



## World Database of Happiness

### Correlational Findings

© on data collected: Ruut Veenhoven, Erasmus University Rotterdam

# Findings on Happiness & THERAPY

Correlate Code: T 2

<b>Classification of Findings</b>		<b>Number of Studies on this Subject</b>
<i>Correlate Code</i>	<i>Correlate Name</i>	
T 2	THERAPY	0
T 2.1	Therapeutical career	0
T 2.1.1	Earlier therapy	0
T 2.1.2	Change in therapy	0
T 2.1.3	Current therapy	0
T 2.1.4	Later therapy	0
T 2.2	Therapeutical effect (on happiness)	0
T 2.2.1	Effects of activation therapy	0
T 2.2.1.1	. self-perceived effects	0
T 2.2.1.2	. actual effects (follow-up)	1
T 2.2.2	Effects of happiness-training	0
T 2.2.2.1	. self-perceived effects	0
T 2.2.2.2	. actual effects (follow-up)	4
T 2.2.3	Effects of family-marriage therapy	0
T 2.2.3.1	. self-perceived effects	0
T 2.2.3.2	. actual effects (follow-up)	1
T 2.2.4	Effects of psycho-therapy	0
T 2.2.4.1	. self-perceived effect	0
T 2.2.4.2	. actual effect (follow-up)	1
T 2.3	Therapeutic behavior	0
T 2.3.1	Behavior of therapist	1
T 2.3.2	Behavior of client	1
T 2.4	Attitudes to own therapies	0

- 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

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 World Database of Happiness. Internet: [www.eur.nl/fsw/research/happiness](http://www.eur.nl/fsw/research/happiness)  
 Erasmus University Rotterdam, 2003, Netherlands



<b>Study</b>	<b>LANGE 1976</b>	<i>Page in Report:</i>	196
<i>Reported in:</i>	Langer, E.J. and Rodin, J. The effects of choice and enhanced personal responsibility for the aged: A field Journal of Personality and Social Psychology, Vol 34, 1976, p.191-198		
<i>Population:</i>	Nursing home residents, Hamden, Connecticut, USA, 1973		
<i>Sample:</i>			
<i>Non-Response:</i>	51%		
<i>N:</i>	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

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>												
O-HL/g/sq/n/8/a	DMt=+ p<.05	Self reports of happiness in Mt' pre and post treatment.												
		<table border="1"> <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>		T1	T2	CHANGE	-Experiment	: 6.31	6.65	+ 0.34	-Comparison group	: 5.99	5.84	- 0.15
	T1	T2	CHANGE											
-Experiment	: 6.31	6.65	+ 0.34											
-Comparison group	: 5.99	5.84	- 0.15											
		The difference in change was significant at .05 level.												

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<b>Study</b>	<b>FILLE 1976</b>	<i>Page in Report:</i>	218
<i>Reported in:</i>	Fillenbaum, G.G. and Willis, E. Effects of a Training Program: Older persons caring for the Elderly Industrial Gerontology, 1976 pp. 213-221		
<i>Population:</i>	50-79 aged, females, trainees and controls, USA, 1970		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	45: 35 trainees, 10 controls		

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### 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:*

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-BW/c/sq/l/11/a	DM=+ ns	At T4: consistent increase in happiness among trainees compared to controls.

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<b>Study</b>	<b>LICHT 1980/1</b>	<i>Page in Report:</i>	60
<i>Reported in:</i>	Lichter.S, Haye.K & Kamman.R Increasing happiness through cognitive retraining New Zealand Psychologist, 1980, vol.9, p.57-64		
<i>Population:</i>	Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978		
<i>Sample:</i>			
<i>Non-Response:</i>	15%		
<i>N:</i>	23		

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### 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:*

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-BK/cm/mq/v/5/b	r=+.80 p<.01	T1 LEVEL of beliefs to T1 LEVEL of happiness
	r=+.75 p<.01	T1-T2 CHANGE in beliefs to T1-T2 CHANGE in happiness

Study	LICHT 1980/1	Page in Report:	60
<i>Reported in:</i>	Lichter.S, Haye.K & Kamman.R Increasing happiness through cognitive retraining New Zealand Psychologist, 1980, vol.9, p.57-64		
<i>Population:</i>	Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978		
<i>Sample:</i>			
<i>Non-Response:</i>	15%		
<i>N:</i>	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 s Di fference
		T1 Mt' =7.6 Mt' =7.8 DMt' = + .2
		T2 Mt' =7.6 Mt' =8.3 DMt' = + .7
		T3 Mt' =7.4 Mt' =8.6 Dms' = +1.2
	DMt=+ p<.s	CHANGE in happiness:
		at: Controls Experimental s Di fference
		T1-T2 Mt' =0.0 Mt' =+.5 DMt' = + .5 p<05
		T1-T3 Mt' =-.2 Mt' =+.8 DMt' = +1.0 p<01

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	E <sup>2</sup> =+.47 p<.05	Di fference in T1-T2 CHANGE i n happi ness between control s and experim ental s
	E <sup>2</sup> =+.66 p<.01	Di fference in T1-T3 CHANGE i n happi ness between control s and experim ental s
M-FH/cw/sq/v/5/a	E <sup>2</sup> =+.17 ns	T1: start of course T2: end of course (4 weeks after T1) T3: 6 weeks follow up (10 weeks after T1)
	DM=+ p<.05	Di fference in T1-T2 CHANGE i n happi ness between control s and experim ental s.
	DM=+ ns	Di fference in T1-T3 CHANGE i n happi ness between control s and experim ental s.
O-SL?/m/sq/?/7/a	E <sup>2</sup> =+.41 p<.05	Happi ness 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	Di fference in T1-T2 CHANGE i n happi ness between control s and experim ental s.
	DM=+ ns	Di fference in T1-T3 CHANGE i n happi ness between control s and experim ental s.

Study	LICHT 1980/2	Page in Report:	63
<i>Reported in:</i>	Lichter.S, Haye.F & Kamman.R. Increasing happiness through cognitive retraining New Zealand Psychologist		
<i>Population:</i>	Psychology students, followed 2 weeks, University of Otago New Zealand, 1976		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	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      Experimental s      Di fference
		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
	E <sup>2</sup> =+.50 p<.01	CHange in happiness by induction (di fference in change between experimental s and control s)



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<b>Study</b>	<b>ANDER 1985</b>	<i>Page in Report:</i>
<i>Reported in:</i>	Anderson S.A., Atilano R.B., Bergen L.P. e.a. Dropping out of marriage and family therapy: intervention strategies and spouses American Journal of Family Therapy, 1985, vol.3, p.39-54.	
<i>Population:</i>	Couples, followed family therapy, USA, 1985-86	
<i>Sample:</i>		
<i>Non-Response:</i>		
<i>N:</i>	94	

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### Measured Correlate

<i>Class:</i>	. actual effects (follow-up) Code: T 2.2.3.2
<i>Measurement:</i>	Happiness assessed at T1: before start of therapy T2: after termination of therapy (either premature or planned)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Average happiness (Ms') at: T1 T2 change -completers

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>			
O-HL/c/sq/v/3/aa	DMt=+	-husbands	5.4	6.2	+0.8
	DMt=+	-wives	3.8	5.0	+1.2
		-dropouts			
	DMt=0	-husbands	2.1	2.1	+0.0
	DMt=+	-wives	2.6	3.3	+0.6

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

<b>Study</b>	<b>ANDER 1985</b>	<i>Page in Report:</i>	43
<i>Reported in:</i>	Anderson S.A., Atilano R.B., Bergen L.P. e.a. Dropping out of marriage and family therapy: intervention strategies and spouses American Journal of Family Therapy, 1985, vol.3, p.39-54.		
<i>Population:</i>	Couples, followed family therapy, USA, 1985-86		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	94		

### Measured Correlate

<i>Class:</i>	. actual effect (follow-up) Code: T 2.2.4.2
<i>Measurement:</i>	Happiness assessed at T1: before start of therapy T2: after termination of therapy (either premature or planned)
<i>Measured Values:</i>	
<i>Error Estimates:</i>	
<i>Remarks:</i>	Average happiness (Ms') at : T1 T2 change - completers

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>			
O-HL/c/sq/v/3/aa	DMt=+	-husbands	5.4	6.2	+0.8
	DMt=+	-wives	3.8	5.0	+1.2
		-dropouts			
	DMt=0	-husbands	2.1	2.1	+0.0
	DMt=+	-wives	2.6	3.3	+0.6

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

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<b>Study</b>	<b>GURMA 1972</b>	<i>Page in Report:</i>	170
<i>Reported in:</i>	Gurman, A.S. Therapists' mood patterns and therapeutic facilitativeness. Journal of Counseling Psychology, 1972, vol.19, p.169-1970.		
<i>Population:</i>	Student psychotherapists, Columbia University, USA, 1971		
<i>Sample:</i>			
<i>Non-Response:</i>	-		
<i>N:</i>	12		

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### 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.

*Measured Values:*

*Error Estimates:*

*Remarks:*

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### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
A-ARE/md/sqr/v/10/	rs=+.55 p<.05	1. Warmth
	rs=+.40 ns	2. Empathy
	rs=+.43 ns	3. Genui ness
	rs=+.44 ns	4. Sel f-di scl osure
	rs=+.59 p<.05	5. Faci li tati ve interpersonal functi oni ng

<b>Study</b>	<b>ANDER 1985</b>	<i>Page in Report:</i>	43 + 50
<i>Reported in:</i>	Anderson S.A., Atilano R.B., Bergen L.P. e.a. Dropping out of marriage and family therapy: intervention strategies and spouses American Journal of Family Therapy, 1985, vol.3, p.39-54.		
<i>Population:</i>	Couples, followed family therapy, USA, 1985-86		
<i>Sample:</i>			
<i>Non-Response:</i>			
<i>N:</i>	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

T1 happiness: dropouts completers difference

### Observed Relation with Happiness

<i>Happiness Query</i>	<i>Statistics</i>	<i>Remarks</i>
O-HL/c/sq/v/3/aa	DMt=+	- husbands Mt' =2.1 Mt' =5.4 DMt' =3.3
	DMt=+	- wives Happiness assessed at: T1: before intake MT =2.6 MT =3.8 DMt' =1.2
O-SLW/c/sq/ol/7/a	DM=+ p<.05	T1 Satisfaction by T2 completion status - husbands T1 happiness: dropouts completers difference

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DM=+ ns - wives

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.

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

*Happiness Query Code*    *Full Text*

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A-ARE/md/sqr/v/10/b      Selfreport on single question, answered every evening before retiring during six weeks (experience sampling)

"On average; how elated or depressed, happy or unhappy you felt today....?"

10 Complete elation, rapturous joy and soaring ecstasy

9 Very elated and in very high spirits. Tremendous delight and buoyancy

8 Elated and in high spirits

7 Feeling very good and 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'

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

### SENTENCES

Each of the sentences below describes a FEELING. Mark HOW OFTEN you had that feeling during the past few weeks.

A Nothing goes right with me

B I feel close to people around me

C I feel as though the best years of my life are over

D I feel my life is on the right track

E I feel loved and trusted

F My work gives me a lot of pleasure

G I don't like myself

H I feel very tense

I I feel life isn't worth living

J I am content with myself

K My past life is filled with failure

L Everything I do seems worthwhile

M I can't be bothered doing anything

N I feel I can do whatever I want to

O I have lost interest in other people and don't care about them

P Everything is going right for me

Q I can express my feelings and emotions towards other people

R I'm easy going

S I seem to be left alone when I don't want to be

T I wish I could change some parts of my life

- 
- U I seem to have no real drive to do anything
  - V The future looks good
  - W I become very lonely
  - X I can concentrate well on what I'm doing
  - Y I feel out of place
  - Z I think clearly and creatively
  - AA I feel alone
  - AB I feel free and easy
  - AC I smile and laugh a lot
  - AD I feel things are going my way
  - AE The world seems a cold and impersonal place
  - AF I feel I've made a mess of things again
  - AG I feel like hiding away
  - AH I feel confident about decisions I make
  - AI I feel depressed for no apparent reason
  - AJ I feel other people like me
  - AK I feel like a failure
  - AL I feel I'm a complete person
  - AM I'm not sure I'm done the right thing
  - AN My future looks good
  - AO I'm making the most out of my life
  - AP Everything is going right for me
  - AQ I feel unimportant
  - AR I feel as though there must be something wrong with me
  - AS I don't feel like making the effort to do anything
  - AT I feel confident in my dealings with the opposite sex
  - AU I want to hurt those who have hurt me
  - AV The results I have obtained make my efforts worthwhile

#### ADJECTIVES

Each of the objectives below describe a FEELING. Mark HOW OFTEN you had that feeling during the past few weeks;

- 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

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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



- 
- F My work gives me a lot of pleasure
  - G I don't like myself
  - H I feel very tense
  - I I feel life isn't worth living
  - J I am content with myself
  - K My past life is filled with failure
  - L Everything I do seems worthwhile
  - M I can't be bothered doing anything
  - N I feel I can do whatever I want to
  - O I have lost interest in other people and don't care about them
  - P Everything is going right for me
  - Q I can express my feelings and emotions towards other people
  - R I'm easy going
  - S I seem to be left alone when I don't want to be
  - T I wish I could change some parts of my life
  - U I seem to have no real drive to do anything
  - V The future looks good
  - W I become very lonely
  - X I can concentrate well on what I'm doing
  - Y I feel out of place
  - Z I think clearly and creatively
  - AA I feel alone
  - AB I feel free and easy
  - AC I smile and laugh a lot
  - AD I feel things are going my way
  - AE The world seems a cold and impersonal place
  - AF I feel I've made a mess of things again
  - AG I feel like hiding away
  - AH I feel confident about decisions I make
  - AI I feel depressed for no apparent reason
  - AJ I feel other people like me
  - AK I feel like a failure
  - AL I feel I'm a complete person
  - AM I'm not sure I'm doing 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

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

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

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

O-BW/c/sq/l/11/a

Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of the ladder 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.

O-HL/c/sq/v/3/aa

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

O-HL/q/sq/n/8/a

Selfreport on single question:

"How happy would you say you were in general?"

- 1 -
- 2
- 3
- 4
- 5
- 6
- 7
- 8 +

O-SL?/m/sq/?/7/a

(Full response options not reported)

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](http://www.eur.nl/fsw/research/happiness/hap_quer/hqi_fp.htm). This is the introductory text to the Catalog of Happiness Queries.

## **Appendix 2 Statistics used in reported studies**

<i>Symbol</i>	<i>Explanation</i>
DM	<p>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.</p> <p>Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.</p>
DMt	<p>DIFFERENCE of MEANS AFTER TRANSFORMATION            Type: descriptive statistic only.            Measurement level: Correlate: dichotomous, Happiness: metric            Theoretical range: [-10; +10]</p> <p>Meaning: the difference of the mean happiness (happiness measured at a 0-10 rating scale) between the two correlate levels.</p>
E <sup>2</sup>	<p>CORRELATION RATIO (Elsewhere sometimes called h<sup>2</sup> or ETA)            Type: test statistic            Measurement level: Correlate: nominal or ordinal, Happiness: metric            Range: [0; 1]</p> <p>Meaning: correlate is accountable for E<sup>2</sup> x 100 % of the variation in happiness.            E<sup>2</sup> = 0 « knowledge of the correlate value does not improve the prediction quality of the happiness rating.            E<sup>2</sup> = 1 « knowledge of the correlate value enables an exact prediction of the happiness rating</p>
r	<p>PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')            Type: test statistic.            Measurement level: Correlate: metric, Happiness: metric            Range: [-1; +1]</p> <p>Meaning:            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.</p>
rs	<p>SPEARMAN'S RANK CORRELATION COEFFICIENT            Type: test statistic            Measurement level: Correlate: ordinal, Happiness: ordinal.            Range: [-1; +1]</p> <p>Meaning:            rs = 0 « no rank correlation            rs = 1 « perfect rank correlation, where high correlate values are associated with high happiness ratings</p>

$r_s = -1$  « 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](http://www.eur.nl/fsw/research/happiness/hap_cor/cor_fp.htm). This is the introductory text to the Catalog of Correlational Findings. An overview of all statistics is in chapter 4.

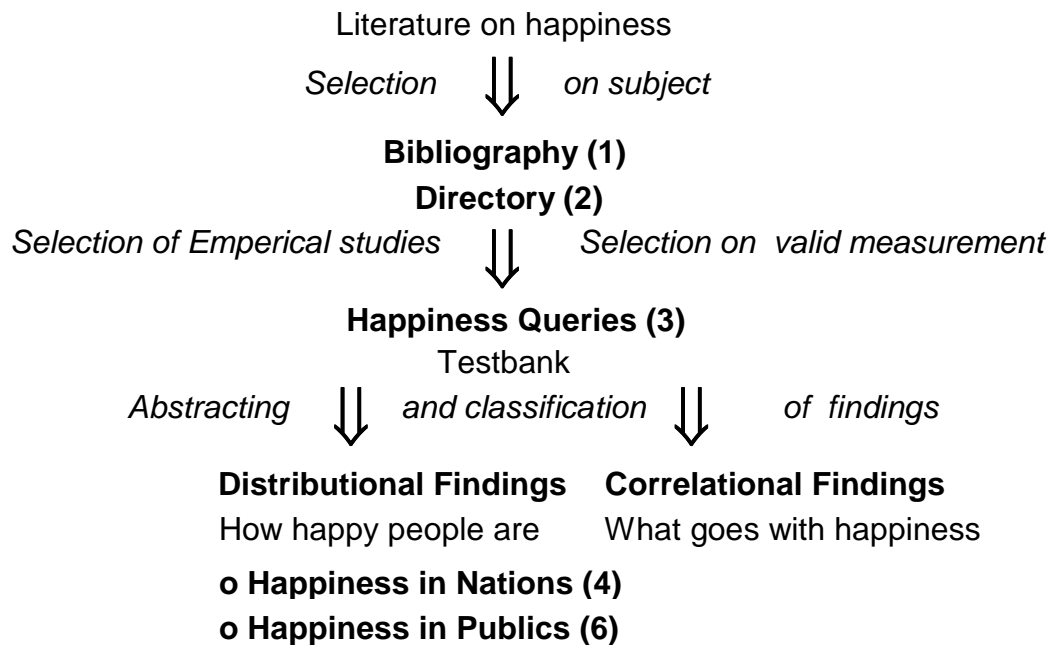
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## **Appendix 3: About the World Database of Happiness**

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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:

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

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

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

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

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

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

## Appendix 5 Related Topics

### *This Topic*

*Classification Page 1*

### *Related Topics*

*In Subject List on Appendix 4*

T 2	THERAPY	M 6	MEDICAL TREATMENT
		E 1	EDUCATION
T 2.1	Therapeutical career		
T 2.1.1	Earlier therapy		
T 2.1.2	Change in therapy		
T 2.1.3	Current therapy		
T 2.1.4	Later therapy		
T 2.2	Therapeutical effect (on happiness)		
T 2.2.1	Effects of activation therapy	A 1.1.2	Change in activity level
		I 2.3.1	Restrictiveness of setting
T 2.2.1.1	. self-perceived effects		
T 2.2.1.2	. actual effects (follow-up)		
T 2.2.2	Effects of happiness-training	H 5.2.2	Actual changes in happiness
		H 5.1.4	Expected change in happiness (period unspecified)
		H 5.1.2	Retrospective changes in happiness (unspecified)
T 2.2.2.1	. self-perceived effects		
T 2.2.2.2	. actual effects (follow-up)		
T 2.2.3	Effects of family-marriage therapy	M 3.1.2.1	. change in characteristics of marriage
T 2.2.3.1	. self-perceived effects		
T 2.2.3.2	. actual effects (follow-up)		
T 2.2.4	Effects of psycho-therapy	M 7.1.2	Change in mental health
		M 7.4	Current positive mental health
T 2.2.4.1	. self-perceived effect		
T 2.2.4.2	. actual effect (follow-up)		
T 2.3	Therapeutic behavior		
T 2.3.1	Behavior of therapist		
T 2.3.2	Behavior of client		
T 2.4	Attitudes to own therapies		

### End of Report