>
<td>Change in therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.1.3</td>
<td>Current therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.1.4</td>
<td>Later therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2</td>
<td>Therapeutical effect (on happiness)</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2.1</td>
<td>Effects of activation therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2.1.1</td>
<td>. self-perceived effects</td>
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</tr>
<tr>
<td>T 2.2.1.2</td>
<td>. actual effects (follow-up)</td>
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</tr>
<tr>
<td>T 2.2.2</td>
<td>Effects of happiness-training</td>
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<tr>
<td>T 2.2.2.1</td>
<td>. self-perceived effects</td>
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<tr>
<td>T 2.2.2.2</td>
<td>. actual effects (follow-up)</td>
<td>4</td>
</tr>
<tr>
<td>T 2.2.3</td>
<td>Effects of family-marriage therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2.3.1</td>
<td>. self-perceived effects</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2.3.2</td>
<td>. actual effects (follow-up)</td>
<td>1</td>
</tr>
<tr>
<td>T 2.2.4</td>
<td>Effects of psycho-therapy</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2.4.1</td>
<td>. self-perceived effect</td>
<td>0</td>
</tr>
<tr>
<td>T 2.2.4.2</td>
<td>. actual effect (follow-up)</td>
<td>1</td>
</tr>
<tr>
<td>T 2.3</td>
<td>Therapeutic behavior</td>
<td>0</td>
</tr>
<tr>
<td>T 2.3.1</td>
<td>Behavior of therapist</td>
<td>1</td>
</tr>
<tr>
<td>T 2.3.2</td>
<td>Behavior of client</td>
<td>1</td>
</tr>
<tr>
<td>T 2.4</td>
<td>Attitudes to own therapies</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 & THERAPY
World Database of Happiness. Internet: www.eur.nl/fsw/research/happiness
Erasmus University Rotterdam, 2003, Netherlands
Findings on Happiness & THERAPY

Study

LANGE 1976

Reported in: Langer, E.J. and Rodin, J.
The effects of choice and enhanced personal responsibility for the aged: A field

Population: Nursing home residents, Hamden, Connecticut, USA, 1973

Sample:

Non-Response: 51%
N: 45

Measured Correlate

Class: actual effects (follow-up) Code: T 2.2.1.2

Measurement: In nursing home two floors selected because of similarity in residents' characteristics. A different floor was randomly selected for each treatment. The nursing home administrator called a meeting in the lounge of each floor where she delivered two communications. 0 Comparison group: 2nd floor, the administrator stressed staff responsibility
1 Experimental group: 4th floor, the administrator emphasized respondents responsibility for themselves

Happiness was assessed 1 week prior to the communication (T1) and 3 weeks after (T2).

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/g/sq/n/8/a  DMt=+  p<.05  self reports of happiness in Mt' pre and post treatment.

<table>
<thead>
<tr>
<th></th>
<th>T1</th>
<th>T2</th>
<th>CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experiment</td>
<td>6.31</td>
<td>6.65</td>
<td>+0.34</td>
</tr>
<tr>
<td>Comparison group</td>
<td>5.99</td>
<td>5.84</td>
<td>-0.15</td>
</tr>
</tbody>
</table>

The difference in change was significant at .05 level.
### Study

**FILLE 1976**

**Reported in:** Fillenbaum, G.G. and Willis, E.  
*Effects of a Training Program: Older persons caring for the Elderly*  
*Industrial Gerontology, 1976 pp. 213-221*

**Population:** 50-79 aged, females, trainees and controls, USA, 1970

**Sample:**

**Non-Response:**

| N: | 45: 35 trainees, 10 controls |

---

### Measured Correlate

**Class:** actual effects (follow-up)  
**Code:** T 2.2.2.2

**Measurement:**  
0 Controls on waiting list  
1 Trainees participants in 4 week training

**Happiness assessed at:**

T1: the start of training  
T2: four weeks after  
T3: eight weeks after  
T4: six months after

**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>DM=+ ns</td>
<td>At T4: consistent increase in happiness among trainees compared to controls.</td>
</tr>
</tbody>
</table>

---

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 4 of 27
Findings on Happiness & THERAPY

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:** . actual effects (follow-up)  
**Code:** T 2.2.2.2

**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:**

**Remarks:**

**Observed Relation with Happiness**

<table>
<thead>
<tr>
<th>Happiness Query</th>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-BK/cm/mg/v/5/b</td>
<td>r=+.80 p&lt;.01</td>
<td>T1 LEVEL of beliefs to T1 LEVEL of happiness</td>
</tr>
<tr>
<td></td>
<td>r=+.75 p&lt;.01</td>
<td>T1-T2 CHANGE in beliefs to T1-T2 CHANGE in happiness</td>
</tr>
</tbody>
</table>

Print date: 7-2-2003  
World Database of Happiness: www.eur.nl/fsw/research/happiness  
Page 5 of 27
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: 15%
N: 23

Measured Correlate

Class: actual effects (follow-up) Code: T 2.2.2.2
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 every day life. Sometimes Ss were asked to do home exercises.

Measured Values:

Error Estimates:

Remarks:

Observed Relation with Happiness

Happiness Query | Statistics | Remarks
---|---|---
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: Controls Experimental Difference
T1 \( \bar{M}_t = 7.6 \) \( \bar{M}_t = 7.8 \) \( DM_{t} = + .2 \)
T2 \( \bar{M}_t = 7.6 \) \( \bar{M}_t = 8.3 \) \( DM_{t} = + .7 \)
T3 \( \bar{M}_t = 7.4 \) \( \bar{M}_t = 8.6 \) \( Dms = +1.2 \)

DMt=+ p<.s | CHANGE in happiness:
at Controls Experimental Difference
T1-T2 \( \bar{M}_t = 0.0 \) \( \bar{M}_t = +.5 \) \( DM_{t} = + .5 \) p<05
T1-T3 \( \bar{M}_t = +.2 \) \( \bar{M}_t = +.8 \) \( DM_{t} = +1.0 \) p<01
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

M-FH/cw/sq/v/5/a E²=+.17 $ns$ Difference in T1-T2 CHANGE in happiness between controls and experimentals. T1: start of course T2: end of course (4 weeks after T1) T3: 6 weeks follow up (10 weeks after T1)

DM=+ $p<.05$ DM=+ $ns$ Difference in T1-T2 CHANGE in happiness between controls and experimentals.

O-SL?/m/sq/?/7/a E²=+.41 $p<.05$ Happiness assessed at: T1: start of course T2: end of course (4 weeks after T1) T3: 6 weeks follow up (10 weeks after T1)

DM=+ $ns$ 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.
Findings on Happiness & THERAPY

Study LICHT 1980/2

Increasing happiness through cognitive retraining
New Zealand Psychologist

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

Sample:  
Non-Response:  
N: Control group 23, experimental group 25

Measured Correlate

Class: . actual effects (follow-up) Code: T 2.2.2.2  
Measurement:  
0: Control group (N=23). No reading  
1: Experimental group(N=25). Instructed to read every morning during the 2-weeks testing period between T1 and T2 a list of 18 positive statements.

Measured Values:  
Error Estimates:  
Remarks:  

Observed Relation with Happiness

Happiness Query Statistics Remarks
A-BK/u/mq/v/5/b DM=  
Happiness assessed at:  
T1: start of a 2-week induction period  
T2: end of a 2-week induction period  
LEVEL of happiness
Controls Experimentalts Difference  
at T1 Mt' = 6.2 Mt' = 5.5 Dmt' = -.7  
at T2 Mt' = 6.4 Mt' = 6.9 Dmt' = +.5  
DMt=+ p<.01
CHANGE in happiness  
T1-T2 Dmt'=+0.2 Dmt'=+1.4 Dmt'= +1.2  
E²=.50 p<.01
Change in happiness by induction (difference in change between experimental and controls)
Findings on Happiness & THERAPY

**Study**

**Measured Correlate**

**Data**

**Measured Values:**

**Class:** . actual effects (follow-up)  
**Code:** T 2.2.3.2

**Measurement:** Happiness assessed at  
T1: before start of therapy  
T2: after termination of therapy  
(either premature or planned)

**Non-Response:**

**Sample:** Couples, followed family therapy, USA, 1985-86

**Population:**

**Non-Response:**

**Sample:**

**N:** 94

**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>DMt=+</td>
<td>husbands</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>DMt=+</td>
<td>wives</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>DMt=0</td>
<td>husbands</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-HL/c/sq/v/3/aa</td>
<td>DMt=+</td>
<td>wives</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Average happiness (Ms') at: T1 5.4  T2 6.2 change 0.8  
-husbands  
Average happiness (Ms') at: T1 3.8  T2 5.0 change 1.2  
-wives  
Average happiness (Ms') at: T1 2.1  T2 2.1 change 0.0  
-dropouts  
Average happiness (Ms') at: T1 2.6  T2 3.3 change 0.6  
-husbands  
Average happiness (Ms') at: T1 3.8  T2 5.0 change 1.2  
-wives  
Average happiness (Ms') at: T1 2.1  T2 2.1 change 0.0  
-dropouts

**Reported in:** Anderson S.A., Atilano R.B., Bergen L.P. e.a.  
Dropping out of marriage and family therapy: intervention strategies and spouses  
### Study: ANDER 1985

**Reported in:** Anderson S.A., Atilano R.B., Bergen L.P. e.a.  
**Dropping out of marriage and family therapy: intervention strategies and spouses**  

**Population:** Couples, followed family therapy, USA, 1985-86

**Sample:**

**Non-Response:** 94

---

### Measured Correlate

**Class:** Actual effect (follow-up)  
**Code:** T 2.2.4.2

**Measurement:** Happiness assessed at  
T1: before start of therapy  
T2: after termination of therapy  
(either premature or planned)

---

### Measured Values:

**Remarks:** Average happiness (Ms') at: T1 T2 change  
- completers  
- dropouts

**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-HL/c/sq/v/3/aa</td>
<td>DMt+</td>
<td>husbands</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5.4</td>
</tr>
<tr>
<td></td>
<td>DMt+</td>
<td>wives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3.8</td>
</tr>
<tr>
<td></td>
<td>DMt=0</td>
<td>dropouts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.1</td>
</tr>
<tr>
<td></td>
<td>DMt+</td>
<td>husbands</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2.6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>wives</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Findings on Happiness & THERAPY

**Study**

**GURMA 1972**

*Reported in:* Gurman, A.S.
Therapists' mood patterns and therapeutic facilitativeness.

*Population:* Student psychotherapists, Columbia University, USA, 1971

*Sample:
Non-Response:* -

*N:* 12

**Measured Correlate**

*Class:* Behavior of therapist  Code: T 2.3.1

*Measurement:* Rating of individual therapy sessions (recorded on audiotapes) by 3 advanced graduate students in counseling psychology.
Two 4-minute segments from each of 24 tapes were rated independently by the raters for each variable. The average of these ratings per scale per therapist was used. Inter-rater reliabilities ranged from .69 to .97.
Scales from Truax & Carkhuff 1967.

**Observed Relation with Happiness**

**Happiness Query**

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>rs=+.55</td>
<td>1. Warmth</td>
</tr>
<tr>
<td>rs=+.40</td>
<td>2. Empathy</td>
</tr>
<tr>
<td>rs=+.43</td>
<td>3. Genuiness</td>
</tr>
<tr>
<td>rs=+.44</td>
<td>4. Self-disclosure</td>
</tr>
<tr>
<td>rs=+.59</td>
<td>5. Facilitative interpersonal functioning</td>
</tr>
</tbody>
</table>

*Error Estimates:*
Findings on Happiness & THERAPY

Correlate Code: T 2

Study          ANDER 1985
Dropping out of marriage and family therapy: intervention strategies and spouses

Population:  Couples, followed family therapy, USA, 1985-86
Sample:       
Non-Response: 94

N: 94

Measured Correlate

Class: Behavior of client  Code: T 2.3.2
Measurement: 0 Therapy dropouts (N=60)
- premature termination according to therapist
- average number of sessions 3.4
1 Therapy completers (N=44)
- timely termination according to therapist: goals reached
- average number of sessions 8.8

Measured Values:

Error Estimates:

Remarks: Happiness assessed at:
T1: before intake
T2: after therapy

Observed Relation with Happiness

Happiness Query  Statistics  Remarks
O-HL/c/sq/v/3/aa  DM=+  husbands  Mt'=2.1  Mt'=5.4  DM'=3.3
                     DM=+  wives  Happiness assessed at:
                     1: before intake
O-SLW/c/sq/ol/7/a  DM=+  p<.05  T1 Satisfaction by T2 completion status
                     husbands  T1 happiness: dropouts completers difference

Population:
Class:

Happiness assessed at:
T1: before intake
T2: after therapy

Page 12 of 27
Print date: 7-2-2003  World Database of Happiness: www.eur.nl/fsw/research/happiness
Discriminant analysis (DA) shows that in couples who dropped out of therapy both husbands and wives were less happy prior to therapy, whereas in couples who completed therapy wives and husbands were more happy initially. The difference is more pronounced among husbands than among wives. T1 Happiness discriminates better between dropouts and completers than marital satisfaction.
### Appendix 1

#### Queries on Happiness used in reported Studies

<table>
<thead>
<tr>
<th>Happiness Query Code</th>
<th>Full Text</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-ARE/md/sqr/v/10/b</td>
<td>Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)</td>
</tr>
</tbody>
</table>

"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 cheerful  
6 Feeling pretty good, "OK"  
5 Feeling a little bit low. Just so-so  
4 Spirits low and somewhat 'blue'  
3 Depressed and feeling very low. Definitely 'blue'  
2 Tremendously depressed. Feeling terrible, really miserable, "just awful"  
1 Utter depression and gloom. Completely down. All is black and leaden. Wish it were all over. |

Name: Wessman & Ricks’ `Elation - depression scale'

<table>
<thead>
<tr>
<th>A-BK/cm/mq/v/5/b</th>
<th>Selfreport on 48 questions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>SENTENCES</td>
<td>Each of the sentences below describes a FEELING. Mark HOW OFTEN you had that feeling during the past few weeks.</td>
</tr>
<tr>
<td>A</td>
<td>Nothing goes right with me</td>
</tr>
<tr>
<td>B</td>
<td>I feel close to people around me</td>
</tr>
<tr>
<td>C</td>
<td>I feel as though the best years of my life are over</td>
</tr>
<tr>
<td>D</td>
<td>I feel my life is on the right track</td>
</tr>
<tr>
<td>E</td>
<td>I feel loved and trusted</td>
</tr>
<tr>
<td>F</td>
<td>My work gives me a lot of pleasure</td>
</tr>
<tr>
<td>G</td>
<td>I don't like myself</td>
</tr>
<tr>
<td>H</td>
<td>I feel very tense</td>
</tr>
<tr>
<td>I</td>
<td>I feel life isn't worth living</td>
</tr>
<tr>
<td>J</td>
<td>I am content with myself</td>
</tr>
<tr>
<td>K</td>
<td>My past life is filled with failure</td>
</tr>
<tr>
<td>L</td>
<td>Everything I do seems worthwhile</td>
</tr>
<tr>
<td>M</td>
<td>I am not bothered doing anything</td>
</tr>
<tr>
<td>N</td>
<td>I feel I can do whatever I want to</td>
</tr>
<tr>
<td>O</td>
<td>I have lost interest in other people and don't care about them</td>
</tr>
<tr>
<td>P</td>
<td>Everything is going right for me</td>
</tr>
<tr>
<td>Q</td>
<td>I can express my feelings and emotions towards other people</td>
</tr>
<tr>
<td>R</td>
<td>I'm easy going</td>
</tr>
<tr>
<td>S</td>
<td>I seem to be left alone when I don't want to be</td>
</tr>
<tr>
<td>T</td>
<td>I wish I could change some parts of my life</td>
</tr>
</tbody>
</table>
Findings on Happiness & THERAPY

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;
A Confident
B Hopeless
C Pleasant
D Insignificant
E Discontented
F Healthy
G Dejected
H Annoyed
I Down
J Glad
K Glowing
L Relaxed
M Comfortable
N Moody
O Understood
P Blue
Q Miserable
R Joyful
S Tense
Findings on Happiness & THERAPY

Correlate Code: T 2

T Insecure
U Shaky
V Satisfied
W Safe
X Successful
Y Free
Z Sad
AA Good-natured
AB Impatient
AC Rejected
AD Lively
AE Frustrated
AF Fearful
AG Lonely
AH Warm
AI Contented
AJ Good
AK Secure
AL Disappointed
AM Understanding
AN Depressed
AO Low
AP Calm
AQ Unhappy
AR Upset
AS Empty
AT Enthusiastic
AU Happy
AV Vibrant

Answer options:
0 not at all
1 occasionally
2 some of the time
3 often
4 all of the time

Summation:
- Positive Affect Score (PAS): mean positive items
- Negative Affect Score (NAS): mean negative items
- Affect Balance Score (ABS): PAS minus NAS
Possible range - 4 to +4

A-BK/u/mq/v/5/b Selfreport on 48 questions:

"Over this period I have had the feeling":
(Timeframe chosen by subjects: mostly past few weeks)
A Nothing goes right with me
B I feel close to people around me
C I feel as though the best years of my life are over
D I feel my life is on the right track
E I feel loved and trusted

Print date: 7-2-2003 World Database of Happiness: www.eur.nl/fsw/research/happiness Page 16 of 27
<table>
<thead>
<tr>
<th>Code</th>
<th>Statement</th>
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</thead>
<tbody>
<tr>
<td>F</td>
<td>My work gives me a lot of pleasure</td>
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<tr>
<td>G</td>
<td>I don't like myself</td>
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<tr>
<td>H</td>
<td>I feel very tense</td>
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<tr>
<td>I</td>
<td>I feel life isn't worth living</td>
</tr>
<tr>
<td>J</td>
<td>I am content with myself</td>
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<tr>
<td>K</td>
<td>My past life is filled with failure</td>
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<td>L</td>
<td>Everything I do seems worthwhile</td>
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<tr>
<td>M</td>
<td>I can't be bothered doing anything</td>
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<tr>
<td>N</td>
<td>I feel I can do whatever I want to</td>
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<tr>
<td>O</td>
<td>I have lost interest in other people and don't care about them</td>
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<tr>
<td>P</td>
<td>Everything is going right for me</td>
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<tr>
<td>Q</td>
<td>I can express my feelings and emotions towards other people</td>
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<td>R</td>
<td>I'm easy going</td>
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<td>S</td>
<td>I seem to be left alone when I don't want to be</td>
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<tr>
<td>T</td>
<td>I wish I could change some parts of my life</td>
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<tr>
<td>U</td>
<td>I seem to have no real drive to do anything</td>
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<tr>
<td>V</td>
<td>The future looks good</td>
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<td>W</td>
<td>I become very lonely</td>
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<td>X</td>
<td>I can concentrate well on what I'm doing</td>
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<tr>
<td>Y</td>
<td>I feel out of place</td>
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<td>Z</td>
<td>I think clearly and creatively</td>
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<tr>
<td>AA</td>
<td>I feel alone</td>
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<tr>
<td>AB</td>
<td>I feel free and easy</td>
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<td>I smile and laugh a lot</td>
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<td>I feel things are going my way</td>
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<tr>
<td>AE</td>
<td>The world seems a cold and impersonal place</td>
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<tr>
<td>AF</td>
<td>I feel I've made a mess of things again</td>
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<tr>
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<td>I feel like hiding away</td>
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<td>I feel confident about decisions I make</td>
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<tr>
<td>AI</td>
<td>I feel depressed for no apparent reason</td>
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<td>I feel other people like me</td>
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<td>AK</td>
<td>I feel like a failure</td>
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<tr>
<td>AL</td>
<td>I feel I'm a complete person</td>
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<td>I'm not sure I'm done the right thing</td>
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<td>My future looks good</td>
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<td>AO</td>
<td>I'm making the most out of my life</td>
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<td>Everything is going right for me</td>
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<td>AQ</td>
<td>I feel unimportant</td>
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<tr>
<td>AR</td>
<td>I feel as though there must be something wrong with me</td>
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<td>AS</td>
<td>I don't feel like making the effort to do anything</td>
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<tr>
<td>AT</td>
<td>I feel confident in my dealings with the opposite sex</td>
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<tr>
<td>AU</td>
<td>I want to hurt those who have hurt me</td>
</tr>
<tr>
<td>AV</td>
<td>The results I have obtained make my efforts worthwhile</td>
</tr>
</tbody>
</table>

Answer options:
0 not at all
1 occasionally
2 some of the time
3 often
Findings on Happiness & THERAPY

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

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 choice 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
4 happy
3 somewhat happy
2 unhappy
1 very unhappy

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

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

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

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
"How happy would you say you were in general?"
1 - 
2 
3 
4 
5 
6 
7 
8 + 

(Full 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-SLW/c/sq/ol/7/a  
Selfreport on single question:

"How satisfied are you with your life as a whole these days? Put an X where you think it belongs".

Rated on an open linescale. Afterwards scores were grouped in seven categories
1  completely dissatisfied
2 
3 
4 
5 
6 
7  completely satisfied

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>
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</table>
| 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 |
| r      | PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')  
Type: test statistic.  
Measurement level: Correlate: metric, Happiness: metric  
Range: [-1; +1]  
Meaning:  
\[ r = 0 \] « no correlation  
\[ r = 1 \] « perfect correlation, where high correlate values correspond with high happiness values, and  
\[ r = -1 \] « perfect correlation, where high correlate values correspond with low happiness values. |
rs = -1 « perfect rank correlation, where high correlate values are associated with low happiness ratings

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

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

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

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

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<th>Main Category's</th>
<th>Category Name</th>
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<td>A 1</td>
<td>ACTIVITY LEVEL (how much one does)</td>
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<td>A 2</td>
<td>ACTIVITY PATTERN (what one does)</td>
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<td>AFFECTIVE LIFE</td>
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<td>AGE</td>
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<td>AGGRESSION</td>
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<td>APPEARANCE (good looks)</td>
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<td>ATTITUDES</td>
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<td>CHILDREN: HAVING (parental status)</td>
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<td>CHILDREN's CHARACTERISTICS</td>
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<td>DAILY JOYS &amp; HASSLES</td>
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<td>FAMILY OF ORIGIN (earlier family for adults, current for young)</td>
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<td>RETIREMENT</td>
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<td>SUMMED EFFECTS ON HAPPINESS</td>
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<td>SELF-IMAGE</td>
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### Appendix 5  Related Topics

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End of Report