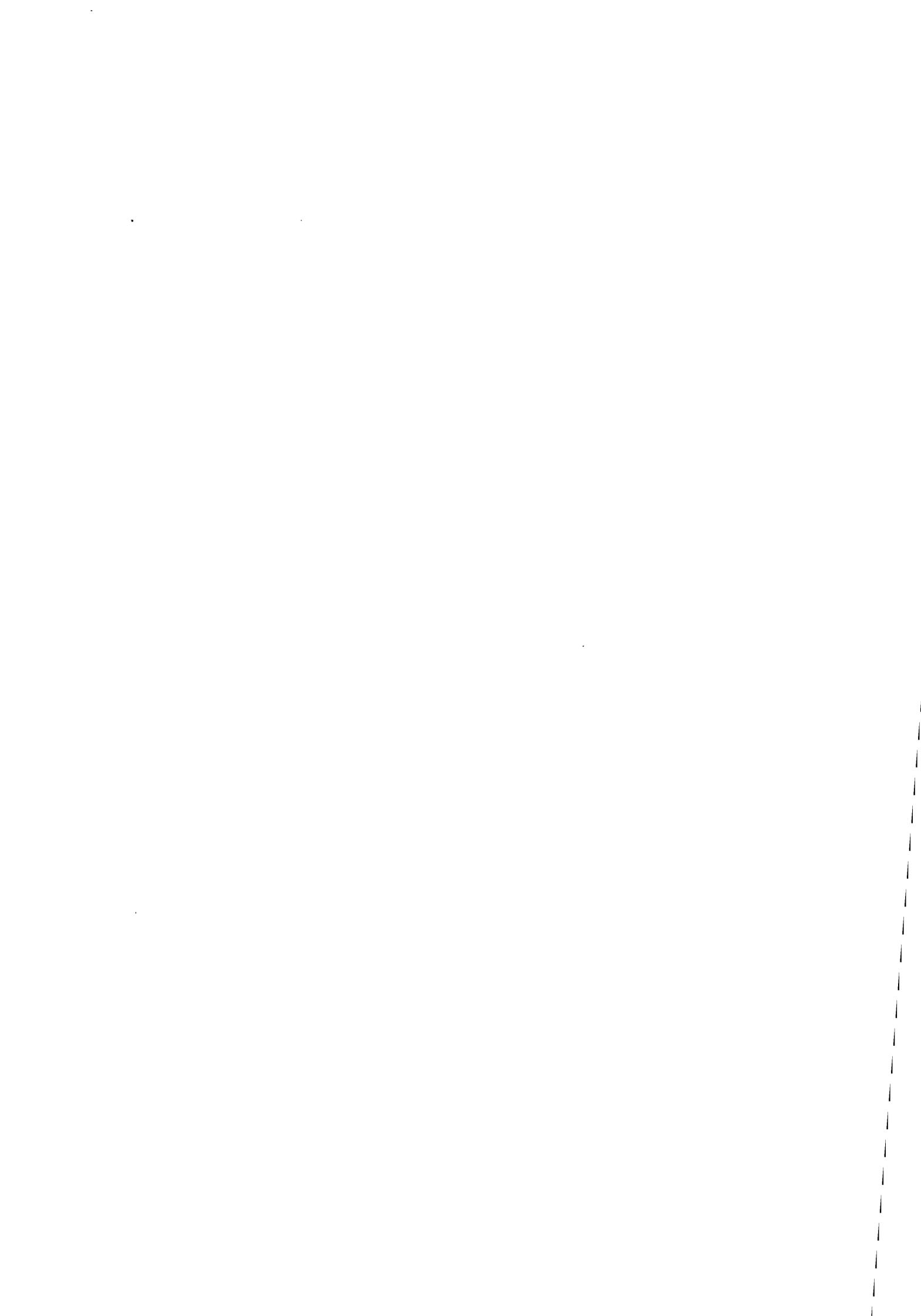


PART II

# EXCERPTS

**Excerpts of 150 Reports on Empirical Investigations on Happiness between  
1911 and 1975. Presented in Alphabetical Order of Author's Names.**



AUTHOR: Abrams, M. & Hall, J.

TITLE: The condition of the British people: report on a pilot survey using self-rating scales.

SOURCE: Unpublished paper, Social Science Research Council, London. Partly reported in 'Measuring the quality of life using sample surveys', in Stöber et al. 'Technology assessment and the quality of life', Amsterdam, 1973, Elsevier.

GOAL OF THE STUDY: To produce a questionnaire which could be used in large scale sample surveys to measure 'the aspirations, attitudes, satisfactions, disappointments, grievances, expectations and values' of the British people.

REFERS TO: Happiness research; Campbell & Converse (1970), Bradburn (1969)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Halfstructured questionnaire, using both open-ended and closed questions.

DATE OF DATA: March, 1971

POPULATION: National population, Britain

SAMPLE CONSTRUCTION: Non-probability quota sample.  
age 15+; overrepresentation of middle class people (48% vs 35%)

NON-RESPONSE:

N: 213

AUTHOR'S HAPPINESS LABEL: Satisfaction in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on an 11-point self-anchoring scale (based on the Cantril Satisfaction with Life Rating; see CANTR 65/2):  
How dissatisfied would you say you are with things in general today? This is a scale with complete satisfaction at the top and complete dissatisfaction at the bottom.  
Whereabouts on the ladder would you put yourself?

RELIABILITY:

VALIDITY:

DISTRIBUTION: almost symmetric  
possible range: 0 (low) to 10 (high); actual range: 20% low (0-3), 56% medium (4-7), 24% high (8-10); mean: 5.53

REMARKS:

CORRELATES: Age (A 3); Anomy (D 1); Gender (G 1.1); Changes in happiness (H 1.6); Wish to change life (H 3.1.1); Income (I 1.1); various indicators of Life quality (L 2.1.1, L 2.3); Marital status (M 1.6); Being an old age pensioner (R 2.1); various Domainsatisfactions (S 1); Social grade (S 5.1); Occupation (W 2.2)

CONCLUSION:

AUTHOR: Alexander, W.E.

TITLE: Some sociological aspects of psychological well-being in a schizophrenic population: social class, participation and work.

SOURCE: Unpublished doctoral dissertation, 1968, Syracuse University, U.S.A.

GOAL OF THE STUDY: Assessment of relations between psychological well-being and mental illness, social class, social participation and work.

REFERS TO: Theory of mental health; Smith (1959), Scott (1958)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Analysis of psychiatric case register, psychiatric ratings by clinical interview, interview with family member, and highly structured questionnaire.

DATE OF DATA: 1964 - 1965

POPULATION: Non-hospitalized schizophrenic males, Monroe County, New York, U.S.A.

SAMPLE CONSTRUCTION: Probability sample, drawn from the Monroe County psychiatric case register including all persons who had ever contacted the diagnostic source. The sample was limited to those patients who had first psychiatric contact between January, 1960 and June, 1963; who had no history of psychiatric hospitalization prior to initial contact, and had received at least one diagnosis of schizophrenia. Later the sample was limited to non-hospitalized patients. The number of separate schizophrenic diagnoses received ranged from 1 to 19, and the proportion of schizophrenic diagnoses received varied from 10% to 100%. 24% possible schizophrenic, 76% definitely schizophrenic; 37% never hospitalized, 25% less than one month hospitalized, 38% hospitalized for more than one month in mental hospital; 18% unemployed, 82% employed (only 34% of unskilled workers are employed, whereas 84% of the highest occupational prestige grouping are employed); age 20 - 50.

NON-RESPONSE: 28%, most of them patients' or family member refusal

N: 178

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: symmetric distribution: 22% very happy, 59% pretty happy, 19% not too happy

SECOND INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the last week (Bradburn & Caplovitz Affect Balance Score; see BRADB 65 and BRADB 69):

As in the BRADB 65 instrument Ss were told:

'The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week. . .'  
not at all / once / several times / often

The 10 items from the BRADB 69 instrument were used.

The dichotomized variables (not at all = 0, other = 1) were correlated with the multivalued variables (not at all = 0, once = 1, several times = 2, often = 3) and yielded a correlation coefficient of .88 for the positive items and .94 for the negative items.

The two-valued variable on each feeling is used.

The Affect Balance Score was calculated by subtracting the negative affect score from the positive affect score.

RELIABILITY: equivalence: positive items :  $r_{pm}$  ranging from +.13 to +.43  
negative items :  $r_{pm}$  ranging from +.09 to +.45  
positive x negative items:  $r_{pm}$  ranging from -.25 to +.14  
positive affect score x negative affect score:  $R = .07$  (ns)

VALIDITY:

DISTRIBUTION: possible range: positive affect: 1 (low positive) to 5 (high positive); negative affect: 1 (low negative) to 5 (high negative); affect balance: -4 (low positive, high negative) to +4 (high positive, low negative)  
means : positive affect: 2.9; negative affect: 2.7

REMARKS:

CORRELATES: Educational level (E 1.1.1); Hedonic level x happiness (H 1.2.1); Mental health (H 2.3.2); Income (I 1.1); Job satisfaction (S 1.9.1); various indicators of Social participation (S 4); S.E.S. (S 5.1); Employment history (W 2.1); Occupation (W 2.2); Interaction in the job setting (W 2.6)

CONCLUSION: The Bradburn-Caplovitz measures of well-being are also appropriate for schizophrenics. It was found that both positive and negative affect were correlated with happiness, that negative and positive affect were independent of one another, and that affect balance bore a stronger relation to happiness than either negative or positive affect alone.

AUTHOR: Alston, J.P., Lowe, G.D. & Wrigley, A

TITLE: Socioeconomic correlates for four dimensions of self-perceived satisfaction.

SOURCE: Human Organization, 1974, vol. 33, nr 1, p. 99-102.

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GOAL OF THE STUDY: To explore the relationship between socioeconomic status and four dimensions of satisfaction (work, financial situation, health and happiness).

REFERS TO: Happiness research; Wessman (1956), Gurin et al. (1960), Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, national population, shapshot, non-experimental

DATA GATHERING:

DATE OF DATA: March, 1972

POPULATION: Non-institutionalized adults, U.S.A.

SAMPLE CONSTRUCTION: Probability sample, conducted by NORC.  
1342 whites, 260 blacks

NON-RESPONSE:

N: 1602

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: 31% very happy

REMARKS: Our computation of Gammas (G') is based on the proportions 'very happy' answers.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Gender (G 1.1); Income (I 1.1); Satisfaction with health (S 1.6); Satisfaction with work (S 1.9.1); Occupational level (W 2.2)

CONCLUSION:

AUTHOR: Andrews, F.M. & Withey, S.B.

TITLE: Developing measures of perceived life quality: Results from several national surveys,

SOURCE: Social Indicators Research; 1974, vol. 1, p. 1-26.

GOAL OF THE STUDY: Development of an instrument for the assessment of perceived life quality in the diverse domains most important for predicting people's general satisfaction with their lives.

REFERS TO: Theory of social indicators

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview using highly structured questionnaires

DATE OF DATA: first sample: May, 1972; second sample: November, 1972; third sample: November, 1972

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Probability area samples of adults (age 18+) living in non-institutional dwelling units of the 48 coterminous states. The first sample appeared to be representative for the total population with respect to age, sex and race. Both other samples were not tested for representativeness, but no gross biases are expected. The second and the third sample were limited to American citizens.

NON-RESPONSE: first sample: 547 males, 750 females. first sample: 76%, second sample: 62%; third sample: 62%

N: first sample: 1297; second sample: 1118; third sample: 1072

AUTHOR'S HAPPINESS LABEL: Perceived life quality

OUR CONCEPTUALIZATION: Happiness (first to fifth instrument) and Hedonic level of affect (sixth instrument)

FIRST INSTRUMENT: HAPP 3.1: Single closed question rated on a 7-point scale:

How do you feel about your life as a whole ?

1	2	3	4	5	6	7
delighted	pleased	mostly satisfied	mixed (about equally satisfied and dissatisfied)	mostly dissatisfied	unhappy	terrible

REMARKS: In the first and third sample the question has been asked twice during the interview. The interval was about 8 to 12 minutes. During this interval the respondent was questioned on quality-of-life issues. Here the arithmetic mean of the coded responses was used as a happiness measure. If the associations with either the first or the second question show remarkable differences we reported them in the 'elaboration/remarks' column (Part III). In the second sample the question has been asked only once.

RELIABILITY: repeat-reliability: - correlation between first and second questioning:  $r = +.71$  (third sample)  
 $r_{pm} = +.61$  (first sample)  
- correlation between mean and first questioning :  $r = +.92$  (third sample)  
 $r_{pm} = +.90$  (first sample)  
- correlation between mean and second questioning :  $r = +.93$  (third sample)  
 $r_{pm} = +.90$  (first sample)

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: HAPP 2.1: Single closed question rated on a 7-point scale:

How satisfied are you with your life as a whole these days?  
completely satisfied . . . . . completely dissatisfied.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

THIRD INSTRUMENT: COMP 1.1: Single closed question rated on a graphic scale:

Where would you put your life as a whole on a feeling thermometer?  
very cold (negative) . . . . . very warm (positive)

RELIABILITY:

VALIDITY:

DISTRIBUTION:

FOURTH INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness' rated on a 3-point scale (see GURIN 60)

RELIABILITY:

VALIDITY:

DISTRIBUTION:

FIFTH INSTRUMENT: HAPP 3.1: Single closed question rated on a 7-point scale:

How do you feel about how happy you are?

delighted / pleased / mostly satisfied / mixed / mostly dissatisfied / unhappy / terrible (see first instrument)

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SIXTH INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

The affect balance score was obtained by subtracting the Negative affect score from the Positive affect score.

RELIABILITY: equivalence : positive affect x negative affect :  $r_{pm} = +.01$  (third sample)  
positive affect x affect balance :  $r_{pm} = +.71$  (third sample)  
negative affect x affect balance :  $r_{pm} = -.70$  (third sample)

VALIDITY:

DISTRIBUTION:

REMARKS: This study is more fully reported in Andrews & Withey (1976). Because the present inventorization only covers reports dated 1975 or earlier, that later report is not included.

For the first sample only correlates of the first instrument are offered; for the second sample correlates of the first, second and third instrument; and for the third sample correlates of all instruments.  
Most data concern the first instrument only.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Gender (G 1.1); Family life cycle (F 1.4); Happiness x happiness (H 1.1.1); Hedonic level x happiness (H 1.2.1); Wish to change life (H 3.1.1); Income (I 1.1); Feelings about the good/poor parts of life (L 2.1.1); Amount of worrying (P 5.2.1); various Domainsatisfactions (S 1); Satisfaction with oneself (S 2.1.5)

CONCLUSION: Additive combinations of affective responses to domains of life provide moderately good explanations of people's overall sense of life quality. Good predictions of life quality can be made with an unweighted additive combination of relatively few domain satisfactions.

AUTHOR: Antonovsky, A., Maoz, B., Dowty, N. & Wijsenbeek, H.

TITLE: Twenty-five years later: A limited study of the sequelae of the concentration camp experience.

SOURCE: Social Psychiatry, 1971, vol. 6, nr 4, p. 186-193.

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GOAL OF THE STUDY: To investigate maladaptive and malfunctioning long-range effects of concentration camp experience.

REFERS TO: Theory of the consequences of concentration camp experience; Krystal (1968)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview administered at home and medical examination; semi-structured psychiatric interview with 43 females (24 of the best and 19 of the poorest adapted, judged on basis of interview and medical examination)

DATE OF DATA: 1968

POPULATION: Females in the age of 45-54, Israel.

SAMPLE CONSTRUCTION: Probability sample of females, born between 1914 and 1923 in Central Europe, stratified by ethnicity. All respondents are inhabitants of a fair sized Israeli city; 77 with and 210 without concentration camp experience.

NON-RESPONSE: 52%: 24% unattainable, 29% incomplete; unaffected by age

N: 287

AUTHOR'S HAPPINESS LABEL: Overall life situation

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with best and worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION: slightly negatively skewed  
possible range: 0 (low) to 10 (high); means: camp survivors 5.6, and Ss without camp experience 6.5

REMARKS:

CORRELATES: Having concentration camp experience (W 1.1)

CONCLUSION: People with concentration camp experience are more poorly adapted than people with no such experience. However, many concentration camp survivors are well adapted. This might be due to an initial underlying strength, a subsequent environment which provided opportunities to re-establish a satisfying and meaningful existence, and a 'hardening' process which allows the survivor to view current stress with some equanimity. The literature, especially psychiatric case studies, pointing to inevitable breakdown, is questioned.

AUTHOR: Bachman, J.G., Kahn, R.L., Mednick, M., Davidson, T.N. & Johnson, L.D. (Volume I).  
 Bachman, J.G. (Volume II).

TITLE: Youth in transition. Vol. I : Blueprint for a longitudinal study of adolescent boys.  
 Vol. II: The impact of family background on intelligence in tenth-grade boys.

SOURCE: Ann Arbor, Michigan, 1967 (vol. I) and 1970 (Vol. II), Institute for Social Research.

GOAL OF THE STUDY: Exploration of the effects of different social environments on individual growth and change in adolescence.

REFERS TO: Research in education; Flanagan et al. (1962), Coleman et al. (1966)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: (half-) structured interviews, tests, and highly structured questionnaires; also questionnaires to principals, counselors, and sample of teachers

DATE OF DATA: fall, 1966; spring, 1968; and spring, 1969

POPULATION: Public highschool boys, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage sample selecting resp. geographic areas, one public high school in each area, and + 30 tenth grade boys within each school by random sampling (in fall, 1966).  
 A supplementary probability sample of tenth-grade boys in 10 outstanding high schools was also included.

NON-RESPONSE: 2,8 % incomplete information in 1966

N: 2213 in 1966, 1886 in 1968 and 1799 in 1969

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.2: Index of closed questions:

Ss were asked to 'describe the kind of person you are. Please read each sentence, then mark how often it is true for you'  
 almost always true / often true / sometimes true / seldom true / never true

1. I feel like smiling
2. I generally feel in good spirits
3. I feel happy
4. I am satisfied with life
5. I find a good deal of happiness in life
6. I feel sad

RELIABILITY: repeat reliability:  $T_1 - T_3$  (30 mos.):  $r_{pm} = +.47$   
 $T_1 - T_2$  (18 mos.):  $r_{pm} = +.54$   
 $T_2 - T_3$  (12 mos.):  $r_{pm} = +.63$

VALIDITY:

DISTRIBUTION: positively skewed  
 mean: 3.77; S.D.: .61

REMARKS: If not mentioned otherwise the data presented come from the first stage of the project (fall, 1966; N = 2213). All the correlations are presented in Volume II of the Youth in Transition study.

More data including interview waves in 1970 and 1974 are presented in Volume VI of the Youth in Transition study and in a correlation matrix (available at the authors on request). These data are not presented here because they were published after 1975. They will be reported in our follow-up publication.

CORRELATES: Aggression (A 2.2.1); Negative affect states (A 2.2.21, L 2.1.2); various Cognitive characteristics (C 1.3); various indicators of Deviance (D 1); various factors concerning School (E 1.2, E 1.3); Positive evaluation of family relations (F 1.1.3.2); Psychosomatic symptoms (H 2.2); Trust in government (N 1.1.2); various Personality characteristics (P 1); Political knowledge (P 3.1); Self-esteem (S 2.1.3); various factors concerning S.E.S. (S 5); Job-preferences (W 2.5); Acceptance of social values (V 1.1)

CONCLUSION:

AUTHOR: Bakker, P. & Berg, N. van de

TITLE: Determinants and correlates of happiness.  
(in Dutch: Determinanten en correlaten van geluk).

SOURCE: Unpublished thesis, 1974, Erasmus University Rotterdam, The Netherlands.

GOAL OF THE STUDY: Exploration of differences in factors contributing to happiness for several socio-cultural groups.

REFERS TO: Theory of adaptive behavior; Aakster (1972)

TYPE OF STUDY: explanatory, testing, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: June, 1968

POPULATION: National adult population, The Netherlands

SAMPLE CONSTRUCTION: Probability area sample.  
Aakster (1972) sample; age 20-65.  
In comparison with the total population underrepresentation of single persons; women from the northern, eastern and southern parts of the Netherlands, and people living in the smaller cities.

NON-RESPONSE: 34% refusal and unattainable

N: 1552

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on an open graphic scale (later translated in a 7-point scale):

Generally speaking, are you a happy person?

very happy	very unhappy
---------------	-----------------

In Dutch: Bent U in het algemeen gesproken een gelukkig mens?

zeer gelukkig	zeer ongelukkig
------------------	--------------------

Each S could indicate his position with an X.

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible range: 1 (high) to 7 (low); actual range: 62% score 1, 18% score 2, 10% score 3, 8% score 4, 2% score 5, 6 or 7.

REMARKS:

CORRELATES: Depression (A 2.2.4); Educational level (E 1.1.1); Number of children (F 1.2.2); Worries concerning family members (F 1.4, P 5.2.2.1); various indicators of Physical health (H 2.1); Psychosomatic complaints (H 2.2); Worries about health (H 2.5); Life change (L 1.2); Doubt about meaningfulness of one's existence (L 2.1.2); various Life style characteristics (L 3.1, L 3.2, L 3.4); Community size (L 4.1); Subjective adaptation to change (P 1.2); various Personality traits concerning interpersonal functioning (P 1.8); Pregnancy (P 2.3); various Domainsatisfactions (S 1); Like to have other people around (S 4.5); S.E.S. (S 5.1); Social mobility (S 5.3); Variables associated with neurosis/depression (X 1)

CONCLUSION:

AUTHOR: Barschak, E.

TITLE: A study of happiness and unhappiness in the childhood and adolescence of girls in different cultures.

SOURCE: Journal of Psychology, 1951, vol. 32, p. 173-215, separately published by the Journal Press, Province Town (Mass.).

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GOAL OF THE STUDY: To make a comparison of attitudes of adolescent girls of four different societies.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, retrospective snapshot, non-experimental

DATA GATHERING: Half-structured questionnaire containing closed and open-ended questions administered in classroom situation

DATE OF DATA: 1949 - 1951

POPULATION: Female college students, western world

SAMPLE CONSTRUCTION: Wall (1948) non-probability chunk sample using female freshmen students of education in the U.S.A. (N = 128), Switzerland (N = 65), W.Germany (N = 164):  
47 Ss from Berlin, 117 Ss from Goettingen) and England (N = 128)  
age 17 - 24; predominantly middle class

NON-RESPONSE:

N: 493

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.2: Index of closed happiness questions:

- Have you on the whole been happy since age of 12 - 13? Yes / no
- Were you on the whole happy during childhood? Yes / no

- On the basis of these questions Ss were classified as:
- happy in both childhood and adolescence
  - happy in childhood or adolescence
  - unhappy during both periods

RELIABILITY:

VALIDITY:

DISTRIBUTION: highly positively skewed (both in memory of childhood and adolescence)

REMARKS:

CORRELATES: Confrontation with war (W 1.1)

CONCLUSION:

AUTHOR: Baxter M.F., Yamada, K. & Washburn, M.F.  
TITLE: Directed recall of pleasant and unpleasant experiences.  
SOURCE: American Journal of Psychology, 1917, vol. 28, p. 155-157.

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GOAL OF THE STUDY: To see whether there is some kind of a test of the optimistic or pessimistic tendencies of individuals.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Verbal projective techniques and questions in laboratory situation

DATE OF DATA:

POPULATION: Female college students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample.

NON-RESPONSE:

N: 69

AUTHOR'S HAPPINESS LABEL: Cheerfulness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 5.2: Peer-rating of hedonic level of affect:

Each S was judged by 3 acquaintances. Each acquaintance was asked:

'Do you think that A. (the S in question) tends in general to be optimistic and cheerful of pessimistic and uncheerful?'

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Promptness of pleasant associations in connection with verbal stimuli (P 1.6)

CONCLUSION:

AUTHOR: Beiser, M.  
TITLE: Components and correlates of mental well-being.  
SOURCE: Journal of Health and Social Behavior, 1974, vol. 15, nr 4, p. 320-327.

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GOAL OF THE STUDY: Delineation of components of emotional well-being.

REFERS TO: Theory of mental well-being; Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Unstructured and structured interview and ratings by psychiatrists

DATE OF DATA: 1963 - 1968

POPULATION: Residents of Stirling County, Maritime Canada

SAMPLE CONSTRUCTION: Probability sample stratified by sex, age, socio-environmental circumstances and mental health (as rated by 2 psychiatrists).

NON-RESPONSE: 10%

N: 112

AUTHOR'S HAPPINESS LABEL: Pleasure involvement and Negative affect (first instrument) and General well-being (second instrument)

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few months (adapted Bradburn indices of positive and negative affects; see BRADB 69):  
Ss were asked: 'During the past few months have you felt . . . often, sometimes, or never'  
On the basis of factor analysis the item 'On top of the world' was excluded from the index of positive affects. The index of negative affects was unchanged.  
No overall affect balance scores were computed.

RELIABILITY: equivalence: common variance: 18.5% for index of positive affects and 19.9% for index of negative affects  
positive affect score x negative affect score:  $r_{pm} = -.13$  (ns)

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness' rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Hedonic level x happiness (H 1.2.1); Psycho-physiological condition (H 2.2); Psychiatric 'caseness' (H 2.3.1); Material style of life (I 1.6); Long-term satisfaction (L 2.1.2); Having hobbies (L 3.3.1); Role-related planning abilities (P 1.2); Interpersonal reactivity (P 1.8.1); Socially participant behavior (S 4.2)

CONCLUSION: At least three affects - negative affect, pleasure involvement, and long-term satisfaction - make separate contributions to feelings of general well-being. Well-being is the resultant effect of a complex intrapsychic process in which a person's general level of satisfaction with life interacts with more short-lived and fluctuating affective states.

AUTHOR: Bendo, A.A. & Feldman, H.

TITLE: A comparison of the self-concept of low-income women with and without husbands present.

SOURCE: Cornell Journal of Social Relations, 1974, vol. 9, nr 1, p. 53-85.

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GOAL OF THE STUDY: Assessment of the relationship between a positive self-concept and marital status of low-income women.

REFERS TO: Research on women in poverty; Kreisberg (1970), Marsden (1969)

TYPE OF STUDY: explanatory, testing, special group, snapshot, no-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA:

POPULATION: Low-income women with children, New York State, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample, stratified by employed status and marital status, drawn from twelve welfare jurisdictions. Stage of family life cycle, was held constant by selecting women with a teenage child only. The study was carried out in cities with less than 100,000 inhabitants and the small towns and rural areas dependent on these cities.  
693 husband-absent women and 632 husband-present women

NON-RESPONSE:

N: 1325

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and Satisfaction with life in general (second instrument)

OUR CONCEPTUALIZATION: Happiness

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 5-point scale:  
How do you feel personally, how happy do you feel?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 4 (high); mean: 2.63

SECOND INSTRUMENT: HAPP 2.1: Single closed question on satisfaction with overall life situation, rated on a 10-point ladder scale.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
mean: 5.55

REMARKS:

CORRELATES: Welfare status (I 1.6); Husband absent vs present (M 1.1.5); Employed status (W 2.1)

CONCLUSION: Husband-absent women tend to find satisfaction outside the home as workers, whereas for married women it is easier to derive satisfaction from their children, husband and housework.

AUTHOR: Berkman, P.L.

TITLE: Life stress and psychological well-being: a replication of Langner's analysis in the Midtown Manhattan Study.

SOURCE: Journal of Health and Social Behavior, 1971, vol. 12, nr 3, p. 35-45.

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GOAL OF THE STUDY: To determine the mental health validity of a psychological measure based on items included in a mail questionnaire study of generic health and ways of living.

REFERS TO: Theory of mental health; Langner & Michael (1963)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Mailed highly structure questionnaire

DATE OF DATA: 1965

POPULATION: Adults, Alameda County, U.S.A.

SAMPLE CONSTRUCTION: Probability sample of households (see also RENNE 70).

NON-RESPONSE:

N: 6928

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 1.3: Index of closed questions on perceived occurrence of specific affects in general (adapted Bradburn & Caplovitz Affect Balance Score; see BRADB 65).

The component items were asked in mixed order, introduced by the statement:

'Here is a list that describes some of the ways people feel at different times. How often do you feel each of these ways?'  
never / sometimes / often

The 5-item index of negative affects was unchanged. From the 4-item index of positive affects the item 'proud because someone complimented you on something you had done' was excluded.

RELIABILITY:

VALIDITY: Test for external validity shows corresponding correlates with stressfactors as psychiatric diagnosis did in the Langner & Michael (1963) study.

DISTRIBUTION: slightly positively skewed  
possible range: positive affect: 0 (low) to 9 (high); negative affect: 0 (low) to 15 (high); affect balance: 1 (high positive, low negative) to 7 (low positive, high negative)  
actual range : affect balance: 1 (6.9%) to 7 (3.5%)

REMARKS:

CORRELATES: various characteristics of Family of origin (F 1.1, L 1.1); Physical health (H 2.1.3); Self-evaluated financial situation (I 1.6); Stress (L 2.2.2); Parental worries (F 1.2.4, P 5.2.2.1); Marital satisfaction (S 1.7.2); Poor interpersonal relations (S 4.3); S.E.S. (S 5.1)

CONCLUSION: The number of stressfactors mentioned offers a better prediction of life-satisfaction than the quality or patterns of the different stressfactors do. Stress is more frequent in the lower S.E.S. - classes and though stress exerts a significant influence on psychological well-being in all classes, this influence is stronger in the lower classes.

AUTHOR: Blood, M.R.  
TITLE: Work values and job satisfaction .  
SOURCE: Journal of Applied Psychology, 1969, vol. 53, nr 6, p. 456-459.

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GOAL OF THE STUDY: Development of an instrument for the measurement of work values .

REFERS TO: Work values related to the ideals of the Protestant Ethic; Weber (1958), Lenski (1961)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA:

POPULATION: Airmen, U.S.A.F., U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample, using 114 fulltime students in courses in aircraft maintenance and 306 Ss permanently assigned on a variety of low skill level tasks.

NON-RESPONSE: 6%

N: 420

AUTHOR'S HAPPINESS LABEL: Satisfaction with life in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question on satisfaction with life in general, scored on the Kunin (1955) pictorial rating scale

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Disagreement with protestant ethic (V 1.1)

CONCLUSION: The more a worker agrees with the ideals of the Protestant Ethic, the more he will be satisfied in his work and with his life in general .

AUTHOR: Bohn, C.J.

TITLE: The effect of children upon life satisfaction. A thesis in child development and family relationships.

SOURCE: Unpublished master thesis, 1972, Pennsylvania State University.

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GOAL OF THE STUDY: To determine the effect of presence or absence of children upon one's overall feelings of status and well-being.

REFERS TO: Theory of marital satisfaction; Rollins & Feldman (1970), Renne (1970)

TYPE OF STUDY: explanatory, testing, (inter-) national population, snapshot, non-experimental

DATA GATHERING: Half-structured interview by native interviewers in each country

DATE OF DATA: ± 1960

POPULATION: Adults in the Dominican Republic, Panama and Yugoslavia

SAMPLE CONSTRUCTION: Pooling of the Cantril (1965) samples of the Dominican Republic, Panama and Yugoslavia (see CANTR 65).

NON-RESPONSE:

N: 5228

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with the best and the worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible range: 0 (low) to 10 (high); mean: 3.38; S.D.: 2.59

REMARKS: See also BORTN 74B

CORRELATES: Age (A 3); Gender (G 1.1); Having children (F 1.2.1); Child-centered attitude (F 1.2.4); Socio-economic level (I 1.1); Urban residence (L 4.2); various Marital status comparisons (M 1)

CONCLUSION: In countries, where children are an economic asset, they raise the satisfaction with life of their parents. In other countries children either lessen or raise the status of the parents, depending on social class, residence and the presence or absence of a child-centered attitude on the part of the parents.

AUTHOR: Bortner, R.W. & Hultsch, D.F.

TITLE: A multivariate analysis of correlates of life satisfaction in adulthood.

SOURCE: Journal of Gerontology, 1970, vol. 25, nr 1, p. 41-47.

GOAL OF THE STUDY: Examination of demographic and social psychological variables related to life satisfaction and their impact.

REFERS TO: Happiness research; Cantril (1965), Neugarten et al. (1961)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Cantril (1965) U.S.A.-data, gathered by structured interview (see CANTR 65).

DATE OF DATA: 1959

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Modified probability sample (Cantril U.S.A. sample; see CANTR 65).  
Test for sample representativeness showed non-significant differences for age, race, economic level and education; overrepresentation of divorced females; underrepresentation of widowed females (as assessed by the 1960 census of the continental United States). Ss lacking identifying demographic data were eliminated.

age 20-88; 681 males, 728 females; 117 blacks, 1292 whites

NON-RESPONSE: 9% incomplete information

N: 1406

AUTHOR'S HAPPINESS LABEL: Life satisfaction (first and second instrument) and Success in goals (third instrument)

OUR CONCEPTUALIZATION: Happiness (first and second instrument) and Contentment (third instrument)

FIRST INSTRUMENT: HAPP 2.1: Single closed question on satisfaction with life rated on an 11-point self-anchoring scale (Cantril Satisfaction with Life rating; see CANTR 65/2).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); mean: 7.6; S.D.: 2.0

SECOND INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with best and worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65/1).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); mean: 6.6; S.D.: 2.3

THIRD INSTRUMENT: CON 1.1: Single closed question on contentment, rated on an 11-point self-anchoring scale (Cantril Success in achieving Goals rating; see CANTR 65/2).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); mean: 6.7; S.D. 2.2

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Opportunity to do things one likes (F 2.2); Gender (G 1.1); various factors concerning Happiness (H 1); Economic level (I 1.1); Enjoyment of previous day (L 2.1.1); Marital status (M 1.6); Positive evaluation of national situation (N 1.1.1); Efficacy (P 1.1); Extent of perceived troubles and obstacles in life (P 5.1.1); Extent of worries and fears that things might get worse (P 5.2.1); Religiousness (R 1.1); Satisfaction with the way things are going in the U.S.A. (S 1.3.1); Self-respect (S 2.1.3); Self-confidence (S 2.1.4); Occupational level (W 2.2)

CONCLUSION: The social psychological variables are more predictive of life satisfaction than the demographic variables.

AUTHOR: Bortner, R.W. & Hultsch, D.F.

BORTN 72

TITLE: Personal time perspective in adulthood.

SOURCE: Developmental psychology, 1972, vol. 7, nr 2, p. 98-103.

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GOAL OF THE STUDY: Examination of age differences in time perspective and assessment of factors affecting time perspective.

REFERS TO: Theory of time perspective; Wohlford (1966)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Cantril (1965) U.S.A.-data, gathered by structured interview (see CANTR 65)

DATE OF DATA: 1959

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Modified probability sample (Cantril U.S.A. sample; see CANTR 65 and BORTN 70).

NON-RESPONSE: 9% incomplete information

N: 1409

AUTHOR'S HAPPINESS LABEL: Life satisfaction (first and second instrument) and Success in goals (third instrument)

OUR CONCEPTUALIZATION: Happiness (first and second instrument) and Contentment (third instrument)

INSTRUMENTS: See BORTN 70

REMARKS: In this article the authors refer to correlates of the second and the third instrument, which are also presented in Bortner & Hultsch (1970) (see BORTN 70).

AUTHOR: Bortner, R.W. & Hultsch, D.F.  
TITLE: Patterns of subjective deprivation in adulthood.  
SOURCE: Development Psychology, 1974, vol. 10, nr 4, p. 534-545.

BORTN 74A

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GOAL OF THE STUDY: Investigation into age related subjective deprivation and assessment of which of them represent an ontogenetic developmental sequence.

REFERS TO: Theory of deprivation; Stouffer et al. (1949), Cantril (1965)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Cantril (1965) U.S.A.-data, gathered by structured interview (see CANTR 65)

DATE OF DATA: 1959

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Modified probability sample (Cantril U.S.A. sample; see CANTR 65 and BORTN 70).  
Ss were classified according to type of age-related subjective deprivation as assessed by Cantril (1965) present-self, past-self and future-self ratings on 'best possible life' question (Cantril personal rating; see CANTR 65):  
- stereotyped non-deprivation (SND, N = 140): present rating higher than past rating, and future rating 1 or 2 points higher than present rating.  
- great expectations deprivation (GED, N = 194): present rating higher than past rating, and future rating 3 or more points higher than present rating.  
- temporary deprivation (TD, N = 170): present rating lower than past rating, and future rating higher than present rating.  
- anticipatory deprivation (AD, N = 75): present rating higher than past rating, and future rating lower than present rating.  
- continuous deprivation (CD, N = 69): present rating lower than past rating, and future rating lower than present rating.  
unclassified Ss (N = 665) were excluded from analysis

NON-RESPONSE: 17% incomplete information

N: 1294

AUTHOR'S LABEL: Success in goals (first instrument) and life satisfaction (second instrument)

OUR CONCEPTUALIZATION: Contentment (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: CON 1.1: Single closed question on contentment, rated on an 11-point self-anchoring scale (Cantril Success in achieving Goals rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION: see BORTN 70

SECOND INSTRUMENT: HAPP 2.1: Single closed question on satisfaction with life, rated on an 11-point self-anchoring scale (Cantril Satisfaction with Life rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION: see BORTN 70

REMARKS:

CORRELATES: Type of subjective age-related deprivation (L 2.3)

CONCLUSION:

AUTHOR: Bortner, R.W., Bohn, C.J. & Hultsch, D.F.

TITLE: A cross-cultural study of the effects of children on parental assessment of past, present and future.

SOURCE: Journal of Marriage and the Family, May 1974, p. 370-378.

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GOAL OF THE STUDY: Assessment and elaboration of the relation between having children and happiness in past, present and future.

REFERS TO: Parent-child interaction; Rollings & Feldman (1970)

TYPE OF STUDY: explanatory, explorative, national populations, snapshot, non-experimental

DATA GATHERING: Cantril (1965) data, gathered by structured interview, using native interviewers in each country (see CANTR 65)

DATE OF DATA: 1960

POPULATION: married people in the Dominican Republic, Panama and Yugoslavia.

SAMPLE CONSTRUCTION: Married people from the Cantril (1965) samples of the Dominican Republic (N = 1977), Yugoslavia (N = 1177) and Panama (N = 959) (see CANTR 65 and BOHN 72)  
2409 males, 1704 females; 2232 age 21-39, 1878 age 40+; 3650 with children, 483 without children; 2721 rurals, 1392 urbans; 857 upper S.E.S., 3140 lower S.E.S.

NON-RESPONSE:

N: 4113

AUTHOR'S HAPPINESS LABEL: Satisfaction with life in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with best and worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: This article is a summary of an unpublished master thesis by Bohn (1972) and provides information already reported there (see BOHN 72).

AUTHOR: Bradburn, N.M. & Caplovitz, D.  
 TITLE: Reports on happiness.  
 SOURCE: Chicago, 1965, Aldine Publishing Company.

GOAL OF THE STUDY: To develop an inventory for the periodical assessment of the social-psychological state of the nation's population.

REFERS TO: Theory of mental health; Jahoda (1958)

TYPE OF STUDY: explanatory, explorative, local populations, snapshot, non-experimental

DATA GATHERING: 2 methods: - long form : personal structured interviews (males of age 25-49 only, N = 393)  
 - short form: self-administered highly structured questionnaire delivered at home (517 males and 1097 females)

DATE OF DATA: March, 1962

POPULATION: Inhabitants of 4 small communities, Illinois, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage samples in 4 communities of comparable size, selected in view of their economic situations: 2 communities in chronic economic depression, 1 improving from chroniceconomic depression and 1 economically well-off.  
 909 males, 1097 females; non-clinical population

NON-RESPONSE:

N: 2006

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY: retest reliability (after 8 months):  $r = +.62$

VALIDITY:

DISTRIBUTION: slightly positively skewed: 24% very happy, 59% pretty happy, 17% not too happy

SECOND INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the last week (Bradburn & Caplovitz Affect Balance Score):

We are interested in the way people are feeling these days. The following list describes some of the ways people feel at different times. Please indicate how often you felt each way during the last week.

How often last week did you feel . . . . not at all / once / several times / often

1. On top of the world?
2. Very lonely or remote from other people?
3. Angry at something that usually wouldn't bother you?
4. That you couldn't do something because you just couldn't get going?
5. Particularly excited or interested in something?
6. Depressed or very unhappy?
7. Pleased about having accomplished something?
8. Bored?
9. Proud because someone complimented you on something you had done?
10. So restless you couldn't sit long in a chair?
11. That you had more things to do than you could get done?
12. Vaguely uneasy about something without knowing why?

The items 3, 4 and 11 did not correlate with the others and were excluded.

Positive feelings (1, 5, 7 and 9) and negative feelings (2, 6, 8, 10, 12) are used in a balance score: the Affect Balance Score. High A.B.S. means high scores on the 4-item index of positive affects and relative low scores on the 5-item index of negative affects.

The males in the age of 25-49 who were personally interviewed (see data gathering) were asked:

'During the past week did you ever feel . . .' yes / no

If yes: 'How often did you feel that way?' once / several times / often

RELIABILITY: equivalence (on the basis of the responses of the males who were personally interviewed; N = 393):

- positive items :  $r$  ranging from +.26 to +.47
- negative items :  $r^{pm}$  ranging from +.31 to +.54
- positive x negative items :  $r^{pm}$  ranging from -.19 to +.11
- positive affect score x negative affect score:  $R^{pm} = .07$  (ns)

VALIDITY:

- DISTRIBUTION:
- Affect balance : 13% more positive than negative affects, 32% as many positive and negative affects, 37% more negative than positive affects
  - Positive affect: 36% high, 34% medium, 30% low
  - Negative affect: 53% high, 9% medium, 38% low

REMARKS: In Part III  $G^{(x)}$  indicates that the gamma is computed on the basis of the proportion 'not too happy' answers.

CORRELATES: Age (A3); various Concerns (C 2); Educational level (E 1.1.1); Gender (G 1.1); Contact with relatives (F 1.4); Hedonic level x happiness (H 1.2.1); Anxiety (H 2.2); Income (I 1.1); Overall role adjustment (L 2.2.2); various Specific leisure activities (L 3.3.2); Economic climate of local environment (L 4.4); various Marital status comparisons (M 1); Marital tension (M 2.4, P 5.1.2); Worrying (P 5.2.1); Participation in religious events (R 1.3); Job satisfaction (S 1.9.1); various indicators of Social participation (S 4); S.E.S. (S 5.1); Participating in sports (S 6.1); Attending sports (S 6.2); Employment status (W 2.1)

CONCLUSION: Happiness can be conceived as a balance of positive and negative feelings, which turn out to vary independently and show different correlates. It is strongly affected by activity, social participation, and social position. Environmental factors turn out to be less influential.

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BRADB 65/2

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GOAL OF THE STUDY: Assessment of psychological effects of a period of national stress.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, local populations, longitudinal, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: October, 1962. At that time the 'Cuban crisis' took place; a political confrontation between the Soviet Union and the U.S.A., which might have resulted in a (nuclear) war.

POPULATION: Inhabitants of 2 small communities, Illinois, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage samples in 2 communities.  
Reinterview of those Ss used in the first study (see BRADB 65/1) who are living in the most prosperous and the most depressed community of the 4 communities used.

NON-RESPONSE:

N: 547

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

INSTRUMENTS: see BRADB 65/1

CORRELATES: Living in a period of national crisis (N 1.2)

CONCLUSION: A national crisis has little bearing on the state of people's feelings. The impact of the crisis may have been conditioned by personal characteristics of the respondents.

AUTHOR: Bradburn, N.M.

TITLE: The structure of psychological well-being.

SOURCE: Chicago, 1969, Aldine Publishing Company.

GOAL OF THE STUDY: Assessment of the influences of every day life events on well-being and investigation of effects of social change on well-being.

REFERS TO: Happiness reasearch; Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, local populations, longitudinal, non-experimental

DATA GATHERING: Repeated interviews at home using highly structured questionnaires

DATE OF DATA: January, 1963 (wave 1); June, 1963 (wave 2); October, 1963 (wave 3); January, 1964 (wave 4) (see also 'sample construction')

POPULATION: Adults, urban areas, U.S.A.

SAMPLE CONSTRUCTION: Probability area samples in:

- Suburban county near Washington D.C.  
The population was chosen because of expected changes by an experimental community mental health program. predominantly middle class; 17% semi- or unskilled laborers (N: 1277; non-response: 26%, 20% dropouts; date of data: population interviewed in January, 1963 and in October, 1963)
- Working class neighborhood, Chicago  
The population was chosen because of expected race tensions. 40% semi- or unskilled laborers (N: 252; non-response: 15%, 30% dropouts; date of data: population interviewed in January, 1963 and in October, 1963)
- All-white suburb, Detroit  
The city of Detroit was chosen because of expected changes in the automobile industry. many skilled workers in automobile industry; both white-collar and skilled blue-collar; 25% semi- or unskilled laborers (N: 542; non-response: 15 - 20%, 21% dropouts; date of data: January, 1963; June, 1963; October, 1963; January, 1964)
- Negro inner city population, Detroit  
The city of Detroit was chosen because of expected changes in the automobile industry. many workers in automobile industry; predominantly lower economic status; 75% semi- or unskilled laborers; 62% females (N: 446, non-response: 15 - 26%, 21% dropouts; date of data: January, 1963 and October, 1963)
- Ten metropolitan areas  
The population was chosen as comparison group. the sample resembles the U.S.A. population rather well; 25% semi- or unskilled laborers (N: 270; non-response: 15-26%, 23% dropouts; date of data: January, 1963 and October, 1963)

NON-RESPONSE: ± 20%

N: 2787

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument), Happiness (second instrument) and Contentment (third instrument)

FIRST INSTRUMENT: AFF 2.3 Index of closed questions on perceived occurrence of specific affects during the past few weeks (adapted Bradburn & Caplovitz Affect Balance Score; see BRADB 65):

- During the past few weeks, did you ever feel . . . yes / no
1. Particularly exited or interested in something?
  2. So restless that you couldn't sit long in a chair?
  3. Proud because someone complimented you on something you had done?
  4. Very lonely or remote from other people?
  5. Pleased about having accomplished something?
  6. Bored?
  7. On top of the world?
  8. Depressed or very unhappy?
  9. That things were going your way?
  10. Upset because someone criticized you?
- Index of Positive Affects: items 1, 3, 5, 7 and 9  
Index of Negative Affects: items 2, 4, 6, 8 and 10

RELIABILITY: equivalence: - positive items : Q ranging from +.23 to +.72  
 - negative items : Q ranging from +.41 to +.71  
 - positive x negative items: Q ranging from -.28 to +.25  
 - positive affect score x negative affect score: wave 1: G = +.08, wave 3: G = +.02  
 Washington suburban country : wave 1: G = +.13, wave 3: G = +.07  
 Working class neighborhood, Chicago : wave 1: G = +.04, wave 3: G = -.06  
 All-white suburb, Detroit : wave 1: G = +.08, wave 3: G = +.14  
 Negro inner city, Detroit : wave 1: G = +.04, wave 3: G = -.20  
 Ten metropolitan areas : wave 1: G = +.11, wave 3: G = +.02

white suburb Detroit only:

- retest reliability (retest after 3 days, N = 174): Affect Balance Scale : G = +.76
  - Index of Positive Affects: G = +.83
  - Index of Negative Affects: G = +.81
  - positive items: Q ranging from +.86 to +.96
  - negative items: Q ranging from +.90 to +.97
- repeat reliability: Non-significant differences in average Redit values in the four interviews for affect balance, positive affect and negative affect.

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: -5 (low) to +5 (high); actual range: 2% score - 4 or -5, 5% -3, 10% -2, 14% -1, 21% 0, 20% +1, 15% +2, 10% +3, 3% +4 or +5

SECOND INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale (adapted Gurin et al. question; see GURIN 60):

Taken all together, how would you say things are these days? - would you say that you are very happy, pretty happy, or not too happy?

RELIABILITY: repeat reliability: wave 1 - wave 3: G = +.74 for males, G = +.71 for females  
All-white suburb, Detroit only: wave 1 - wave 2: G = +.65 for males, G = +.79 for females  
wave 2 - wave 3: G = +.68 for males, G = +.79 for females  
wave 3 - wave 4: G = +.80 for males, G = +.84 for females

VALIDITY:

DISTRIBUTION: positively skewed (wave 1):  
- Washington suburban county : 35% very happy, 57% pretty happy, 8% not too happy  
- Working class neighborhood, Chicago: 31% very happy, 50% pretty happy, 19% not too happy  
- All-white suburb, Detroit : 36% very happy, 57% pretty happy, 7% not too happy  
- Negro inner city, Detroit : 17% very happy, 56% pretty happy, 27% not too happy  
- Ten metropolitan areas : 33% very happy, 59% pretty happy, 8% not too happy

THIRD INSTRUMENT: CON 1.1: Single closed question rated on a 3-point scale:

In getting the things you want out of life, would you say that you are doing pretty well, or not too well right now?

In wave 3 three response categories were offered: very well, pretty well, not too well.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed:  
- Washington suburban county : wave 1: 86% pretty well, 13% not too well  
wave 3: 30% very well, 62% pretty well, 8% not too well  
- Working class neighborhood, Chicago: wave 1: 68% pretty well, 32% not too well  
wave 3: 26% very well, 57% pretty well, 16% not too well  
- All-white suburb, Detroit : wave 1: 84% pretty well, 16% not too well  
wave 3: 29% very well, 61% pretty well, 9% not too well  
- Negro inner city, Detroit : wave 1: 50% pretty well, 50% not too well  
wave 3: 21% very well, 47% pretty well, 31% not too well  
- Ten metropolitan areas : wave 3: 27% very well, 65% pretty well, 8% not too well

REMARKS: This excerpt presents the results of the first interview wave in January, 1963. Results of the other waves are presented only if they differ from the first.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Number of children under 21 (F 1.2.2); Contacts with relatives (F 1.4); Gender (G 1.1); Hedonic level x happiness (H 1.2.1); Contentment x happiness (H 1.3.1); Contentment x hedonic level (H 1.3.2); Illness (H 2.1.3); various indicators of Psychosomatic complaints (H 2.2); Ever expected a nervous breakdown (H 2.3.2); Wish to change life (H 3.1.1); various factors concerning Income, financial situation (I 1); various factors concerning Use of leisure time (L 3.3); various Marital status comparisons (M 1); various factors concerning Marriage (M 2.3, M 2.4); Esteem for others (P 1.8.2); various factors concerning Problems, worries and fears (P 5); Marital happiness (S 1.7.2); Satisfaction with social life (S 1.7.3); Job satisfaction (S 1.9.1); various indicators of Social participation (S 4); S.E.S. (S 5.1); Job advancement (S 5.3); various factors concerning Work (W 2)

CONCLUSION: Positive and negative feelings vary almost independently from each other.  
Income, social involvement, and new experiences are related to positive affect only, while indicators of mental and physical dysfunctioning are related to negative affect only. Aspects of work and marriage are related to both positive and negative affects.

AUTHOR: Bradbury, B.R.

TITLE: A study of guilt and anxiety as related to certain psychological and sociological variables.

SOURCE: Unpublished doctoral dissertation, 1967, Denton, Texas, U.S.A.

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GOAL OF THE STUDY: Providing a conceptual linkage between feelings of guilt and anxiety and certain psychological and sociological variables.

REFERS TO: Theory of guilt and anxiety; Symonds (1946), Mosher (1961)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Psychological tests and highly structured questionnaire, administered in class-room situation

DATE OF DATA: 1966 - 1967

POPULATION: University students, North Texas State University, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of students enrolled in freshman (sociology and psychology) and graduate (cross section of majors) classes during the 1966 - 1967 academic year.  
162 males, 151 females; 124 freshmen, 103 graduates, 86 other

NON-RESPONSE:

N: 313

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:  
Do you consider yourself to be: generally happy, moderately happy, generally unhappy?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 72% generally happy, 18% moderately happy or generally unhappy

REMARKS:

CORRELATES: various indicators of Guilt (A 2.2.8); Anxiety (H 2.2)

CONCLUSION: Unhappiness plays a part in the genesis of guilt and anxiety.

AUTHOR: Brenner, B.

TITLE: Patterns of alcohol use, happiness and the satisfaction of wants.

SOURCE: Quarterly Journal of Studies on Alcohol, 1967, vol. 28, p. 667-675.

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GOAL OF THE STUDY: Examination of the impact of various patterns of alcohol use on happiness.

REFERS TO: Theory of social patterns (alcohol use); Fallding (1964)

TYPE OF STUDY: descriptive, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Summer, 1963

POPULATION: Non-institutionalized adult population, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage sample.  
At block level non-probability quota sample, with quotas based on sex, age, race and employment.  
age 21+

NON-RESPONSE: 4% incomplete

N: 1453

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and Satisfaction of wants (second instrument)

OUR CONCEPTUALIZATION: Happiness (first instrument) and Contentment (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 33% very happy, 51% pretty happy, 16% not too happy

SECOND INSTRUMENT: CON 1.1: Single closed question rated on a 2-point scale:

When you think of the things you want from life, would you say that you're doing pretty well or you're not doing too well now in getting the things you want?

RELIABILITY:

VALIDITY:

DISTRIBUTION: highly positively skewed: 82% doing pretty well, 18% doing not too well

REMARKS:

CORRELATES: Contentment x happiness (H 1.3.1); various factors concerning Alcohol consumption (L 3.1.2)

CONCLUSION: Having never been an alcohol user and drinking usually small amounts of alcohol at one setting appears to be the drinking patterns most consistent with happiness. However, among persons (especially drinkers) who are not doing well, drinking medium or large amounts appears to be the pattern most consistent with happiness, provided that there are no problems due to drinking. Those who drink medium or large amounts and have encountered problems due to drinking, and those who are ex-drinker are appreciably less happy.

AUTHOR: Brenner, B.

BRENN 70

TITLE: Social factors in mental well-being at adolescence.

SOURCE: Unpublished doctoral dissertation, 1970, The American University, Washington D.C., U.S.A.

GOAL OF THE STUDY: To explore the influence of social factors (esp. participation in extracurricular activities and family social class) on mental well-being among adolescents.

REFERS TO: Theory of happiness and mental well-being; Gurin et al. (1960), Bradburn (1969)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA: 1960

POPULATION: Juniors and seniors attending public high schools in New York State, U.S.A.

SAMPLE CONSTRUCTION: Probability cluster sample of 10 public high schools in New York State. Six schools were randomly selected from those in communities with a population of over 100,000, three from communities of 10,000 to 100,000, one from communities of 2,500 - 10,000, and one from communities of 2,500 or less. One high school in a medium-sized community refused cooperation. In each of the appropriate classrooms (juniors/seniors) three questionnaires were alternately distributed to the students, thereby selecting a subsample A (N = 1682), a subsample B (N = 1664), and a subsample C (N = 1678)

NON-RESPONSE: 1%

N: 5204

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and Usual mood (second instrument)

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 4-point scale:

On the whole, how happy would you say you are?  
very happy / fairly happy / not very happy / very unhappy

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 35% very happy, 59% fairly happy, 6% not happy

SECOND INSTRUMENT: AFF 1.1: Single closed question rated on a 5-point scale:

In general, how would you say you feel most of the time - in good spirits or in low spirits?  
very good spirits / fairly good spirits / neither good spirits nor low spirits / fairly low spirits / very low spirits

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 23% in very good spirits, 62% in fairly good spirits, 15% not in good spirits

REMARKS: In the analysis 'not very happy' and 'very unhappy' are combined into 'not happy' and 'neither good spirits nor low spirits', 'fairly low spirits' and 'very low spirits' into 'not in good spirits'.  
The happiness question (first instrument) was only put in the subsamples A and B (N = 3031), the question on spirits (second instrument) in all the samples (N = 4942).

CORRELATES: Frequency of low mood (A 2.2.4); School social class (E 1.3); Gender (G 1.1); various characteristics of Family of origin (F 1.1); Hedonic level x happiness (H 1.2.1); Anxiety (H 2.2); Having fun in life (L 2.1.2); Tending to be a lonely person (L 2.1.2, S 4.1.5); Tending to be a discouraged person (L 2.1.2, P 1.2); Extracurricular activities (L 3.3.1); various Personality characteristics concerning interpersonal functioning (P 1.8); Sensitivity to criticism (P 1.5.2); Sensitivity to failure (P 1.9); various Formal aspects of self-image (S 2.1); Extent of dating (S 4.1.2); various factors concerning S.E.S. (S 5); Hours spent on work for pay (W 2.1)

CONCLUSION: Happiness appears to be largely determined by usual mood, frequency of high mood and frequency of low mood. The influence of anxiety upon happiness is smaller. Insofar as anxiety does reduce happiness, it appears to do so mainly by increasing the frequency of low mood. Particularly among students who might otherwise be under-involved, participation in extracurricular activities tends to foster each aspect of mental well-being, partly by increasing fun in life and decreasing loneliness. However, this tendency is reduced and even reversed among students for whom participation is likely to mean over-involvement, and given such unfavourable circumstances as unstable self-image and factors associated with lower class, home and school environment.

With increasing social class, students tend to be happier, usually in better spirits, more likely to find much fun in life, less discouraged, less lonely and less anxious. In fact, the greater fun in life and less loneliness associated with social class seem largely responsible for the other associations. However, a greater likelihood of frequent low moods is also associated with social class, reducing the relation with mental well-being.

AUTHOR: Brenner, B.  
TITLE: Quality of affect and self-evaluated happiness.  
SOURCE: Social Indicators Research, 1975, vol. 2, nr 3, p. 315-331.

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GOAL OF THE STUDY: Assessment of the relation between quality of affect and self-evaluated happiness.

REFERS TO: Happiness research; Bradburn (1969), Wessman & Ricks (1966)

TYPE OF STUDY: descriptive, explorative, local population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Summer, 1973 to summer, 1974.

POPULATION: Local population, Washington County, Maryland, U.S.A.

SAMPLE CONSTRUCTION: Probability cluster sample of households.  
Out of each household 1 S was chosen at random.  
age 18+

NON-RESPONSE: 25%

N: 916

AUTHOR'S HAPPINESS LABEL: Self-evaluated happiness (first instrument) and Quality of affect (second to sixth instrument)

OUR CONCEPTUALIZATION: Happiness (first to third instrument) and Hedonic level of affect (fourth to sixth instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 35% very happy, 59% pretty happy, 6% not too happy

SECOND INSTRUMENT: COMP 1.2: Index of closed questions (Two component Quality of Affect Scale):

1. How often do you feel that you are really enjoying life?  
Would you say very often, fairly often, occasionally, rarely or never.
2. How often do you feel downcast or dejected?  
Would you say very often, fairly often, occasionally, rarely or never.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 6 (high); actual range: 0 (0.2%) to 6 (11.9%)

THIRD INSTRUMENT: COMP 1.2: Index of closed questions (Three Component Quality of Affect Scale):

1. How often do you feel that you are really enjoying life?  
Would you say very often, fairly often, occasionally, rarely or never.
2. How often do you feel downcast or dejected?  
Would you say very often, fairly often, occasionally, rarely or never
3. In general how would you say you feel most of the time?  
Would you say very good spirits, fairly good spirits, neither good spirits nor low spirits, fairly low spirits, or very low spirits.

RELIABILITY: equivalence: item 1 & 2:  $G = -.52 (.001)$   
item 2 & 3:  $G = -.56 (.001)$   
item 1 & 3:  $G = +.78 (.001)$

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 6 (high); actual range: 0 (0.1%) to 6 (8.6%)

FOURTH INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past week (Going-Your-Way / Depressed-or-Unhappy Scale; from the Bradburn & Caplovitz Affect Balance Scale; see BRADB 65):

1. How often did you feel that things were going your way during the past week?  
not at all / once / several times / often
2. How often did you feel depressed or very unhappy during the past week?  
not at all / once / several times / often

RELIABILITY: equivalence:  $G = -.52$  (.001)

VALIDITY:

DISTRIBUTION: very positively skewed  
possible range: 0 (low) to 4 (high); actual range: 0 (2.8%) to 4 (40.9%)

FIFTH INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past week (Enjoyed / Depressed Scale):

Please tell me how often you have felt this way during the past week . . . rarely or none of the time / some or a little of the time / occasionally or a moderate amount of time / most or all of the time

- I enjoyed life
- I felt depressed

(selected items from interview schedule)

RELIABILITY: equivalence:  $G = -.72$  (.001)

VALIDITY:

DISTRIBUTION: very positively skewed  
possible range: 0 (low) to 4 (high); actual range: 0 (2.0%) to 4 (64.1%)

SIXTH INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past week (Happy / Sad Scale):

Please tell me how often you have felt this way during the past week . . . rarely or none of the time / some or a little of the time / occasionally or a moderate amount of time / most or all of the time

- I felt happy
- I felt sad

(selected items from interview schedule)

RELIABILITY: equivalence:  $G = -.71$  (.001)

VALIDITY:

DISTRIBUTION: very positively skewed  
possible range: 0 (low) to 4 (high); actual range: 0 (1.4%) to 4 (63.5%)

REMARKS: All measures of association are based on frequencies which have been weighted according to the number of adults living in the household of the person selected for interview.

CORRELATES: Depressive affect (A 2.2.4); Happiness x happiness (H 1.1.1); Hedonic level x happiness (H 1.2.1)

CONCLUSION: Assessment of the extent of marked positive affect, negative affect, and the modal quality of affect provides a useful description of the quality of a person's current pattern of affect.  
The association between quality of affect and self-evaluated happiness is substantial. The latter appears to be influenced by each of the quality of affect components with the influence of positive affect predominating.

AUTHOR: Brenner, B.  
TITLE: Enjoyment as a preventive of depressive affect.  
SOURCE: Journal of Community Psychology, 1975, vol. 3, nr 4, p. 346-357.

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GOAL OF THE STUDY: Assessment of relations between satisfaction, enjoyment, depressive affect, and psychophysiologic problems to determine whether enjoyment decreases the likelihood of depressive affect.

REFERS TO: Theory of enjoyment and depressive affect; Heath (1964), Ferster (1965)

TYPE OF STUDY: explanatory, testing, regional population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1972

POPULATION: Adults, U.S.A.

SAMPLE CONSTRUCTION: Probability cluster sample using households in Washington County, Maryland (N = 1268), and probability multi-stage sample in Kansas City, Missouri (N = 900).  
In each household the individual to be interviewed was chosen at random.  
age 18+

NON-RESPONSE: 19% in Washington County, and 25% in Kansas City

N: 2168

AUTHOR'S HAPPINESS LABEL: Enjoyment of life

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.1: Single closed question rated on a 5-point scale:  
How often do you feel that you are really enjoying life?  
Would you say very often, fairly often, occasionally, rarely or never?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 80% often, 16% occasionally, 4% rarely enjoys life

REMARKS:

CORRELATES: Feeling downcast or dejected (A 2.2.4); Psycho-physiologic problems (H 2.2); Satisfaction with major life areas (S 1.11)

CONCLUSION: The findings are consistent with the proposition that satisfaction with major life areas is a factor in finding enjoyment in life, thereby a factor in avoiding depressive affect and thereby a factor in avoiding psychophysiologic problems.

AUTHOR: Brim, J.A.

TITLE: Social network correlates of avowed happiness.

SOURCE: Journal of Nervous and Mental Disease, 1974, vol. 158, nr 6, p. 432-439.

GOAL OF THE STUDY: Assessment of correlates between avowed happiness and social network characteristics and description of a technique for obtaining quantified data on these social network characteristics.

REFERS TO: Theory of social networks; Bott (1955, 1957)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA:

POPULATION: Females from the Seattle - Washington area, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using all members of a woman's rights organization and random selection of one other woman from each block where a woman's rights organization member lived.  
92 members, 61 non-members; 113 married, 40 not married

NON-RESPONSE:

N: 153

AUTHOR'S HAPPINESS LABEL: Avowed happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 9-point scale (adapted Gurin et al. question; see GURIN 60):

Taken all things together, how would you say things are these days - would you say you're very happy, pretty happy, or not too happy?  
Please put a circle around the appropriate number to indicate how happy you are these days.

very				pretty				not too
happy				happy				happy
9	8	7	6	5	4	3	2	1

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: various indicators of the Marital relationship (M 2.4); various indicators of Social participation (S 4); Value similarity (V 1.2)

CONCLUSION: Several dimensions of social network relationship content have been shown to be significantly related to avowed happiness. One plausible explanation for this is that characteristics of a person's social network directly affect his psychological state, but several rival explanations cannot be ruled out.

AUTHOR: Buchanan, W. & Cantril, H.

TITLE: How nations see each other. A study in public opinion.

SOURCE: Urbans, U.S.A., 1953, University of Illinois Press.

GOAL OF THE STUDY: Exploration of the relationships between public opinions about foreign people, human nature, peace, etc., and factors as nationality, culture, class and income.

REFERS TO:

TYPE OF STUDY: descriptive, explorative, international population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1948 - 1949

POPULATION: Adult population of 9 countries

SAMPLE CONSTRUCTION: Probability samples proportionally stratified by sex, age, occupation, S.E.S. and education.  
 Adults of: Australia (N = 945), Britain (N = 1195), France (N = 1000), W.Germany (N = 3371), Italy (N = 1078), Mexico (N = 1752), The Netherlands (N = 942), Norway (N = 1030), U.S.A. (N = 1015).

NON-RESPONSE:

N: 13402

AUTHOR'S HAPPINESS LABEL: Satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 4-point scale:  
 How satisfied are you with the way you are getting on now?  
 very satisfied / all right / dissatisfied / don't know

RELIABILITY:

VALIDITY:

DISTRIBUTION: Australia : symmetric : 22% very satisfied, 57% all right, 20% dissatisfied  
 Britain: : negatively skewed: 12% very satisfied, 52% all right, 33% distatisfied  
 France : negatively skewed: 2% very satisfied, 27% all right, 56% dissatisfied  
 W.Germany : negatively skewed: 2% very satisfied, 51% all right, 44% dissatisfied  
 Italy : negatively skewed: 5% very satisfied, 45% all right, 46% dissatisfied  
 The Netherlands : negatively skewed: 8% very satisfied, 54% all right, 34% dissatisfied  
 Mexico : negatively skewed: 20% very satisfied, 18% all right, 61% dissatisfied  
 Norway : positively skewed: 21% very satisfied, 67% all right, 10% dissatisfied  
 U.S.A. : negatively skewed: 15% very satisfied, 57% all right, 26% dissatisfied

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); Retirement (R 2.1); S.E.S. (S 5.1); Occupation (W 2.1, W 2.2)

CONCLUSION:

AUTHOR: Bulatao, R.A.

TITLE: Measures of happiness among Manila residents.

SOURCE: Philippine Sociological Review, 1973, vol. 2, nr 3-4, p. 229-238.

GOAL OF THE STUDY: Assessment of personal happiness in Greater Manila and evaluation of the usefulness of 3 measures of happiness.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965), Davitz (1969), Cantril (1965)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: January - April, 1972

POPULATION: Adults, Metro Manila, Philippines

SAMPLE CONSTRUCTION: Probability area sample  
age 21+

NON-RESPONSE:

N: 941

AUTHOR'S HAPPINESS LABEL: Happiness (first and second instrument), Enhancement and Discomfort (third instrument)

OUR CONCEPTUALIZATION: Happiness (first and second instrument) and Hedonic level of affect (third instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale (adapted Gurin et al. question; see GURIN 60):

Considering everything that has happened to you recently, how would you say things are with you - would you say you're very happy, pretty happy or not too happy?

RELIABILITY:

VALIDITY:

DISTRIBUTION: negatively skewed: 15% very happy, 56% pretty happy, and 30% not so happy

SECOND INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with worst and best possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION: slightly positively skewed: steps 0-3 18%, steps 4-6 57%, and steps 7-10 25%  
possible range: 0 (low) to 10 (high); actual range: 0 (2%) to 10 (2%); mean: 5.2

THIRD INSTRUMENT: AFF 2.3: index of closed questions on perceived occurrence of specific affects during the past week (most items were selected from the Bradburn & Caplovitz indices of positive and negative affects; see BRADB 65):

The total measure consisted of a set of 12 feelings that respondents could admit having experienced 'never / once / several times / often' during the week before the interview. On the basis of a principal axis factor analysis four factors were extracted, of which 2 in combination appeared to be a valid indicator of hedonic level of affect:

Index of positive affects (Enhancement):

1. Particularly interested in or excited about something
2. Pleased about having accomplished something
3. On top of the world
4. Pity for some people you know

Index of negative affects (Discomfort):

1. Helpless, with no control over situations
2. Bored
3. Vaguely uneasy about something without knowing why
4. Angry about something that usually wouldn't bother you

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Loneliness (A 2.2.21); Age (A 3); Educational level (E 1.1.1); Happiness x happiness (H 1.1.1); Hedonic level x happiness (H 1.2.1); Change orientation (H 3.4); Household income (I 1.1); various factors concerning Use of leisure time (L 3.3, L 3.4); Living conditions in neighborhood (L 4.4, L 4.5); Marital status (M 1.6); Going to church (R 1.3); Marital happiness (S 1.7.2); Attending parties (S 4.1.2); Participating in sports (S 6.1); Employed status (W 2.1)

CONCLUSION:

AUTHOR: Cameron, P., v. Hoeck, D., Weiss, N. & Kostin, M.  
TITLE: Happiness or life satisfaction of the malformed.  
SOURCE: Proceedings, 79th Annual Convention, A.P.A., 1971, vol. 6, p. 641-642.

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GOAL OF THE STUDY: Comparing life-satisfaction of handicapped children and adults with normal controls.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA:

POPULATION: Physically defective and normal persons, Detroit, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive samples of physically defectives and normals (control group).  
The handicapped were matched with normals as to sex, age and situation (outpatient, inpatient or student). Where possible inpatient controls were matched as to length of hospitalization.  
144 handicapped: age 12-81 (mean 37.6); 1/3 outpatient, 1/3 inpatient, 1/3 student  
151 normals : age 14-76 (average 30.1)  
The normals had a higher income level than the handicapped.

N: 295

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 2.1: Single closed question rated on a 5-point scale:  
These days my life is . . . .  
just great / more than satisfactory / less than satisfactory / miserable

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

SECOND INSTRUMENT: AFF 1.1: Single closed question rated on a 3-point scale:  
How would you describe your general mood?  
happy / neutral / sad

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Bodily defect (H 2.1.4); Income (I 1.1)

CONCLUSION: Both normals and malformed claim to value life to about the same degree. As long as permanently socially disadvantaged persons do not believe that their potential is being unjustly and unreasonably cramped, the 'objective' social situation could be expected to have no effect on their appraisals of happiness.

AUTHOR: Cameron, P., Titus, D.G., Kostin, J. & Kostin, M.  
TITLE: The life-satisfaction of non-normal persons.  
SOURCE: Journal of Consulting and Clinical Psychology, 1973, vol. 41, nr 2, p. 207-214.

CAMER 73/1-3

GOAL OF THE STUDY: Test of the proposition that membership in a fixed social status category is unrelated to life satisfaction.  
REFERS TO: happiness research; Cameron et al. (1971), Gruhn & Krause (1968)  
TYPE OF STUDY: explanatory, testing, special groups, snapshot, non-experimental

CAMER 73/1

DATA GATHERING: Highly structured questionnaire  
DATE OF DATA:  
POPULATION: Physically defective and normal persons, Detroit, U.S.A.  
SAMPLE CONSTRUCTION: Cameron et al. (1971) non-probability purposive samples of physically defectives and normals (control group) (see CAMER 71).  
NON-RESPONSE:  
N: 295  
AUTHOR'S HAPPINESS LABEL: Life satisfaction  
OUR CONCEPTUALIZATION: Happiness  
INSTRUMENT: HAPP 2.1: Single closed question on satisfaction with life, rated on a 5-point scale (see CAMER 71, first instrument).  
RELIABILITY:  
VALIDITY:  
DISTRIBUTION:  
CORRELATES: Happy mood (A 2.2.5); Age (A 3); Bodily defect (H 2.1.4); Income (I 1.1); various indicators of Life quality (L 2.1.2, L 2.2.1); Liking others (P 1.8.4); Appraised liking by others (P 4.2); Religiousness (R 1.1); Futurity (T 1.2)

CAMER 73/2

DATA GATHERING: Highly structured questionnaire  
DATE OF DATA:  
POPULATION: Physically handicapped and normal persons, Detroit, U.S.A.  
SAMPLE CONSTRUCTION: Non-probability purposive samples of 46 physically handicapped and 44 normals (control group). The handicapped were matched with the normals as to sex, race and age.  
NON-RESPONSE: 2% of the handicapped excluded because matching was impossible (lack of data)  
N: 90  
AUTHOR'S HAPPINESS LABEL: Life satisfaction  
OUR CONCEPTUALIZATION: Happiness  
INSTRUMENT: HAPP 2.1: Single closed question on satisfaction with life, rated on a 5-point scale (see CAMER 71, first instrument).  
RELIABILITY:  
VALIDITY:  
DISTRIBUTION:  
CORRELATES: Physical handicap (H 2.1.4); Income (I 1.1)

DATA GATHERING: Disguised structured field observation and questioning teachers and parents of the children.

DATE OF DATA:

POPULATION: Mentally retarded and normal children, U.S.A.

SAMPLE CONSTRUCTION: Probability sample of 40 mentally retarded and non-probability purposive sample of 40 normal children (control group) out of 6 classrooms provided by the Louisville Parochial School System, (4 classrooms with retarded children and 2 with normal children).  
retarded: mean IQ 70.8; age 6-19, mean age 13; 20 boys and 20 girls  
normals : mean IQ 97.5; age 12-15, mean age 13; 20 boys and 20 girls  
Non-Caucasian children were excluded.

N: 80

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Hedonic level of affect

FISRT INSTRUMENT: AFF 5.1: Clinical rating of hedonic level of affect on the basis of observation of expressive behavior:  
Rating by two independent observers  
One of the observers was familiar with the general aims of the study whereas the other one was not familiar with these.  
Each child was observed twice in both a class situation and at recess. It was observed for one minute and then later for another minute in the same situation by both observers independently and then rated as happy, neutral or unhappy over that minute in that situation.

RELIABILITY: interjudge agreement: average agreement of 97.7%

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: AFF 5.3: Rating of hedonic level of affect by the teacher and by the parents of the children; each on the basis of a single closed question, rated on a 5-point scale:  
How would you rate this child's general level of happiness?  
always or almost always unhappy / more often unhappy than happy / equal periods or amounts of happiness and unhappiness / more often happy than unhappy / always or almost always happy

RELIABILITY:

VALIDITY:

DISTRIBUTION:

CORRELATES: Being retarded (C 1.5)

CONCLUSION: As long as a class of persons does not believe that its potential is being unjustly or unreasonably cramped, the 'objective' social situation could be expected to have no effect on the class's appraisals of happiness.

AUTHOR: Cantril, H.

TITLE: The pattern of human concerns.

SOURCE: New Brunswick, New Jersey, 1965, Rutgers University Press.

GOAL OF THE STUDY: To discover the spectrum of values a person is preoccupied with and by means of which he evaluates his own life.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, snapshot, international population, non-experimental

DATA GATHERING: Structured interview using native interviewers in each country

DATE OF DATA: + 1960 (see also below at 'sample construction')

POPULATION: Adult population of 14 countries: 5 Westernized nations (U.S.A., W. Germany, Yugoslavia, Poland, Japan), 3 underdeveloped giants (Brazil, Nigeria, India), 2 countries in the Middle East (Israel, Egypt), 3 Caribbean nations (Cuba, Dominican Republic, Panama) and the Philippines.

SAMPLE CONSTRUCTION: Representative samples, partly using random procedures:

- Brazil : Probability samples of both urban and rural population; date: 1960-1961; N: 2168 (after weighting 2739); 1713 rural, 1026 urban; 1242 males, 1479 females; age 18+
- Cuba : Probability area sample; date: April-May, 1960; N: 992 (1490); urban population only: 487 Ss from Havana and 1003 Ss other; 833 males, 633 females; age 20+
- Dominican Republic: Probability samples of both the urban and rural publics; date: April, 1962; N: 814 (2442); 1884 rural, 558 urban; 1588 males, 854 females; age 21+
- Egypt : Non-probability accidental sample, proportionally poststratified by dwelling; overrepresentation of better educated and urban segments of the population; date: fall, 1960; N: 499 (1237); 820 rural, 417 urban; 848 males, 363 females; age 15+
- India : Probability sample, proportionally poststratified by dwelling; date: late summer, 1962; N: 2366 (5720); 4472 rural, 1248 urban; 5188 males, 532 females
- Israel : Probability sample; date: November, 1961 - June, 1962; N: 1170; 578 males, 592 females. A separate sample of members of 10 Kibbutzim was drawn: N: 300; 167 males, 133 females
- Japan : Probability sample; date: fall, 1962; N: 972; 437 males, 533 females; age 21+
- Nigeria : Probability sample, proportionally stratified by dwelling and region; date: September, 1962 - spring, 1963; N: 1200 (2876); 1054 rural, 822 urban; 580 west, 700 east, 1596 north; 2328 males, 552 females; age 21+
- Panama : Probability sample, proportionally poststratified by dwelling and mortality; date: January - March, 1962; N: 642 (1351); 786 rural, 565 urban; 622 males, 698 females; age 21+
- Philippines : Probability sample, proportionally poststratified by dwelling; date: spring, 1959; N: 500 (1388); 1036 rural, 164 semi-urban, 188 urban; 780 males, 608 females; age 21+
- Poland : Probability samples of urban and rural populations; date: spring, 1962; N: 1464 (1950); 972 rural, 978 urban; 929 males, 1021 females; age 18+
- U.S.A. : Probability sample; date: August, 1959; N: 1549 (2696); 2432 white, 264 non-white; 128 males, 1413 females; age 21+
- W. Germany : Probability area sample; date: September, 1957; N: 480; 219 males, 261 females
- Yugoslavia : Probability sample; date: spring, 1962; N: 1523; 727 rural, 83 semi-urban, 706 urban; 761 males, 762 females; age 21+

N: 18.653 After weighting procedures, mostly for dwelling, the total number of card-units was 33.327 (see also 'sample construction')

AUTHOR'S HAPPINESS LABEL:

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question, rated on an 11-point self-anchoring scale (Cantril Present Personal rating):

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?

Ss were also asked where on the ladder they stood five years ago and where on the ladder they thought to stand five years from now.

10
9
8
7
6
5
4
3
2
1
0

RELIABILITY: reliability between coders of around 95%

VALIDITY:

DISTRIBUTION:

(to be continued on next page)

DISTRIBUTION: possible range: 0 (low) to 10 (high); actual range: 31% low (step 0-3), 42% medium (step 4-6), 20% high (step 7-10); average mean rating: 5.0

- Brazil : negatively skewed: 28% low, 35% medium, 18% high; mean: 4.6
- Cuba : positively skewed: 9% low, 43% medium, 45% high; mean: 6.4
- Dominican Republic: negatively skewed: 84% low, 13% medium, 1% high; mean: 1.6
- Egypt : positively skewed: 17% low, 51% medium, 30% high; mean: 5.5
- India : negatively skewed: 39% low, 42% medium, 4% high; mean: 3.7
- Israel : positively skewed: 19% low, 50% medium, 29% high; mean: 5.3
- Kibbutzim : positively skewed: mean: 7.0
- Japan : symmetric : mean: 5.2
- Nigeria : negatively skewed: 28% low, 46% medium, 21% high; mean: 4.8
- Panama : negatively skewed: 26% low, 54% medium, 18% high; mean: 4.8
- Philippines : symmetric : 24% low, 54% medium, 21% high; mean: 4.9
- Poland : negatively skewed: mean: 4.4
- U.S.A. : positively skewed: 7% low, 41% medium, 51% high; mean: 6.6
- W. Germany : positively skewed: 14% low, 59% medium, 24% high; mean: 5.3
- Yugoslavia : symmetric : 21% low, 57% medium, 21% high; mean: 5.0

REMARKS: Most correlates concern the total world sample. However, a number of variables concern one or more of the national samples only.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Ethnicity / Race (E 2); Gender (G 1.1); Personal hopes and aspirations (H 3.2.1); Hopes and aspirations for one's country (H 3.2.2); Socio-economic level / Income (I 1.1); Community size (L 4.1); Rural vs urban dwelling (L 4.2); Region (L 4.3, L 4.4); Positive evaluation of national situation (N 1.1.1); Socio-economic development of one's country (N 1.2); Political concern (P 3.1); Personal worries and fears (P 5.2.2.1); Worries and fears for one's country (P 5.2.2.3); Religious denomination (R 1.2); S.E.S. (S 5.1); Fear of war (W 1.2); Occupation (W 2.1, W 2.2)

CANTR 65/2

GOAL OF THE STUDY: To learn something about variables that might be involved in producing the psychological matrix experienced as 'satisfaction'.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: August, 1959

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Probability sample (see U.S.A. sample of CANTR 65/1)

NON-RESPONSE:

N: 1549 (after weighting procedures to get the 'not-at-home' the total number of card-units was 2696)

AUTHOR'S HAPPINESS LABEL: Satisfaction with life (second instrument) and Success in achieving goals (third instrument)

OUR CONCEPTUALIZATION: Happiness (first and second instrument) and Contentment (third instrument)

FIRST INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with best and worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65/1).

RELIABILITY:

VALIDITY :

DISTRIBUTION: positively skewed: 7% low, 41% middle, 51% high  
possible range: 0 (low) to 10 (high); mean: 6.6

SECOND INSTRUMENT: HAPP 2.1: Single closed question rated on an 11-point self-anchoring scale (Cantril Satisfaction with Life rating):

Suppose that a person who is entirely satisfied with his life would be at the top of the ladder and a person who is extremely dissatisfied with his life would be at the bottom of the ladder. Where would you put yourself on the ladder at the present stage of your life in terms of how satisfied or dissatisfied you are with your personal life?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); mean: 7.6

THIRD INSTRUMENT: CON 1.1: Single closed question rated on an 11-point self-anchoring scale (Cantril Success in achieving Goals rating):  
How would you rate yourself as to how successful or unsuccessful you have been in terms of achieving your own goals and aims in life? Think of the top of the ladder as being completely successful, the bottom being entirely unsuccessful.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); mean: 6.7

REMARKS:

CORRELATES: Opportunity to do things one likes (F 2.2); Happiness x happiness (H 1.1.1); Contentment x happiness (H 1.3.1); Enjoyment of previous day (L 2.1.1); Ability to do things (P 1.1); Feeling that life is full of troubles and obstacles (P 5.1.1); Extent of worries or fears that things might get worse (P 5.2.1); Religiousness (R 1.1); Respect for oneself (S 2.1.3); Confidence in oneself (S 2.1.4)

CONCLUSION: The data confirm the truth of Aristotle's observation that 'happiness comes from the exercise powers along lines of excellence in a life affording them scope'.  
People denied a scope for their lives because they live in poorer countries, are less satisfied and are not resigned to their situation. An apparent characteristic of man is never to be satisfied, always to want to experience some new value satisfactions, as well as to protect those he already enjoys. In a world where more and more people are becoming aware of what other people have and hence what is potentially available to them, they perceive and assess their own situations in terms of the relative differences between what is and what might be for them in terms of their own purposes.

AUTHOR: Cantril, A.H. & Roll, C.W. Jr  
TITLE: Hopes and fears of the American people.  
SOURCE: New York, 1971, Universe Books.

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GOAL OF THE STUDY: To attain a sense of the basic hopes and fears of the American people.

REFERS TO:

TYPE OF STUDY: descriptive, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: January, 1971

POPULATION: Non-institutionalized national adult population, U.S.A.

SAMPLE CONSTRUCTION: Multi-stage probability sample stratified by size of locality.  
age 21+

NON-RESPONSE:

N: 1588

AUTHOR'S HAPPINESS LABEL:

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question on personal situation compared with best and worst possible life, rated on an 11-point self-anchoring scale  
(Cantril Present Personal rating; see CANTR 65/1).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); mean: 6.6

REMARKS: Data from a study in the U.S.A. in 1964, conducted by the Institute for Social Research, were also presented in this publication. The same happiness question was used.  
In Part III we presented these 1964 data in the 'elaboration / remarks' column in brackets behind the original data from 1971.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.2); Gender (G 1.1); Income (I 1.1); Community size (L 4.1); Region (L 4.3); Political affiliation (P 3.3); Occupation (W 2.1, W 2.2)

CONCLUSION:

AUTHOR: Cherlin, A. & Reeder, L.G.

TITLE: The dimensions of psychological well-being. A critical review.

SOURCE: Sociological Methods & Research, 1975, vol. 4, nr 2, p. 189-214.

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GOAL OF THE STUDY: Replication and critical examination of the Bradburn (1969) study, and refinement of his theoretical model.

REFERS TO: Happiness research; Bradburn (1969), and Phillips (1967)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA: Spring, 1972 and spring, 1973

POPULATION: Adults, Los Angeles County, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage samples of households.  
Los Angeles Metropolitan Area Survey V (in 1972) and VI (in 1973).

NON-RESPONSE: 20% in 1972 and 23% in 1973

N: 1078 in 1972 and 1008 in 1973

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY: Equivalence: positive affect score x negative affect score:  $r = -.07$  (01) in 1972.  
 $r = -.09$  (01) in 1973

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Educational level (E 1.1.1); Need for help (H 2.3.2); Internal control (P 1.1); Employed status (W 2.1)

CONCLUSION:

AUTHOR: Chiriboga, D. & Lowenthal, M.F.  
TITLE: Psychological correlates of perceived well-being.  
SOURCE: Proceedings of the 79th Annual Convention, A.P.A., 1971.

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GOAL OF THE STUDY: Investigation of the comparative relationship between psychological deficits and resources to the subjective sense of well-being.

REFERS TO: Happiness research; Bradburn (1969)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Depth interviews and tests, averaging 9 hours in administration

DATE OF DATA:

POPULATION: People in transition, U.S.A.

SAMPLE CONSTRUCTION: Stratified random sample out of a community based population of people undergoing a process of normative transition:  
- high school seniors (mean age 17)  
- newlyweds ( mean age 24)  
- empty-nesters (parents, whose youngest child leaves home, mean age 50)  
- pre-retired (mean age 60)

NON-RESPONSE:

N: 216

JTHOR'S HAPPINESS LABEL: Perceived well-being

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:  
In general how happy are you these days?  
very happy / pretty happy / not too happy

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past week (adapted Bradburn & Caplovitz Affect Balance Score; see BRADB 65).  
The questions were dealing with 8 positive and negative affective experiences during the past 7 days.

RELIABILITY: Equivalence: positive affect score x negative affect score:  $r_{pm} = +.18$

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Hedonic level x happiness (H 1.2.1); Mental health (H 2.3.1)

CONCLUSION: Indicators of positive and negative mental health vary relatively independently as do positive and negative feelings. They both predict well-being, but a consideration of both dimensions adds considerably to predictive efficiency (as does the combination of positive and negative feelings in ABS - scores).  
So happy people are not necessarily free from psychopathologic symptoms and neither are healthy people necessarily happy.

AUTHOR: Clum, G.A. & Clum, J.

TITLE: Choice of defense mechanisms and their relationship to mood level.

SOURCE: Psychological Reports, 1973, vol. 32, nr 2, p. 507-510.

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GOAL OF THE STUDY: Assessment of the relation between preferences for defense mechanisms and average mood level.

REFERS TO: Theory of depression; Gleser & Ihilivich (1969), Messman & Ricks (1966)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA:

POPULATION: Undergrates at San Diego State College, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample.

23 males : mean age 22

32 females: mean age 24

NON-RESPONSE:

N: 55

AUTHOR'S HAPPINESS LABEL: Mood

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day rated on a 10-point scale (Messman & Ricks Elation - Depression Scale; see WESSM 60).

The scale was scored at the end of each day for average mood level during 30 consecutive days.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: Correlations were presented for males only.

CORRELATES: various Defense mechanisms (P 1.3)

CONCLUSION: It may be more accurate to conceptualize depression as involving an increase in aggressive thoughts directed against others, without a proportionate increase in the probability of responding on a motor level to those thoughts.

AUTHOR: Commission of the European Communities.

TITLE: European men and women.  
A comparison of their attitudes to some of the problems facing society.

SOURCE: Commission of the European Communities, 1975, Brussels, Belgium.  
(data available at the Belgian Archives for the Social Sciences (BASS), Louvain-la-Neuve, Belgium)

GOAL OF THE STUDY: To contribute to a better understanding of European men and women's attitudes to certain problems of our society, especially problems regarding the changing role of women.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, international population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: May, 1975

POPULATION: National populations of nine European countries

SAMPLE CONSTRUCTION: Type of sample construction not reported.  
Representative national samples; age 15+; 1699 age 15-24, 4959 age 25-54, 2947 age 55+; 4622 (4592) males, 4983 (4951) females; 6410 married, 120 living as married, 2028 single, 845 widowed, 142 divorced, 64 separated (see 'REMARKS')

- Belgium : N: 1555 (1507); 746 (728) males, 809 (779) females  
- Denmark : N: 1039 (1073); 491 (505) males; 548 (568) females  
- France : N: 1196 (1156); 582 (563) males; 614 (593) females  
- W.Germany : N: 1039 (1039); 483 (483) males; 556 (556) females  
- Italy : N: 1043 (1043); 526 (526) males; 517 (517) females  
- Ireland : N: 999 (996); 477 (475) males; 522 (521) females  
- Luxembourg : N: 324 (311); 156 (151) males; 168 (160) females  
- The Netherlands : N: 1093 (1093); 539 (539) males; 554 (554) females  
- United Kingdom : N: 1317 (1325); 622 (622) males; 695 (703) females; 300 Ss from N.Ireland (including N.Ireland)

NON-RESPONSE:

N: 9605 (or 9543; see 'REMARKS')

AUTHOR'S HAPPINESS LABEL: Life satisfaction (first instrument) and Happiness (second instrument)

OUR CONCEPTUALIZATION: Happiness

FIRST INSTRUMENT: HAPP 2.1: Single closed question, rated on a 5-point scale:  
All things considered, how satisfied or dissatisfied are you with your life as a whole these days?  
very satisfied / fairly satisfied / not very satisfied / not satisfied / don't know

RELIABILITY: Retest after nearly two years (September, 1973 - May, 1975) indicates perfect stability.

VALIDITY:

DISTRIBUTION: Belgium : positively skewed: 39% very satisfied, 52% fairly satisfied, 5% not very satisfied, 2% not satisfied at all  
Denmark : positively skewed: 51% very satisfied, 41% fairly satisfied, 4% not very satisfied, 0% not satisfied at all  
France : almost symmetric : 16% very satisfied, 59% fairly satisfied, 16% not very satisfied, 7% not satisfied at all  
W.Germany : almost symmetric : 13% very satisfied, 66% fairly satisfied, 16% not very satisfied, 2% not satisfied at all  
Italy : negatively skewed: 7% very satisfied, 52% fairly satisfied, 28% not very satisfied, 10% not satisfied at all  
Ireland : positively skewed: 36% very satisfied, 52% fairly satisfied, 9% not very satisfied, 3% not satisfied at all  
Luxembourg : positively skewed: 26% very satisfied, 45% fairly satisfied, 15% not very satisfied, 7% not satisfied at all  
The Netherlands: positively skewed: 33% very satisfied, 52% fairly satisfied, 7% not very satisfied, 2% not satisfied at all  
United Kingdom : positively skewed: 33% very satisfied, 53% fairly satisfied, 9% not very satisfied, 3% not satisfied at all  
Total : almost symmetric : 20% very satisfied, 57% fairly satisfied, 16% not very satisfied, 5% not satisfied at all

SECOND INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: Belgium : positively skewed: 36% very happy, 52% pretty happy, 10% not too happy  
Denmark : positively skewed: 38% very happy, 49% pretty happy, 6% not too happy  
France : negatively skewed: 16% very happy, 55% pretty happy, 27% not too happy  
W.Germany : negatively skewed: 11% very happy, 63% pretty happy, 21% not too happy  
Italy : negatively skewed: 6% very happy, 48% pretty happy, 44% not too happy  
Ireland : negatively skewed: 17% very happy, 53% pretty happy, 30% not too happy  
Luxembourg : positively skewed: 24% very happy, 50% pretty happy, 21% not too happy  
The Netherlands: positively skewed: 31% very happy, 54% pretty happy, 10% not too happy  
United Kingdom : almost symmetric : 22% very happy, 50% pretty happy, 27% not too happy  
Total : negatively skewed: 16% very happy, 54% pretty happy, 27% not too happy

REMARKS: The publication presents no measures of association, but tables of frequencies presenting percentages only. By using tables of frequencies presenting exact numbers of respondents, offered by the Belgian Archives for the Social Sciences (BASS), we were able to compute our measure of association (G<sup>1</sup>).

Probably due to weighting problems small differences exist in most cases between the number of respondents as presented in the tables offered by BASS and the numbers presented in the publication. In these cases we give the numbers as presented in the publication in brackets behind the number of respondents as offered by BASS. Otherwise the data are from BASS.

Except for the data concerning marital status of which crosstabulations were sent to us by BASS, the Gammas concerning associations in separate countries are based on the percentages 'very satisfied' or 'very happy' answers.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); Family income (I 1.1); Size of locality (L 4.1); various Marital status comparisons (M 1)

CONCLUSION: Satisfaction with the way of life in men tends to reflect the individual's career as well as the general evolution of living conditions in society, whereas in women, increasing age, often accompanied by widowhood and a large drop in material well-being brings about more frequent dissatisfaction.

AUTHOR: Constantinople, A.P.  
TITLE: Some correlates of happiness and unhappiness in college students.  
SOURCE: Unpublished doctoral dissertation, 1965, University of Rochester, U.S.A.

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GOAL OF THE STUDY: Assessment of interrelationships between personality development, happiness, academic achievement, and attitude toward college, for college students.

REFERS TO: Theory of personality development and happiness; Erikson (1959), Wessman & Ricks (1966)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire in classroom situation and additional highly structured questionnaire for freshmen and juniors administered at home (+ 70% return)

DATE OF DATA: March, 1965

POPULATION: Undergraduate full-time college students, University of Rochester, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduate students recruited from classes of students from 10 departments of the University of Rochester.  
513 males : 150 freshmen, 126 sophomores, 133 juniors, 104 seniors.  
439 females: 124 freshmen, 120 sophomores, 98 juniors, 115 seniors.

NON-RESPONSE:

N: 952

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.1: Single closed question on perceived overall hedonic level during the current academic year, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

Ss were asked to indicate which statement best describes their typical mood for the current academic year.

RELIABILITY: retest - reliability: In pilot study (N = 152):  $r = +.85$  between two administrations of the scale occurring two weeks apart.

VALIDITY: congruent validity: In pilot study (N = 152) correlations of the instrument with the Nowlis (1965) MACL surgency plus Elation factors administered 4 times were  $+.30$  for males and  $+.48$  for females.  
In the same pilot study correlations with the Marlowe-Crowne Social Desirability scale were  $+.02$  (ns) for males and  $+.20$  (ns) for females.

DISTRIBUTION: possible range: 1 (low) to 10 (high); mean: 5.9

REMARKS: see also CONST 67 and PORTE 67

CORRELATES: various Wessman & Ricks Personal feeling scales (A 2.2); Academic status (C 1.3, E 1.2.2); Attitudes towards college (E 1.2.1); Stage of study (E 1.2.3); Gender (G 1.1); Psycho-social development (P 1.4.1); Satisfaction with university (S 1.10)

CONCLUSION: The happiness level for the several sex/class groups can be used as an indication of differences in the process of adaption to the college environment. It can be interpreted as reflections both of the general nature of psycho-social development in men and women and the operation of specific factors in the University environment.

AUTHOR: Constantinople, A.

TITLE: Perceived instrumentality of the college as a measure of attitudes toward college.

SOURCE: Journal of Personality and Social Psychology, 1967, vol. 5, p. 196-201.

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GOAL OF THE STUDY: Test of the hypothesis that happier students will perceive the university as more helpful in their progress toward important goals than less happy students.

REFERS TO: Theory of attitudes; Peak (1955)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire in classroom situation and additional highly structured questionnaire administered at home

DATE OF DATA: March, 1965

POPULATION: Undergraduate college students, University of Rochester, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduate students recruited from classes of students from 10 departments of the University of Rochester. (see also CONST 65).  
Freshmen and juniors who returned the second questionnaire were used in this study.  
99 male freshmen, 89 female freshmen, 90 male juniors, 75 female juniors.

NON-RESPONSE:

N: 353

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.1: Single closed question on perceived overall hedonic level during the current academic year, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60 and CONST 65)

RELIABILITY: see CONST 65

VALIDITY: see CONST 65

DISTRIBUTION:

REMARKS: The data presented in this publication were already presented in the Constantinople (1965) publication: see CONST 65.

CONCLUSION: Happy students see college as more instrumental for their goals than unhappy students do. However, it is unclear whether this is a result of a causal relation or an effect of general optimism of happy students.

AUTHOR: Constantinople, A.  
TITLE: Some correlates of average level of happiness among college students.  
SOURCE: Developmental Psychology, 1970, vol. 2, nr 3, p. 447 (brief report).  
Unpublished paper (extended report).

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GOAL OF THE STUDY: Test of relationships among happiness, personality development and attitudes towards college.

REFERS TO: Happiness research; Wessman & Ricks (1966), Constantinople (1967)

TYPE OF STUDY: explanatory, testing, special group, longitudinal, non-experimental

DATA GATHERING: Highly structured questionnaires administered in classroom situation or at home and mailed highly structured questionnaire three years later for freshmen ( $\pm$  50% return)

DATE OF DATA: March, 1965 and March, 1968 (N = 88)

POPULATION: Undergraduate college students, University of Rochester, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduate students recruited from classes of students from 10 departments of the University of Rochester (students from the Constantinople (1965) sample; see CONST 65).  
157 male freshmen and sophomores, 125 male juniors and seniors, 189 female freshmen and sophomores, 110 female juniors and seniors. A follow-up study of 88 freshmen (48 males, 40 females) in their senior years was made too.

NON-RESPONSE:

N: 581

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.1: Single closed question on perceived overall hedonic level during the current academic year, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60 and CONST 65).

RELIABILITY: see CONST 65

VALIDITY: see CONST 65

DISTRIBUTION:

REMARKS:

CORRELATES: Perceived instrumentality of college (E 1.2.1); Gender (G 1.1); Psycho-social development (P 1.4.1)

CONCLUSION: Males begin their college careers in a relatively less happy state than females, but become happier during the course of the four college years, whereas females do not. This might be due to the fact that for the females the joys of academic work for its own sake become increasingly less relevant as their life-goals of marriage and motherhood become more important.

AUTHOR: Dysinger, D.W.  
TITLE: A study of mood.  
SOURCE: Psychological Records, 1937, vol. 1, p. 147-156.

GOAL OF THE STUDY: To investigate whether or not a graphic method is suitable to be used in studying the variability of mood, and determination of factors which are operative in bringing about these variations.

REFERS TO: Happiness research; Cason (1931), Sullivan (1922)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Lowly structured questionnaire

DATE OF DATA:

POPULATION: University students and staff members, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduate psychology students (N = 9) and graduate students or staff members (N = 7).

NON-RESPONSE: 38% incomplete information

N: 16

AUTHOR'S HAPPINESS LABEL: Mood

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated single question on present overall hedonic level, rated on a open graphic scale, marked two times a day for periods ranging from 18 to 64 days:

Consider the extreme of depression to be the most depressed state that you have ever experienced, and the extreme of cheerfulness to be the most cheerful state that you have ever experienced. Draw a line across the base line of the scale at a point which indicates your present mood in relation to these extremes

depressed ————— cheerful (total: 80 mm)

The recorded judgements were read in centimeters, using the midpoint of each line as the point of reference. Judgments of cheerfulness were considered plus, those of depression minus.

RELIABILITY: Retest reliability after a few months

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: -40 (low) to +40 (high); actual range on the basis of individual mean scores: -14.2 to +23.6

REMARKS:

CORRELATES: Physical condition (H 2.1.2)

CONCLUSION: Physical condition is a factor of secondary importance in producing moods. The routine affairs and interests of the day are of more importance.

AUTHOR: Dysinger, D.W.  
TITLE: The fluctuations of mood.  
SOURCE: Psychological Records, 1938, vol. 2, p. 115-123.

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GOAL OF THE STUDY: To check previous findings in respect to the relationship between mood and physical condition, and to determine whether or not more frequent daily reports would give indications of periodic mood fluctuations.

REFERS TO: Happiness research; Dysinger (1937)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Lowly structured questionnaire

DATE OF DATA: March - April, ?

POPULATION: University students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduate psychology students.  
15 males, 9 females

NON-RESPONSE:

N: 24

AUTHOR'S HAPPINESS LABEL: Mood

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated single question on present overall hedonic level, rated on an open graphic scale, marked 3 times a day during 5 weeks (adapted Dysinger instrument; see DYSIN 37).

All subjects recorded their judgments within the same periods of each day. An 86 mm. scale was used here.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: -43 (low) to +43 (high); actual range on the basis of individual mean scores: -4.0 to +35.5

REMARKS:

CORRELATES: Physical condition (H 2.1.2)

CONCLUSION: It appears that generally the physical condition is a contributing factor rather than a direct cause of mood, except in cases of actual illness.

AUTHOR: Estes, R.

TITLE: Determinants of differential stress levels among university students.

SOURCE: Journal of the American College Health Association, 1973, vol. 21, nr 5, p. 470-476.

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GOAL OF THE STUDY: Identification of major subgroups within the student population which experience high levels of emotional stress.

REFERS TO: Theory of emotional stress among students; Davis et al. (1971), Nicholi (1967)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview for patients and highly structured questionnaire for patients and controls

DATE OF DATA: 1971 / 1972

POPULATION: Full-time university students, Berkeley Campus, California, U.S.A.

SAMPLE CONSTRUCTION: Probability samples of patients and controls.  
Patients having consulted the Psychiatric Clinic of the Student Health Service during the 1971 - 1972 academic year.  
140 patients, 140 controls; both patients and controls are representative of students at all levels of educational experience

NON-RESPONSE:

N: 280

AUTHOR'S HAPPINESS LABEL: Feeling in good spirits

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 1.1: Single closed yes/no question on feeling in good spirits usually.

RELIABILITY:

VALIDITY:

DISTRIBUTION: negatively skewed: 38% usually and 62% not usually in good spirits

REMARKS:

CORRELATES: Having received psychiatric treatment (H 2.3.3)

CONCLUSION:

AUTHOR: Fischer, C.S.  
TITLE: Urban malaise.  
SOURCE: Social Forces, 1973, vol. 52, nr 2, p. 221-235.

GOAL OF THE STUDY: Determine whether malaise increases along with urbanism and whether urban residence is independently related to urban malaise.

REFERS TO: Theory of urbanism; Wirth (1938), Fischer (1972)

TYPE OF STUDY: explanatory, testing, snapshot, non-experimental, national population (special group in study 4)

DATA GATHERING: Highly structured questionnaire.

DATE OF DATA: 1952 (study 1), 1957 (study 2), 1963 (study 3), 1968 (study 4), 1967 (study 5).

POPULATION: National population, U.S.A. (study 1-4) and national population, France (study 5)

SAMPLE CONSTRUCTION: - Gallup national probability samples (study 1-3)  
- University of Michigan Survey Research election poll; double sampling of black respondents (study 4)  
- survey from the COFRENCA Institute, Paris, France (study 5)

NON-RESPONSE:

N: 2970 (study 1), 1605 (study 2), 1555 (study 3), 1440 (study 4), 2175 (study 5)

AUTHOR'S HAPPINESS LABEL: Malaise

OUR CONCEPTUALIZATION: Happiness

INSTRUMENTS: study 1-3: HAPP 1.1: Single closed question rated on a 3-point scale:

In general, how happy would you say you are?  
very happy / pretty happy / not very happy

study 4 : HAPP 2.1: Single closed question rated on a 3-point scale:

In general, how satisfying do you find the way you're spending your life these days?  
Would you call it: completely satisfying / pretty satisfying / not very satisfying

study 5: COMP 1.1: Single closed question rated on a 21-point self-anchoring scale (based on Cantril; see CANTR 65):

There are moments you feel your work and your personal affairs are going well. Sometimes without any specific reason you feel good and confident towards the future. There are also moments that things seem to go bad; that you feel anxious and worried about the future. Now here is a picture of a ladder running from 0 to 20. Suppose 0 represents the time in your life you felt most miserable and 20 represents the best time you ever had. Where on the ladder are you now?

In French:

Il y a des moments dans la vie personnelle et professionnelle où on a le sentiment que les choses vont bien, même sans savoir pourquoi; on se sent bien et confiant dans l'avenir. Il y a des moments où on a le sentiment que les choses vont mal; on est inquiet et peu confiant dans l'avenir. Voici une échelle de 0 à 20. Vous allez vous situer sur cette échelle: 0 correspond à la période de votre vie où vous vous êtes senti le plus inquiet et malheureux. 20 correspond à la période où vous vous êtes senti le plus heureux et confiant. Où vous situerez-vous en ce moment?

RELIABILITY:

VALIDITY:

DISTRIBUTION: study 1: positively skewed: 47% very happy, 43% pretty happy, 10% not very happy  
study 2: positively skewed: 54% very happy, 43% pretty happy, 3% not very happy  
study 3: positively skewed: 47% very happy, 48% pretty happy, 4% not very happy  
study 4: positively skewed: 23% completely satisfying, 66% pretty satisfying, 11% not very satisfying  
study 5: positively skewed: mean: 12.6 (possible range: 0 (low) to 20 (high))

REMARKS:

CORRELATES: Community size (L 4.1)

CONCLUSION: Only in the largest cities people are unhappier.

AUTHOR: Flügel, J.C.

TITLE: A quantitative study of feeling and emotion in very day life.

SOURCE: British Journal of Psychology, 1925, vol. 15, p. 318-355.

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GOAL OF THE STUDY: Assessment of nature and proportion of pleasure and pain.

REFERS TO: Theory of pleasure and pain

TYPE OF STUDY: explorative, explanatory, special group, snapshot, non-experimental

DATA GATHERING: Lowly structured diary of emotions, used each hour during 30 days

DATE OF DATA:

POPULATION: Intellectuals, England

SAMPLE CONSTRUCTION: Non-probability accidental sample using friends of the investigators and other volunteers. Each respondent had received some psychological training; 5 females, 4 males; age 19-42

NON-RESPONSE:

N: 9

AUTHOR'S HAPPINESS LABEL: Pleasure (hedonic feeling)

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.4: repeated open-ended questions on momentaneous hedonic level of affect:

Several times per hour the respondents noted in a diary:

1. the emotion(s) they had experienced the last few minutes
2. the number of minutes they experienced these feelings
3. the hedonic dimension they experienced in these feelings, rated from +3 to -3

The total percentage of unpleasure was divided by the total percentage of pleasure to obtain the measure used here.

RELIABILITY: Odd / even test for equivalence:  $r$  ranging from +.45 to +.96  
lowest for most extreme feelings

VALIDITY: Respondents declared that this proportion of pleasure and unpleasure was fairly characteristic for their life as a whole

DISTRIBUTION: positively skewed  
possible range: 1 (high) to 100 (low); actual range: +.12 to +.78

REMARKS: In the publication several variations of the reported instrument were presented. We did not include these measures because they did not provide more useful information.

CORRELATES: Intensity of feelings (A 2.1.3); Variability of feelings (A 2.1.4)

CONCLUSION: Those who tend to experience the most extreme degrees of feelings are on the whole less happy than those whose feelings are usually less intense.

AUTHOR: Fordyce, M.W.

TITLE: Happiness, its daily variation and its relation to values.

SOURCE: Unpublished doctoral dissertation, 1972, United States International University.

GOAL OF THE STUDY: Experimental investigation of the relationship between happiness and values and between happiness and other aspects of daily mood.

REFERS TO: Happiness research; Wessman & Ricks (1966), Cantril (1965)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaires and content analysis

DATE OF DATA: November - December, 1971

POPULATION: Undergraduate university students, California, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduate students enrolled in three introductory Sociology courses at the United States International University. 38 males and 48 females, representing all four years: freshman through senior; predominantly upper-middle or lower-upper class background

NON-RESPONSE:

N: 86

AUTHOR'S HAPPINESS LABEL: Happiness (daily mood)

OUR CONCEPTUALIZATION: Hedonic level of affect

FIRST INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day, rated on a 10-point scale (adapted Wessman & Ricks Elation-Depression Scale; see WESSM 60):

On the average, how happy or unhappy did you feel today?

1. Extremely unhappy. Utterly depressed. Completely down.
2. Very unhappy. Depressed. Spirits very low.
3. Pretty unhappy. Somewhat 'blue'. Spirits down.
4. Mildly unhappy. Just a little low.
5. Barely unhappy. Just this side of neutral.
6. Barely happy. Just this side of neutral.
7. Mildly happy. Feeling fairly good and somewhat cheerful.
8. Pretty happy. Spirits high. Feeling good.
9. Very happy. Feeling really good. Elated.
10. Extremely happy. Feeling ecstatic, joyous, fantastic.

The scale was scored every evening before retiring during 3 weeks. The three weeks mean was used as happiness measure.

RELIABILITY:

VALIDITY: External congruent validity: in pilot study the happiness scale produced a much greater range of responding than did the original Wessman & Ricks scale. The scales intercorrelated +.93 (001)

DISTRIBUTION: positively skewed: 84% of mean happiness scores were above the midpoint  
possible range: 1 (low) to 10 (high); actual range of means: 3.6 - 8.7; mean: 6.8; S.D. 1.15

SECOND INSTRUMENT: AFF 3.1: Repeated closed questions on overall hedonic level for the past day, scored every evening before retiring during 3 weeks:

- What percentage of the time you were awake today did you feel happy?
- What percentage of the time did you feel unhappy?
- What percentage of the time did you feel neutral (neither happy nor unhappy) ?

Ss were told that the three percentages should add up to equal 100%. The three week averages were used in the analysis.

RELIABILITY: Equivalence: % happy mood x % unhappy mood :  $r_{pm} = -.67 (.01)$   
 % happy mood x % neutral mood :  $r_{pm} = -.72 (.01)$   
 % unhappy mood x % neutral mood:  $r_{pm} = -.02 (ns)$

VALIDITY:

DISTRIBUTION: percentage of day in happy moods : mean: 52.9%, S.D.: 17.69%  
 percentage of day in unhappy moods: mean: 20.4%, S.D.: 10.51%  
 percentage of day in neutral moods: mean: 26.6%, S.D.: 14.92%

REMARKS: Regarding the correlations for the whole sample the separate correlations for males and females are sometimes a bit strange. We were not able to contact the author in order to obtain more information.

CORRELATES: Mood variability (A 2.1.4); Number of (un)happy moods per day / Affect balance (A 2.2.5); Gender (G 1.1); Hedonic level x hedonic level (H 1.2.2); various Value dimensions (V 1.1); Day of week (X 1); Special day (X 1)

CONCLUSION: Only a few values are related to happiness. The relationship between values and happiness may be highly culturally relative. The sex distinctions may be explained by differences in sex-role expectations. So happy females are concerned about others and social values, while happy males show a definite lack of concern for others.

AUTHOR: Fowler, F.J. & McCalla, M.E.  
TITLE: Correlates of morale among aged in greater Boston.  
SOURCE: Proceedings of the 77th Annual Convention, A.P.A., 1969, p. 733-734.

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GOAL OF THE STUDY: Assessment of conditions that influence the morale of the aged.

REFERS TO: Theory of morale

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered at home

DATE OF DATA: 1965

POPULATION: Aged persons, Metropolitan Boston, U.S.A.

SAMPLE CONSTRUCTION: Probability area sample.  
age 65+

NON-RESPONSE:

N: 1335

AUTHOR'S HAPPINESS LABEL: Morale

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 1.1: Single closed question rated on a 4-point scale:  
In general, how good would you say your spirits are these days - excellent, very good, fair or poor?

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Foreign born (E 2.2); Reported health (H 2.1.2); Living arrangement (H 4.1); Family income (I 1.1);  
Number of social contacts (S 4.1.1)

CONCLUSION: It seems possible that people can tolerate some amount of basic problems but require a compensating number of fulfilled needs.

AUTHOR: Gaitz, C.M. & Scott, J.  
TITLE: Age and the measurement of mental health.  
SOURCE: Journal of Health and Social Behavior, 1972, vol. 13, p. 55-67.

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GOAL OF THE STUDY: Assessment of the influence of age on mental health

REFERS TO: Theory of mental health; Offer & Sabshin (1966)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATA OF DATA: Autumn, 1969

POPULATION: Adults, Houston, Texas, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive quota sample stratified by age, sex, occupational skill level and ethnicity.  
ethnicity: Anglo, Black and Mexican-American; as many males as females; as many low as high occupational skill levels; age 20+

NON-RESPONSE: 2%; aged Mexican-Americans of high socio-economic status only.

N: 1441

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).  
Affect Balance Score = positive affect score - negative affect score + 5

RELIABILITY: equivalence: - affect balance score x negative affect score :  $r = -.07 (.01)$   
- affect balance score x positive affect score :  $r^{pm} = +.72 (.01)$   
- positive affect score x negative affect score:  $r^{pm} = -.01 (ns)$

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 0 (low) to 10 (high); actual range: 0 (0.5%) to 10 (3.3%)

SECOND INSTRUMENT: COMP 1.1: Single closed question rated on a 3-point scale:  
All things considered, how happy would you say you are right now - very happy, pretty happy, or not too happy?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 43% very happy, 45% pretty happy, 12% not too happy

REMARKS:

CORRELATES: Age (A 3); Ethnicity (E 2.2); Gender (G 1.1); Hedonic level x happiness (H 1.2.1); Self-perceived health (H 2.1.2); Mental illness (H 2.3.1); Satisfaction with oneself (S 2.1.5); Occupational skill level (W 2.2)

CONCLUSION: Older people are inclined to report fewer feelings.  
Bradburn's findings on the structure of happiness are confirmed.

AUTHOR: Garber, D.L.

TITLE: Retired soldiers in second careers: self-assessed change, reference group salience, and psychological well-being.

SOURCE: Unpublished doctoral dissertation, 1971, University of Southern California.

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GOAL OF THE STUDY: To investigate the relationship between the individual's experience of change in social environment in middle age and his level of psychological well-being among Army retirees.

REFERS TO: Theory of military retirement; Biderman & Sharp (1967a, 1967b, 1968)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire

DATE OF DATA: August, 1970

POPULATION: Middle-aged, presently employed army retirees, California, U.S.A.

SAMPLE CONSTRUCTION: Probability simple random sample of retired Army personnel residing in Los Angeles and Orange Counties. Afterwards those Ss were selected who have had a military career of at least 10 years and are currently engaged in a civilian career.

NON-RESPONSE: 63%; 21% no return of questionnaire, 13% incomplete information, and 29% discarded

N: 362

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

Affect Balance Score = positive affect score - negative affect score + 5

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 1 (low) to 9 (high); actual range: 1 (+ 3.5%) to 9 (+ 10%); mean: 5.97; medium: 6.55

REMARKS:

CORRELATES: various factors concerning Retirement / Change of work (R 2.3 / W 2.3)

CONCLUSION: The nature of change an individual assesses upon retirement from the Army is related to his level of psychological well-being. Prestige continuity is a major factor related to a high level of well-being. Also related to well-being is identification with the civilian community, while there is no evidence of such relationship between identification with the military and well-being.

AUTHOR: Garrity, T.F.

TITLE: Social involvement and activeness as predictors of morale six months after first myocardial infarction.

SOURCE: Social Science and Medicine, 1973, vol. 7, nr 3, p. 199-207.

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GOAL OF THE STUDY: Testing the proposition that predictors of morale are the same for the experience of a heart attack as they are for the experience of aging.

REFERS TO: Theory of social involvement and morale; Rosen & Bibring (1966), Maddox (1963)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview in hospital, highly structured mailed questionnaire and content analysis of hospital records

DATE OF DATA: 1970

POPULATION: White males who had experienced a first heart attack, Durham, North Carolina, U.S.A.

SAMPLE CONSTRUCTION: Non-probability quota sample of patients from 3 hospitals.  
respondents survived at least six months after their hospital discharge; age 37-74, mean age 54; 93% married

NON-RESPONSE: 20%

N: 56

AUTHOR'S HAPPINESS LABEL: Morale

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.1: Single closed question rated on an 11-point self-anchoring scale (based on Cantril; see CANTR 65).  
Ladder rating, ranging from 'the happiest I could be' at the top, down to 'the saddest I could be' at the bottom.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Age (A 3); various indicators of Physical health (H 2.1); Leisure activity (L 3.3.1); Participation in informal sociability (S 4.1.2);  
Participation in community organizations (S 4.2); S.E.S. (S 5.1); Having gainful employment (W 2.1)

CONCLUSION: Not a high level of activity and social involvement, but the health perception of the heart patients is the strongest predictor of morale.

AUTHOR: Gillo, M.W.

TITLE: Studies on the nature of the relationships between job and life satisfactions: towards a comprehensive model.

SOURCE: Unpublished doctoral dissertation, 1973, University of Kansas, U.S.A.

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GOAL OF THE STUDY: Review of the literature on job satisfaction, and identification of variables that predict overall work and leisure happiness as a multivariate criterion.

REFERS TO: Theory of job satisfaction; Quinn & Kahn (1967), Schwab & Cummings (1970)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire administered at home

DATE OF DATA:

POPULATION: Workers of a utility union, Greater Kansas City area, U.S.A.

SAMPLE CONSTRUCTION: Probability cluster sample of workers, drawn from the ranks of a large utility union.  
Union members in three rather different plants: a manufacturing plant with assembly line operations, a public service plant, and an electronic equipment maintenance and installation plant.  
both males and females

NON-RESPONSE: 73%, no return of mailed questionnaire  
unaffected by age, sex, Local's membership, and length of employment

N: 213

AUTHOR'S HAPPINESS LABEL: Overall happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on an 11-point self-anchoring scale (based on Cantril; see CANTR 65):

Consider the ladder. It has 11 steps, from 0 to 10. Think of this ladder as representing different levels of happiness. Step 0 would stand for the least happy you could ever be. Step 10 would stand for the most happy you could ever be. Taking everything together, where on this ladder do you stand regarding your happiness?

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible range = 0 (low) to 10 (high); S.D. = 1.99

REMARKS:

CORRELATES: Happiness with leisure time activities (S 1.1.1); Happiness with job (S 1.9.1)

CONCLUSION: Job related variables are more important to satisfaction with life than leisure variables, so satisfaction and/or dissatisfaction of a person with respect to his working conditions are most central to his overall happiness.

AUTHOR: Glenn, N.D.

TITLE: Psychological well-being in the postparental stage: Some evidence from national surveys.

SOURCE: Journal of Marriage and the Family, 1975, vol. 37, nr 1, P 105-110.

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GOAL OF THE STUDY: A cross-sectional comparison of persons in the parental and postparental stage on reported psychological well-being.

REFERS TO: Theory of the post-parental stage ; Deutscher (1964)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaires

DATE OF DATA: 1963/1966 (study 1), 1972/1973 (study 2), 1971 (study 3)

POPULATION: Non-institutionalized middle-aged females, U.S.A.

SAMPLE CONSTRUCTION: Pooling of 3 Gallup surveys (study 1), Pooling of 2 NORC surveys (study 2), Rooper survey (study 3)  
age 40-59 (study 1 and 2), age 35 - 64 (study 3)

NON-RESPONSE:

N: 902 (study 1), 425 (study 2), 319 (study 3)

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Happiness

INSTRUMENTS: study 1: HAPP 1.1: Single closed question rated on a 3-point scale:

In general, how happy would you say you are - very happy, fairly happy or not too happy?

study 2: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see BRADB 69).

study 3: COMP 1.1: Single closed question rated on a 3-point scale:

Thinking of your life as you live it day by day, which of these statements best expresses the way you feel?

1. Mostly I enjoy life, although at times I just go through the days.
2. Half of the time I enjoy life, and half of the time I just go through the days.
3. Sometimes I enjoy life, but most of the time I just go through the days.

RELIABILITY:

VALIDITY:

DISTRIBUTION: study 1: 52% very happy; study 2: 40% very happy; study 3: 82% mostly enjoys life

REMARKS: Gammas (G') were computed by us on the basis of the proportions 'very happy' and 'mostly enjoys life' answers.

CORRELATES: Post-parental stage (F 1.2.3, H 4.1)

CONCLUSION: Children leaving home seems to have a moderate positive effect on the psychological well-being of females.

AUTHOR: Glenn, N.D.

TITLE: The contribution of marriage to the psychological well-being of males and females.

SOURCE: Journal of Marriage and the Family, 1975, vol. 37, nr 3, p. 594-601.

---

GOAL OF THE STUDY: To investigate the relationship of marital happiness and psychological well-being for males and females.

REFERS TO: Theory of marriage and psychological well-being; Bernard (1972), Bradburn (1969)

TYPE OF STUDY: explanatory, testing, national population, snapshot, non-experimental.

DATA GATHERING: Highly structured questionnaire

DATE OF DATA: 1972-1974

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Combined data from 3 U.S. General Surveys conducted by the National Opinion Research Center in 1972, 1973 and 1974  
1841 males, 2012 females; age 18+; blacks excluded

NON-RESPONSE:

N: 3853

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION: 37% very happy, 63% pretty happy or not too happy

REMARKS: Gammas (G') were computed by us on the basis of the proportions 'very happy' answers.  
The number of widowed males of age 18-39 and 40-59, and the number of widowed females of age 18-39 were too small to make computations reliable.

CORRELATES: Age (A 3); Gender (G 1.1); various Marital status comparisons (M 1); Marital happiness (S 1.7.2)

CONCLUSION: Contemporary American marriage, in spite of its limitations, is typically beneficial to both husbands and wives. It is likely that women, as a whole, exceed men in both the stress and the satisfaction derived from marriage.

AUTHOR: González, J.R.

TITLE: Study of student teachers' life adjustment.

SOURCE: Unpublished doctoral dissertation, 1967, University of North Carolina, Chapel Hill, U.S.A.

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GOAL OF THE STUDY: To explore feelings of adjustment and methods of handling emotional problems among students teachers.

REFERS TO: Theory of mental health; Gurin et al. (1960)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview using open-ended questions and highly structured questionnaire

DATE OF DATA: Spring, 1967

POPULATION: Students teachers, Chapel Hill, U.S.A.

SAMPLE CONSTRUCTION: Probability sample of student teachers enrolled in the student teaching program in the School of Education at the University of California, proportionally stratified by teaching level.

NON-RESPONSE:

N: 75

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 47% very happy, 49% pretty happy, 4% not too happy

REMARKS:

CORRELATES: Teaching level (E 1.2.3); Subject matter majors (E 1.3); Gender (G 1.1); Expected future happiness (H 1.6.2); Mental health (H 2.3.1); Readiness for self-referral (H 2.6); Extent of worries (P 5.2.1)

CONCLUSION: Unhappiness and worrying are similar in reflecting a high number of frustrating and unhappy experiences and particular kinds of stresses, but they differ in that unhappiness also reflects an absence of positive areas of satisfaction in life, whereas worrying does not seem to imply such a lack.

AUTHOR: Gordon, F.E. & Hall, D.T.

TITLE: Self image and stereotypes of feminity; their relationship to women's role conflicts and coping.

SOURCE: Journal of Applied Psychology, 1974, vol. 59, nr 2, p. 241-243.

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GOAL OF THE STUDY: To explore the relationships of types of role conflicts and methods of coping behavior to (a) the woman's self image, (b) her image of a feminine woman, and (c) her perception of the male image of a feminine woman.

REFERS TO: Theory of role conflict; Hall & Lawler (1971)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire

DATE OF DATA: 1971

POPULATION: Married female graduates of the liberal arts college, University of Connecticut, U.S.A.

SAMPLE CONSTRUCTION: Probability cluster sample selected from five graduating classes.

NON-RESPONSE: 49%

N: 229

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 5-point scale ranging from 'very unhappy' to 'very happy':  
In general, how happy would you say you are?

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Emotionality (A 2.1.3); Sex-role attitudes (G 1.2); Content of real self-image (S 2.2.1)

CONCLUSION:

AUTHOR: Gorman, B.S.

TITLE: A multivariate study of the relationship of cognitive control and cognitive style principles to reported daily mood experiences.

SOURCE: Unpublished doctoral dissertation, 1971, the City University of New York, U.S.A.

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GOAL OF THE STUDY: Exploration of the relationship of cognitive control and cognitive style variables to subjective mood reports.

REFERS TO: Theories of cognition and affect; Gardner et al. (1959), Witkin et al. (1954, 1962), Wessman & Ricks (1966)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Administration of highly structured questionnaire in classroom situation and daily records administered at home during 28 days

DATE OF DATA: Summer, 1970

POPULATION: Undergraduate students, Nassau Community College, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using volunteering undergraduate students enrolled in an abnormal psychology course. 20 males, 47 females; age 18-40, median age 20; subjects from solidly middle-class backgrounds.

NON-RESPONSE: 4%; 3% refusal, 1% incomplete information

N: 67

AUTHOR'S HAPPINESS LABEL: Mood (first instrument) and Happiness (second instrument)

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

The scale was scored every night for highest, lowest and average mood level ('your overall summary of the day') during 28 consecutive days. The mean daily average was used as happiness measure here.

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible range: 0-9; mean: 5.41; S.D.: .71

SECOND INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with best and worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible range: 0-10; mean: 6.37; S.D.: 1.67

REMARKS: see also GORMA 74

CORRELATES: various indicators concerning Affect (A 2.2); various Cognitive characteristics (C 1); Pressure of academic work (E 1.3); Gender (G 1.1); Hedonic level x happiness (H 1.2.1); various factors concerning Past / Future happiness (H 1.4.1, H 1.5, H 1.6); Self-perceived health (H 2.1.2); various Life style characteristics (L 3.1.2, L 3.2); various Personality characteristics (P 1); Temporal orientation (T 1.3)

CONCLUSION: Happier subjects are more extrovert, more optimistic and have a more developed sense of self-confidence and efficacy.

AUTHOR: Gorman, B.S. & Wessman, A.E.

TITLE: The relationship of cognitive styles and moods.

SOURCE: Journal of Clinical Psychology, 1974, vol. 30, p. 18-25.

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GOAL OF THE STUDY: Exploration of the relationship of cognitive control and cognitive style variables to subjective mood reports.

REFERS TO: Theories of cognition and affect; Cantril (1965), Wessman & Ricks (1966)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Administration of highly structured questionnaire in classroom situation and daily records administered at home during 28 days

DATE OF DATA: Summer, 1970

POPULATION: Undergraduate students, Nassau Community College, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample, using paid volunteering undergraduate students enrolled in an abnormal psychology course (see GORMA 71).  
age 18 - 40

NON-RESPONSE: 4%; 3% refusal, 1% incomplete information

N: 67

AUTHOR'S HAPPINESS LABEL: Mood (first instrument) and happiness (second instrument)

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and happiness (second instrument)

INSTRUMENTS: See GORMA 71

REMARKS: This publication provides information already reported in an other publication of Gorman: see GORMA 71

AUTHOR: Graney, M.J.

TITLE: The Affect Balance Scale and old age.

SOURCE: Paper presented at the Annual Meeting of the Midwest Sociological Society, April 26, 1973, Milwaukee, Wisconsin.

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GOAL OF THE STUDY: To extend the use of the Affect Balance Scale to the study of old age and aging.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965), Phillips (1967)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA: 1967 - 1971

POPULATION: Aged female public housing residents, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample of residents of public housing for the elderly from the rosters of a metropolitan housing and redevelopment authority.  
All women were initially in good health, able to keep house, and lived alone.  
age 62 - 89

NON-RESPONSE: 27%; 24% unattainable, 3% incomplete

N: 44

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION: slightly positively skewed: 30% happy, 45% neutral, 25% unhappy (in 1971)

REMARKS:

CORRELATES: Age (A 3); Physical ability (H 2.1.4); Gains in social status (L 1.2); Orientation towards social participation (S 4.5)

CONCLUSION:

AUTHOR: Graney, M.J. & Graney, E.E.

TITLE: Scaling adjustment in older people.

SOURCE: International Journal of Aging and Human Development, 1973, vol. 4, nr 4, p. 351-359.

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GOAL OF THE STUDY: To provide an empirical example of the usefulness of distinct evaluation of happiness and personal adjustment.

REFERS TO: Theory of attitudes and adjustment of aged people; Landis (1940)

TYPE OF STUDY: explanatory, testing, special group, longitudinal, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1967 - 1971

POPULATION: Aged female public housing residents, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample.  
Graney (1973) sample (see GRANE 73A)

NON-RESPONSE: 27%; 24% unattainable, 3% incomplete

N: 44

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION: slightly positively skewed: 30% happy, 45% neutral, 25% unhappy (in 1971)

REMARKS:

CORRELATES: Personal adjustment (S 4.7)

CONCLUSION: There is empirical evidence for the distinction between personal adjustment and happiness.

AUTHOR: Graney, M.J.

TITLE: Happiness and social participation in aging.

SOURCE: Journal of Gerontology, 1975, vol. 30, nr 6, p. 701-706.

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GOAL OF THE STUDY: To examine happiness as a criterion of well-being in analysis of longitudinal data on social activities of elderly women.

REFERS TO: Happiness research; Morgan (1937), Cavan et al. (1949)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA: 1967 - 1971

POPULATION: Aged female public housing residents, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample.  
Graney (1973) sample (see GRANE 73A).

NON-RESPONSE: 27%; 24% unattainable, 3% incomplete

N: 44

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION: slightly positively skewed: 30% happy, 45% neutral, 25% unhappy (in 1971)

REMARKS:

CORRELATES: various factors concerning Use of leisure time (L 3.3); Attending religious services (R 1.3)

CONCLUSION: Happiness and social participation activities are positively related in old age and in aging. Increases in activity over time were often related to happiness, and declines in activity were related to unhappiness. The association between changes in levels of activity over time and happiness was stronger among the oldest elderly.

AUTHOR: Greenhaus, J.H.

TITLE: Career salience as a moderator of the relationship between satisfaction with occupational preference and satisfaction with life in general.

SOURCE: Journal of Psychology, 1974, vol. 86, p. 53-55.

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GOAL OF THE STUDY: Test of the hypothesis that the correlation between the satisfaction with an occupational preference and the satisfaction with life in general is moderated by career salience.

REFERS TO: Theory of career salience; George (1965), Greenhaus (1973)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered in classroom setting

DATE OF DATA:

POPULATION: Undergraduates, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of undergraduates at two eastern colleges.

NON-RESPONSE:

N: 203

AUTHOR'S HAPPINESS LABEL: Satisfaction with life in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.2: Index of closed questions:

1. Taking all aspects of yourself and your life into account, which of the following best describes your own feelings of satisfaction with your life?
  - I am extremely satisfied with my life
  - I am satisfied with my life
  - I am somewhat satisfied with my life
  - I am only slightly satisfied with my life
  - I am not at all satisfied with my life
2. In very general terms, about what proportion of the time do you feel satisfied with your life?  
all of the time / most of the time / some of the time / rarely / never

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: Career salience was measured by 3 factorially derived dimensions: 1. relative priority of work and a career compared to other sources of life satisfaction, 2. general attitudes towards work, 3. concern for career advancement and planning.

CORRELATES: Satisfaction with occupational preference (S 1.10)

CONCLUSION: One dimension of career salience - career advancement and planning - stands out as the most effective moderator of the relationship between satisfaction with occupational preference and satisfaction with life in general for both males and females.

AUTHOR: Gubrium, J.F.  
TITLE: Marital desolation and the evaluation of everyday life in old age.  
SOURCE: Journal of Marriage and the Family, February, 1974, p. 107-113.

GOAL OF THE STUDY: To consider the impact of continuity versus discontinuity in marital status on the evaluation of everyday life in old age.

REFERS TO: Theory of widowhood; Townsend (1957), Tunstall (1966)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA:

POPULATION: Aged persons, Detroit, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample stratified by 3 types of housing:  
- large multiple-unit dwellings exclusively housing aged persons, none of which were considering nursing or convalescent homes  
- apartment and high-rise building with mixed age groups  
- housing consisting of single homes  
59 married, 22 single, 15 divorced, 114 widowed; age 60 - 90; Ss' demographic characteristics were similar to that of the U.S.A. population of aged persons.

N: 210

AUTHOR'S HAPPINESS LABEL: Life satisfaction (first instrument) and Happiness (second instrument)

OUR CONCEPTUALIZATION: Happiness

FIRST INSTRUMENT: HAPP 2.1: Single closed questions rated on a 3-point scale:  
On the whole, how satisfied would you say you are with your way of life today?  
Would you say: very satisfied, fairly satisfied, or not satisfied?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 38% very satisfied, 51% fairly satisfied, 11% not satisfied

SECOND INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:  
All in all, how much unhappiness would you say you find in life today?  
Would you say: almost none, some unhappiness, or great unhappiness

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 9% great unhappiness, 38% some unhappiness, 53% almost none

REMARKS: In Part III the + and - values of the associations between unhappiness (second instrument) and the variables mentioned are turned to indicate the direction of the associations with happiness.

CORRELATES: various Marital status comparisons (M 1)

CONCLUSION: Single and married persons, the former being isolates but not desolates, both tend to be less negative in their evaluations of everyday life than widowed and divorced persons. Only the latter two would be categorized as desolate. So it may be useful to make a distinction between isolation and desolation.

AUTHOR: Gurin, G., Veroff, J. & Feld, S.

TITLE: Americans view their mental health. A nation wide interview survey.

SOURCE: New York, 1960, Basic Books Inc.

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GOAL OF THE STUDY: Assessment of how people feel they have adjusted to life and how they cope with their problems.

REFERS TO: Theory of mental health; Jahoda (1958)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Lengthy structured interviews administered at home

DATE OF DATA: Spring, 1957

POPULATION: Non-institutionalized adults, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage area sample.  
1077 males, 1383 females; age 21+; people living in private households only; transients and all individuals in hospitals, prisons or other institutions were excluded.

NON-RESPONSE: 13%; 5% not at home, 8% refusals

N: 2460

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:

Taking all things together, how would you say things are these days - would you say you're very happy, pretty happy or not too happy these days?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 35% very happy, 54% pretty happy, 11% not too happy

REMARKS: Gammas concerning a number of variables are computed by us on the basis of data not presented in the book but in a 'Tabular Supplement' (available at the authors on request).

CORRELATES: Age (A 3); Educational level (E 1.1.1); Ethnicity (E 2.2); Gender (G 1.1); Broken home background (F 1.1.2); Family size (F 1.2.2); Expected future happiness (H 1.6.2); Perceived sources of happiness (H 1.8); Readiness for self-referral (H 2.6); Income (I 1.1); Community size (L 4.1); Region (L 4.3); various Marital status comparisons (M 1); Being a wife of a skilled worker (M 2.3); Extent of worries (P 5.2.1); Religious denomination (R 1.2); Church attendance (R 1.3); Marital happiness (S 1.7.2); Occupation (W 2.2)

CONCLUSION: In explaining varying patterns of adjustment, it is important to make a distinction between the meaning of a demographic variable in terms of gratification-potential and its meaning in terms of involvement and aspirations.  
First of all, demographic variables seem to be important when they differentiate population subgroups in terms of the potential rewards and gratifications derived from life. Secondly, they are important when they represent differences in the expectations and demands the subgroup members make of themselves and life, or differences in introspectiveness and tendencies towards a psychological view of life and the problems it presents.

AUTHOR: Gurman, A.S.

TITLE: Therapists' mood patterns and therapeutic facilitativeness.

SOURCE: Journal of Counseling Psychology, 1972, vol. 19, nr 2, p. 169-170.

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GOAL OF THE STUDY: To examine the relationships between therapeutic facilitativeness and therapists' mood patterns.

REFERS TO: Theory of quality of therapeutic relationships; Truax & Carkhuff (1967), Bergin & Solomon (1970)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Content analysis of audiotape recordings of individual psychotherapy sessions, and structured questionnaire

DATE OF DATA: 1970

POPULATION: Therapists, Columbia University, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of postinternship doctoral students in clinical and counseling psychology.  
7 males, 5 females; mean age 29.3

NON-RESPONSE: none

N: 12

AUTHOR'S HAPPINESS LABEL: Elation

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

The therapists completed the scale for 14 consecutive nights, reporting the average mood level experienced during the past day.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Therapist's functioning (P 1.8.1)

CONCLUSION: The more facilitative therapists are happier.

AUTHOR: Haavio-Mannila, E.  
TITLE: Satisfaction with family, work, leisure and life among men and women.  
SOURCE: Human Relations, 1971, vol. 24, nr 6, p. 585-601.

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GOAL OF THE STUDY: Examination of the satisfaction-value of three major institutions (work, family and leisure) for men and women.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Spring - summer, 1966

POPULATION: Persons of age 15 - 64, Finland

SAMPLE CONSTRUCTION: Probability samples in Helsinki and in 5 Finnish rural communes.  
Helsinki : 229 males, 215 females  
rural communes: 251 males, 253 females

NON-RESPONSE:

N: 948

AUTHOR'S HAPPINESS LABEL: Overall life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 4-point scale ranging from 'very satisfied' to 'very unsatisfied'.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 72% very satisfied, 22% fairly satisfied, 5% not satisfied

REMARKS:

CORRELATES: Gender (G 1.1); Anxiety (H 2.2); Urban setting (L 4.2); Not married vs married (M 1.5); various Domainsatisfactions (S 1); Employed status (W 2.1); Social stratum (W 2.4); Reasons for employment (W 2.9)

CONCLUSION: The most important social institution for central life satisfaction is the family; particularly for low S.E.S. groups. Upper status people rely on a wider range of institutions.

AUTHOR: Hacker, S.L. & Gaitz, C.M.  
TITLE: The moral career of the elderly mental patient.  
SOURCE: The Gerontologist, 1969, vol. 9, p. 120-127.

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GOAL OF THE STUDY: Assessment of the key elements of the moral career of the elderly mental patient.

REFERS TO: Theory of hospitalization of the mental patient; Goffman (1959)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Interview using direct open-ended questions, spaced one year apart.

DATE OF DATA: 1966

POPULATION: Aged mental patients, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample, using patients in a psychiatric screeningward, 1 year after entrance.  
18 Ss in state hospital, 18 Ss released (13 had been in state hospital)

NON-RESPONSE: 66% drop-outs: 33% dead, 17% could not be located, 16% incoherent or refusal

N: 36

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects over the last period (adapted Bradburn & Caplovitz Affect Balance Score; see BRADB 65):  
  
Ss were asked if they had recently felt lonely, pleased at some accomplishment, upset at some criticism, proud, depressed, restless, and so on. No further information was offered.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Mental illness (H 2.3.3)

CONCLUSION: Ex-patients feel better than in-patients. This difference is probably due to the environment the subject lives in rather than to psychiatric disorders.

AUTHOR: Hall, J.

TITLE: Measuring the quality of life using sample surveys.

SOURCE: Stöber, J. et al.: 'Technology assessment and the quality of life', Amsterdam, Elsevier, 1973.

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GOAL OF THE STUDY: Finding social indicators for measuring the quality of life.

REFERS TO: Happiness research; Bradburn (1969), Campbell & Converse (1970)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Questioning by means of a highly structured questionnaire containing direct closed questions

DATE OF DATA: October - November, 1971

POPULATION: Adult population of 8 major British conurbations

SAMPLE CONSTRUCTION: Non-probability quota sample.

NON-RESPONSE:

N: 593

AUTHOR'S HAPPINESS LABEL: Satisfaction with life as a whole

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 7-point self-anchoring scale ranging from 'completely dissatisfied' to 'completely satisfied' (adapted Cantril Satisfaction with Life rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: various Domainsatisfactions (S 1)

CONCLUSION:

AUTHOR: Harder, J.M.  
TITLE: Self-actualization, mood, and personality adjustment in married women.  
SOURCE: Unpublished doctoral dissertation, 1969, Teachers College, Columbia University, U.S.A.

GOAL OF THE STUDY: Attempt to improve the measurement of self-actualization, and assessment of relationships between self-actualization measures and mood.

REFERS TO: Theory of self-actualization; Cofer & Appley (1964), Maslow (1954), Fromm (1955)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Judge ratings, structured interview in test situation, and highly structured questionnaire administered at home during 3 weeks.

DATE OF DATA:

POPULATION: Married females, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive sample by expert choice of married females, manifesting varying degrees of self-actualization. Of the 239 females who were rated, the 62 females rated by the most reliable judges were used in the analysis. age 29 - 69, mean age 45; 16% had never attended college, 32% some college, 52% at least one college degree; 71% one or two children

NON-RESPONSE:

N: 62

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and mood (second instrument)

OUR CONCEPTUALIZATION: Hedonic level of affect

FIRST INSTRUMENT: AFF 2.1: Single closed question on perceived overall hedonic level during the past year; rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60):  
Ss were asked: 'In thinking over the past year, indicate how elated or depressed, happy or unhappy you have felt'.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed; possible range: 0-9; mean: 5.6; median: 6.3; S.D.: 1.1

SECOND INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

The scale was scored at the end of each day during three weeks for the 'highest', the 'lowest' and the 'average mood' (how you felt most of the time during the day).

The three weeks mean of daily averages was used as happiness measure here.

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible range: 0 - 9  
average mood: actual range: 4.4 - 7.4; mean: 5.6; S.D.: .65  
peak mood : actual range: 4.9 - 8.1; mean: 6.4; S.D.: .88  
through mood: actual range: 2.3 - 7.2; mean: 4.7; S.D.: .88

REMARKS:

CORRELATES: various Wessman & Ricks Personal feeling scales (A 2.2); Fullness of life (A 2.2.7); Hedonic level x hedonic level (H 1.2.2); Anxiety (H 2.2); Neuroticism (H 2.3.2); various Personality characteristics (P 1); Satisfaction with role (S 1.9.1); Time competence (T 1.1)

CONCLUSION: There is some evidence that self-actualization in women is positively related to mood level.

AUTHOR: Heeren, S.D.

TITLE: Entrepreneurial vs bureaucratic fathers as related to family structure, happiness and two measures of independence.

SOURCE: Unpublished doctoral dissertation, 1969, University of Kansas, U.S.A.

GOAL OF THE STUDY: To test the effects of the father's work setting (entrepreneurial or bureaucratic) and childrearing practices on the independence of the children.

REFERS TO: Theory of socialization; Marcuse (1963), Bronfenbrenner (1967)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire, filled out within a week

DATE OF DATA: ± 1967

POPULATION: Male undergraduates, University of Kansas, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of students enrolled in the introductory psychology class.

NON-RESPONSE: 5% incomplete information

N: 103

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question, rated on a 9-point scale:

How happy would you say your life is in general?

1	2	3	4	5	6	7	8	9
very				neither				very
unhappy				happy nor				happy
				unhappy				

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Age (A 3); Stage of study (E 1.2.3); various indicators of Freedom in youth (F 2.1); various characteristics of Family of origin (F 1.1); Size of home town (L 4.1); Living in an urban area (L 4.2); Other-directedness (P 1.1); Independence of judgment (P 1.1); Need for social approval (P 1.5.2)

CONCLUSION: Happiness is being allowed to develop relatively unrestricted by confident parents who provide loving support and enjoy each other and their marriage. Other-directedness is related to the expression of less happiness with life in general.

AUTHOR: Henley, B. & Davis, M.S.

TITLE: Satisfaction and dissatisfaction: A study of the chronically-ill aged patient.

SOURCE: Journal of Health and Social Behavior, 1967, vol. 8, p. 65-75.

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GOAL OF THE STUDY: Exploration of the relationships between one's global perception of satisfaction and a variety of subjective and objective aspects of the life situation.

REFERS TO: Theory of adaptation to old age; Cavan et al. (1949), Cumming & Henry (1961)

TYPE OF STUDY: explanatory, testing, special group, longitudinal, non-experimental

DATA GATHERING: Structured interview at clinic or at home

DATE OF DATA: 1959

POPULATION: Aged chronically-ill patients, U.S.A.

SAMPLE CONSTRUCTION: Probability sample out of aged chronically-ill attendants of a medical clinic. predominantly females; European-born or first generation American; white population; low income; average of three chronic illnesses; age 60+

NON-RESPONSE: 24% not available because of death, mental deterioration, unknown address or refusal; unaffected by age, marital status, religion and place of birth; overrepresentation of males

N: 167

AUTHOR'S HAPPINESS LABEL: General satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question, rated on a 4-point scale:

In general, how satisfied are you with your way of life?  
quite satisfied / fairly satisfied / sometimes dissatisfied / usually dissatisfied

RELIABILITY: Stability as assessed by repeating the same question after three years showed 73% unchanged.

VALIDITY: External concurrent validity as assessed by comparison with the impression of clinic nurses of patient's satisfaction: 71% agreement.

DISTRIBUTION: positively skewed: 29% quite satisfied, 42% fairly satisfied, 10% sometimes dissatisfied, 19% usually dissatisfied

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Gender (G 1.1); Family contact outside the home (F 1.4, S 4.1.2); Self-perceived health (H 2.1.2); Availability of help (H 2.6); Household composition (H 4.1); Income (I 1.1); Perceived financial adequacy (I 1.2); various Marital status comparisons (M 1); Religiousness (R 1.1); Quality of contact with household members (H 4.1, S 4.1.3); Employed status (W 2.1)

CONCLUSION: The specific meaning attached by the respondents to their financial situation, health and interpersonal relationships is more relevant than objective circumstances to understand the morale of the elderly chronically ill.

AUTHOR: Hermans, H.J.M. & Tak-van de Ven, J.C.M.

TITLE: Are there arguments in favour of an original dimension 'positive psychological well-being'?  
(In Dutch: Bestaat er een oorspronkelijke dimensie 'positief innerlijk welbevinden'?)

SOURCE: Nederlands Tijdschrift voor de Psychologie en haar Grensgebieden, 1973, vol. 27, nr 11, p. 731-754.

GOAL OF THE STUDY: To investigate whether it is justified to treat 'positive psychological well-being' as a factor separate from negative mental characteristics such as neuroticism, anxiety, etc.

REFERS TO: Happiness research, Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered in classroom situation

DATE OF DATA:

POPULATION: Secondary school pupils, The Netherlands

SAMPLE CONSTRUCTION: Non-probability chunk sample using 3 highest classes of 3 secondary schools of different level.  
144 boys, 152 girls

NON-RESPONSE: 2%

N: 291

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

FIRST INSTRUMENT: COMP 1.1: Single closed question rated on a 4-point scale:

Moments that I feel happy I have  
often / not often / seldom / never

In Dutch:  
Momenten dat ik me gelukkig voel heb ik  
vaak / niet zo vaak / zelden / nooit

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: COMP 1.1: Single closed question rated on a 3-point scale:

I feel  
rarely unhappy / rather often unhappy / very often unhappy

In Dutch:  
Ik voel me  
zelden ongelukkig / tamelijk vaak ongelukkig / zeer vaak ongelukkig

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: In Part III the + and - values of the associations between unhappiness (second instrument) and the variables mentioned are turned to indicate the direction of the associations with happiness.

CORRELATES: Positive / negative inner well-being (L 2.1.2)

CONCLUSION:

AUTHOR: Hulin, C.L.

TITLE: Sources of variation in job and life satisfaction: The role of community and job-related variables.

SOURCE: Journal of Applied Psychology, 1969, vol. 53, nr 4, p. 279-291.

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GOAL OF THE STUDY: Test of hypothesis that economic circumstances of a community have no direct effect on pay-satisfaction of workers, but that the effects are mediated through intervening psychological variables.

REFERS TO: Theory of job satisfaction; Blood & Hulin (1967), Katzell et al. (1961)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire using direct closed questions administered in the workshop

DATE OF DATA:

POPULATION: Workers, Columbia, Canada

SAMPLE CONSTRUCTION: Non-probability purposive sample by expert choice.  
salaried white-collar workers living in 2 'company' towns in British Columbia; 388 males, 82 females

NON-RESPONSE: 24%

N: 470

AUTHOR'S HAPPINESS LABEL: Satisfaction with life in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question rated on a 7-point scale (based on the Kunin (1955) 11-point General Motors Faces Scale).

The scale consisted of three smiling faces, one neutral face, and three scowling faces. The workers were asked to indicate how they felt about their life in general, considering everything about their present situation, by checking the appropriate face.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Satisfaction with various aspects of living environment (S 1.2.3, S 1.2.4); Satisfaction with various aspects of one's job (S 1.9.2)

CONCLUSION:

AUTHOR: Hynson Jr, L.M.  
TITLE: Rural-urban differences in satisfaction among the elderly.  
SOURCE: Rural Sociology, 1975, vol. 40, nr 1, p. 64-66.

---

GOAL OF THE STUDY: To examine rural-urban differences in satisfaction.

REFERS TO: Theory of urbanism; Mirth (1938), Fischer (1972)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA: 1973

POPULATION: Aged persons, U.S.A.

SAMPLE CONSTRUCTION: NORC (1973) national probability sample.  
age 60+

NON-RESPONSE:

N: 319

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Community size (L 4.1)

CONCLUSION: The city relates negatively to the aged population's sense of community satisfaction, general sense of happiness, and fear.

AUTHOR: Iris, B. & Barrett, G.V.  
TITLE: Some relations between job and life satisfaction and job importance.  
SOURCE: Journal of Applied Psychology, 1972, vol. 56, nr 4, p. 301-304.

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GOAL OF THE STUDY: Examination of relations among dimensions of employee job satisfaction, life satisfaction, and the importance of job factors.

REFERS TO: Theory of job attitudes and life satisfaction; Hulin (1969), Kornhauser (1965)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire

DATE OF DATA:

POPULATION: Male supervisors of a chemical plant, U.S.A.

SAMPLE CONSTRUCTION: Probability samples of first level male supervisors from two departments, A or B, of a large southern chemical plant. Each sample contained approximately 20% of the foremen of that department. Sample A (N = 34) contained Ss of lower age, less education, lower income, shorter length of tenure in comparison with sample B (N = 35). Sample A had been identified as a 'problem' group with low morale. Sample B foremen were significantly more satisfied with life ( $t = 3.91, p < .01$ ), leisure ( $t = 2.24, p < .05$ ) and job ( $t = 2.63, p < .05$ ) than were those of sample A.

N: 69

AUTHOR'S HAPPINESS LABEL: Overall satisfaction with life in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 5-point scale (from Kornhauser, 1965):  
Which of these statements here comes nearest to saying how you feel about your life in general?  
Would you say you are . . . competely satisfied / well satisfied / neither satisfied nor dissatisfied / a little dissatisfied / very dissatisfied

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Satisfaction with specific aspects of one's job (S 1.9.2); Perceived importance of specific aspects of one's job (W 2.8)

CONCLUSION: When men are in a job situation that provides little job satisfaction, disavowing the importance of the job may be a healthy response and leading to greater satisfaction with life in general.

AUTHOR: Iisager, H.  
TITLE: Factors contributing to happiness among Danish college students.  
SOURCE: Journal of Social Psychology, 1948, vol. 28, p. 237-246.

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GOAL OF THE STUDY: To find out which factors were rated as most essential to happiness in general and to what extent differences in definitions make for differences in composition of the contributing factors.

REFERS TO: Happiness reasearch; Watson (1930)

TYPE OF STUDY: descriptive, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured questionnaire, using closed and half-open questions, administered in a classroom

DATE OF DATA: 1946 - 1947

POPULATION: Adult college students, Denmark

SAMPLE CONSTRUCTION: Non-probability chunk sample out of adult students of a peoples college.

NON-RESPONSE: 5%

N: 113

AUTHOR'S HAPPINESS LABEL: Happiness in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.1: Single closed question rated on a 5-point scale:

Underline the sentence which comes nearest to the truth:

I am: almost always unhappy / more often unhappy than happy / about as often happy as unhappy / more often happy than unhappy / almost always happy.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Gender (G 1.1); Perceived sources of one's happiness (H 1.8)

CONCLUSION: The essentials of happiness for most people are among the stable elements of life (friends, work, nature), not among the stimulants (alcohol, clubs, churches, dancing, cards, automobiles or arts).

AUTHOR: Jong-Gierveld, J. de

TITLE: The unmarried.  
(In Dutch: De ongehuwden).

SOURCE: Alphen a/d Rijn, The Netherlands, 1969, Samson N.V.

GOAL OF THE STUDY: To investigate living conditions and psychological disposition of never married persons.

REFERS TO: Theory of social participation; Kwant (1962), Dean (1961)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview and low structured questionnaire administered at home

DATE OF DATA: September - December, 1965

POPULATION: Adults, Amsterdam, The Netherlands

SAMPLE CONSTRUCTION: Probability systematic random sample stratified by sex and marital status.  
150 never married males, 150 married males, 150 never married females and 150 married females; age 30 - 55

NON-RESPONSE: 31%; 4% changed marital status: overrepresentation of singles; 14% unattainable: overrepresentation of singles; 13% refusal, unaffected by sex and marital status; total non-response: unaffected by age and living area, overrepresentation of singles.

N: 600

AUTHOR'S HAPPINESS LABEL: General satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 5-point scale:  
 Would you tell me: which of the following statements is best applicable to your own life these days?  
 - I am very satisfied with the way things are going in my life.  
 - There are problems, but I am satisfied.  
 - I don't know whether I should be satisfied or not. In fact I am.  
 - I don't know whether I should be satisfied or not. In fact I am not.  
 - I am disappointed in life.  
 - Own choice: . . . . .

In Dutch:  
 Wilt U mij zeggen: welke van deze uitspraken vindt U het beste op uw eigen leven, zoals het thans verloopt, van toepassing?  
 - Ik ben zeer tevreden met de gang van zaken in mijn leven.  
 - Er zijn problemen, maar ik ben tevreden.  
 - Ik weet niet of ik nu tevreden moet zijn of niet. Eigenlijk wel.  
 - Ik weet niet of ik nu tevreden moet zijn of niet. Eigenlijk niet.  
 - Ik ben door het leven teleurgesteld.  
 - Eigen keuze, nl. . . . .

RELIABILITY:

VALIDITY:

DISTRIBUTION: Highly positively skewed: 23% very satisfied, 56% satisfied, 11% don't know / satisfied, 6% don't know / not satisfied, 4% disappointed in life.

REMARKS: Most correlates were presented in a tabular supplement. In a number of cases the page numbers presented in Part III refer to this supplement.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Freedom on one's job (F 2.2, W 2.6); Gender (G 1.1); Social contacts of one's family (F 1.4); Living alone (H 4.1); Loneliness (L 2.1.2); Never married vs married (M 1.1.1); Self-image (M 1.7); Perceived image (M 1.7); Expected satisfaction if married (M 2.2); various factors concerning Religion (R 1); various Domainsatisfactions (S 1); Being homosexual (S 3.3); various indicators of Social participation (S 4); Occupational prestige (W 2.4); Perceived appreciation on job (W 2.7); Prefer to change job (W 2.10)

CONCLUSION: Feelings of loneliness and discontentedness are much more associated with the attitudes of life of individuals than with their social and material situation, although the association with the social situation is stronger among unmarried than among married individuals.

AUTHOR: Kahana, B. & Kahana, E.

TITLE: The relationship of impulse control to cognition and adjustment among institutionalized aged women.

SOURCE: Journal of Gerontology, 1975, vol. 30, nr 6, p. 679-687.

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GOAL OF THE STUDY: Evaluation of the relationships between several dimensions of impulse control and intelligence, mental status and adjustment.

REFERS TO: Theory of aging; Kahana & Kahana (1966)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA:

POPULATION: Institutionalized white females of age 55+, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive sample of 'well' residents (i.e. those without incapacitating physical impairment and judged by staff to be interviewable). age 55 - 97, mean age 79

NON-RESPONSE:

N: 91

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 10-point self-anchoring scale (based on the Cantril Satisfaction with Life rating; see CANTR 65). Ss were asked to rate themselves on an 1 - 10 rating ladder in terms of their self-perceived life satisfaction.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 1 (low) to 10 (high); mean: 7.88; S.D.: 1.98

REMARKS:

CORRELATES: Impulse control (P 1.9)

CONCLUSION:

AUTHOR: Knupfer, G., Clark, W. & Room, R.  
TITLE: The mental health of the unmarried.  
SOURCE: The American Journal of Psychiatry, 1966, vol. 122, nr 2, p. 841-851.

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GOAL OF THE STUDY: To report and assess some constituent dimensions of maladjustment of single persons.

REFERS TO: Theory of mental health; Gurin et al. (1960)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview during 3½ hours using closed as well as open-ended questions and highly structured mailed questionnaire.

DATE OF DATA: 1964

POPULATION: Adults, San Francisco, U.S.A.

SAMPLE CONSTRUCTION: Probability area sample, poststratified by drinking habits.  
Knupfer & Room (1964) sample; overrepresentation by heavy drinkers; unaffected by major demographic variables; age 23+

NON-RESPONSE: 29% incomplete

N: 979

AUTHOR'S HAPPINESS LABEL: Overall happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.1: Single closed question rated on a 2-point scale:  
Most of the time I feel happy . . . true /false

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Gender (G 1.1); Never married vs married (M 1.1.1)

CONCLUSION: Mental health is highest for married males and lowest for unmarried males. Females score in-between; single females being somewhat healthier than married females.  
These differences may be due to selective factors as well as reactive factors. Single males have more childhood problems and are more isolated and antisocial.

AUTHOR: Levy, S. & Guttman, L.

TITLE: On the multivariate structure of well-being.

SOURCE: Social Indicators Research, 1975, vol. 2, p. 361-388.

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GOAL OF THE STUDY: Presentation of a theory for the structure of well-being and its test with empirical data.

REFERS TO: Theory of well-being; Bradburn & Caplovitz (1965), Andrews (1974)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA: Spring, 1973 (Study 1) and summer, 1973 (Study 2)

POPULATION: Urban adult Jewish population, Israel

SAMPLE CONSTRUCTION: Probability area samples using dwelling units, from a continuing survey conducted jointly by the Israel Institute of Applied Social Research and the Communications Institute of the Hebrew University.

Ss residing in the larger cities of Israel: Jerusalem, Tel Aviv, Haifa, and Beersheva

NON-RESPONSE:

N: 1940 (Study 1) and 1830 (Study 2)

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and Mood (second instrument)

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 6-point scale, ranging from 'very happy' to 'very unhappy':  
Generally speaking, are you happy these days?

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: AFF 1.1: Single closed question rated on a 5-point scale, ranging from 'very good all the time' to 'not good almost all the time':  
How is your mood these days?

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: Some correlates come from one of the two studies, others from both studies

CORRELATES: Positive evaluation of one's family life (F 1.4, S 4.1.3); Hedonic level x happiness (H 1.2.1); Health (H 2.1.2); Sufficient family income (I 1.2) Being able to save (I 1.6); Perceived safety of living environment (L 4.4); Attitude towards neighborhood (L 4.5); Positive evaluation of national situation (N 1.1); Success in acquiring friends (P 1.8.1); various Domainsatisfactions (S 1); Positive evaluation of work relations (W 2.6); Success in performing job (W 2.7)

CONCLUSION:

AUTHOR: Lewinsohn, P.M. & Libet, L.  
TITLE: Pleasant events, activity schedules, and depressions.  
SOURCE: Journal of Abnormal Psychology, 1972, vol. 79, nr 3, p. 291-295.

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GOAL OF THE STUDY: To test the general hypothesis that intensity of depression is a function of amount of positive reinforcement.

REFERS TO: Theory of depression; Lubin (1965), Lewinsohn et al. (1969)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Mailed highly structured questionnaire administered each day during one month.

DATE OF DATA: February - March, 1971

POPULATION: College undergraduates, Oregon, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive sample by expert choice of paid college undergraduates at the University of Oregon, stratified by psychic status and sex. 15 males, 15 females  
Ss were classified into three groups: depressed, psychiatric controls, and normal controls, each consisting of 5 males and 5 females.

NON-RESPONSE:

N: 30

AUTHOR'S HAPPINESS LABEL: Depression (mood)

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.3: Repeated index of closed questions on the occurrence of specific affects during the past day (Lubin (1965) Depression Adjective Check Lists).  
The checklist was administered at the end of each day for 30 consecutive days.

It contains words which describe different kinds of moods and feelings.

Each S is asked 'to check the words which describe How You Feel Now - Today. Some of the words may sound alike, but we want you to check all the words that describe your feelings. Work rapidly and check all of the words which describe how you feel today'.

Typical adjectives are: hopeless, sad, low-spirited, fine, enthusiastic, sorrowful, clean, melancholy, bright, alert, great, lonely, free, grieved, suffering, healthy, elated, etc.

Three scores were computed: - Depression score 1: number of 'good' (positive affect) adjectives not checked;  
- Depression Score 2: number of 'bad' (negative affect) adjectives checked and  
- Depression Score 3: score 1 + 2

In Part III associations with each Depression score are presented in the 'elaboration / remarks' column.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARK: In Part III the + and - values of the associations between Depression and the variables mentioned are turned to indicate the direction of the association with hedonic level of affect

CORRELATES: Doing things one likes (L 2.1.2)

CONCLUSION: The major finding in the study of a significant association between pleasant activities and mood state is consistent with the major tenet of the behavioral theory of depression that there is an association between rate of positive reinforcement and intensity of depression.

AUTHOR: Lewinsohn, P.M. & Graf, M.  
TITLE: Pleasant activities and depression.  
SOURCE: Journal of Consulting and Clinical Psychology, 1973, vol. 41, nr 2, p. 261-268.

---

GOAL OF THE STUDY: Examination of the relation between pleasure in activities and mood, using age as a control variable, and examination of the nature of the activities that are associated with mood.

REFERS TO: Theory of depression; Lewinsohn (1973), Lewinsohn & Libet (1972)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Mailed highly structured questionnaire administered each day during one month

DATE OF DATA:

POPULATION: Adults, Oregon, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive sample by expert choice of paid individuals recruited from a wide variety of sources, including an inpatient psychiatric facility, several clinics, voluntary organizations, churches, newspapers, etc.

The sample was stratified by:

- psychic status: 30 depressed, 30 psychiatric controls (those experiencing psychological disorders other than depression), and 30 normal controls  
- age : 30 of age 18 - 29, 30 of age 30 - 49, and 30 of age 50+  
- sex : 45 males, 45 females

The males and females and the different age groups were evenly divided over the 3 diagnostic groups.

N: 90

AUTHOR'S HAPPINESS LABEL: Depression (mood)

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.3: Repeated index of closed questions on the occurrence of specific affects during the past day (Lubin (1965) Depression Adjective Check List; see LEWIN 72).

The checklist was administered at the end of each day for 30 consecutive days.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: In Part III the ; and - values of the associations between Depression and the variables mentioned are turned to indicate the direction of the association with hedonic level of affect.

CORRELATES: Doing things one likes (L 2.1.2)

CONCLUSION: The findings provide support for the behavioral theory of depression.

AUTHOR: Lewis, M.A.  
TITLE: Actual and perceived age differences in self-concept and psychological well-being for Catholic sisters.  
SOURCE: Unpublished doctoral dissertation, 1972, Syracuse University, New York.

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GOAL OF THE STUDY: Investigation of conceptions of self and other sisters and of the relationship between self-concept and psychological well-being among Catholic sisters of different age cohorts.

REFERS TO: Happiness research; Cavan et al. (1949), Kuhlen (1959), and other theories

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire

DATE OF DATA:

POPULATION: Catholic sisters, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of Catholic sisters who are members of the Eastern American Province, which is a geographical subdivision including New York, Virginia, Florida, Illinois, Missouri and Colorado.  
age 24 - 75; 74 of age 23 - 34, 69 of age 35 - 49, 49 of age 50+

NON-RESPONSE: 34%

N: 183

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).  
The Affect Balance Score is positive affect score - negative affect score

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 42% +3 or more, 33% +1 or +2, 14% 0, 11% -1 or less  
possible range : -5 (low) to +5 (high)

SECOND INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale (see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 30% very happy, 64% pretty happy, 6% not too happy

REMARKS:

CORRELATES: Age (A 3); Hedonic level x happiness (H 1.2.1); Positive self-concept (S 2.1.3); Self-concept components (S 2.2.1)

CONCLUSION: The concept the sisters have of their own self-worth, especially of their ability to adjust to the recent changes in the life style, may be the force which influences their basic motivations, and in turn their psychological well-being.

AUTHOR: Lowenthal, M.F. & Boler, D.  
TITLE: Voluntary vs involuntary social withdrawal.  
SOURCE: Journal of Gerontology, 1965, vol. 20, p. 363-371.

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GOAL OF THE STUDY: Qualification of disengagement theory of morale in old age for voluntariness of withdrawal.

REFERS TO: Theory of adaptation to old age; Cumming & Henry (1961)

TYPE OF STUDY: explanatory, testing, special group, longitudinal, non-experimental

DATA GATHERING: Interviews using open questions during 3 days

DATE OF DATA: 1960 - 1964

POPULATION: Non-institutionalized aged persons, San Francisco, U.S.A.

SAMPLE CONSTRUCTION: Probability sample stratified by sex, age and social living arrangement. survivors from the Lowenthal (1964) sample age 60+

NON-RESPONSE: 55%: 22% refusals, 9% deaths, 22% unattainable

N: 269

AUTHOR'S HAPPINESS LABEL: Morale

OUR CONCEPTUALIZATION: Happiness (first and second instrument) and Hedonic level of affect (third instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question (from Thompson et al.; see THOMP 60):  
All in all, how much happiness would you say you find in life today?

RELIABILITY:

VALIDITY:

DISTRIBUTION: 10% none

REMARKS: In Part III the Gammas (G') are based on the proportions 'none' answers.

SECOND INSTRUMENT: HAPP 2.1: Single closed question (from Thompson et al.; see THOMP 60):  
On the whole, how satisfied would you say you are with your way of life today?

RELIABILITY:

VALIDITY:

DISTRIBUTION: 12% not very satisfied

REMARKS: In Part III the Gammas (G') are based on the proportions 'not very' answers

THIRD INSTRUMENT: AFF 1.1: Single closed question (from Thompson et al.; see THOMP 60):  
In general, how would you say you feel most of the time, in good spirits or in low spirits?

RELIABILITY:

VALIDITY:

DISTRIBUTION: 13% sometimes or usually low

REMARKS: In Part III the Gammas (G') are based on the proportions 'sometimes or usually low' answers.

CORRELATES: Deprivation (L 2.2.2); Social withdrawal (S 4.4)

CONCLUSION: Presence or absence of deprivation has a greater bearing on morale than recent social withdrawal. The voluntary withdrawn (withdrawn but not deprived) have only slightly lower morale than those neither withdrawn nor deprived, and the involuntary withdrawn (withdrawn and deprived) have the lowest morale but not much lower than the deprived not-withdrawn.

AUTHOR: Ludwig, L.D.

TITLE: Intra- and interindividual relationships between elation-depression and desire for excitement.

SOURCE: Journal of Personality, 1970, vol. 38, nr 2, p. 167-176.

---

GOAL OF THE STUDY: To examine the relationships between elation-depression and desire for excitement.

REFERS TO: Happiness research; Nowlis & Nowlis (1956), Wessman & Ricks (1966)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire completed every night for 20 consecutive days

DATE OF DATA:

POPULATION: University students, University of Wisconsin, U.S.A.

SAMPLE CONSTRUCTION: Probability sample of 45 out of a sample of 84 undergraduate and graduate students, stratified by desire for excitement. 18 males, 27 females

NON-RESPONSE:

N: 45

AUTHOR'S HAPPINESS LABEL: Elation

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

The scale was scored each night for at least 20 days.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Tranquility (A 2.2.20); Excitement (A 2.2.21); various indicators of Desire for excitement (P 1.5.3)

CONCLUSION: The data fail to confirm that elation-depression and desire for excitement are related.

AUTHOR: Ludwig, L.D.  
TITLE: Elation - Depression and skill as determinants of desire for excitement.  
SOURCE: Unpublished doctoral dissertation, 1971, University of Wisconsin, U.S.A.  
Partly published in the Journal of Personality, 1975, vol. 43, p. 1-22.

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GOAL OF THE STUDY: To examine the influence of trait elation-depression, manipulated elation-depression, stable skill, and manipulated skill upon desire for excitement.

REFERS TO: Theory of elation-depression and desire for excitement; Ludwig (1970), Wessman & Ricks (1966)

TYPE OF STUDY: explanatory, testing, special group, snapshot, experimental

DATA GATHERING: Highly structured questionnaires, including direct closed questions, a Rorschach inkblot and a 'doodle'; and interview

DATE OF DATA:

POPULATION: Female undergraduates, University of Wisconsin, U.S.A.

SAMPLE CONSTRUCTION: Random sample of paid female undergraduates, poststratified by acting ability and depression. The large majority were freshmen and sophomores.

NON-RESPONSE: 81%; 61% refusal, 5% eliminated on basis of screening data, 15% miscellaneous reasons

N: 72

AUTHOR'S HAPPINESS LABEL: Trait elation-depression

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 6: Composite, including closed questions on both perceived hedonic level in general and actual hedonic level, rated on 10-point scales (Wessman & Ricks Elation - Depression Scale; see WESSM 60):

1. Which of these phrases best describes the way you feel now?
2. Which of the phrases best describes the worst you felt today?
3. Which of the phrases most accurately describes the best you felt today?
4. Which of the phrases most accurately describes the best you feel in a typical day?
5. Which of the phrases best describes the worst you feel in a typical day?
6. Which of the phrases best describes your average feelings in a typical day?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 1 (low) to 10 (high); mean: 6.17

REMARKS:

CORRELATES: Depression (A 2.2.4); Elated mood during experiment (A 2.2.5); Numbering speed (C 1.5); Number of leading roles played in a play (L 3.3.2); Self-perceived creativity and maturity (P 1.4.2); various indicators of Desire for excitement (P 1.5.3); Self-esteem (S 2.1.3); various Preferences with respect to social participation (S 4.5); Perceived acting ability (X 1); Writing firmness (X 1)

CONCLUSION: Compared to trait-depressed subjects, those who were trait-related behaviorally and attitudinally expressed greater desire for social, not for non-social, excitement. In avoiding social excitement, the depressed person misses out on many potentially enjoyable experiences.

AUTHOR: Makarczyk, W.  
TITLE: Factors affecting life satisfaction among people in Poland.  
SOURCE: Polish Sociological Bulletin, 1962, vol. 1, p. 105-116.

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GOAL OF THE STUDY: Assessment of adjustment of people in Poland to their circumstances.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Administration of a structured questionnaire using direct closed questions

DATE OF DATA: June - July, 1960

POPULATION: National adult population, Poland

SAMPLE CONSTRUCTION: Non-probability purposive quota sample stratified by sex, age, type of local community, employment and S.F.S. Excluded were individual farmers owning farms of less than 2 ha., and pupils and students not gainfully employed.

NON-RESPONSE: 5%

N: 2387

AUTHOR'S HAPPINESS LABEL: Satisfaction with life in general

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 5-point scale:  
On the whole, are you satisfied with life?  
definitely yes / rather yes / don't know / rather no / definitely no / no reply

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 16% definitely yes, 53% rather yes, 10% don't know, 16% rather no, 5% definitely no, 1% no reply

REMARKS: A number of correlates concern subsamples of the total population: farm owners, housewives, etc.

CORRELATES: Nervousness (A 2.2.21, H 2.2); Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); Getting on well with one's family (F 1.4); Self-perceived health (H 2.1.2); Income (I 1.6); Expected increase in income (I 1.7); Attitudes towards time spent on entertainment (L 3.3.4); Getting on well with local authorities (L 4.4); Anxiety about future of farm (P 5.2.2.1); Marital happiness (S 1.7.2); Job satisfaction (S 1.9.1); various indicators of Social participation (S 4.1); various factors concerning Work (W 2)

CONCLUSION: The rural group derives less life satisfaction from work and interpersonal relations than the non-rural group.

AUTHOR: Manning Gibbs, B.A.  
TITLE: Relative deprivation and self-reported happiness of blacks: 1946 - 1966.  
SOURCE: Unpublished doctoral dissertation, 1972, University of Texas at Austin, U.S.A.

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GOAL OF THE STUDY: Attempt to test the relative deprivation theory for blacks.

REFERS TO: Theory of reference groups and relative deprivation; Merton & Rossi (1968)

TYPE OF STUDY: explanatory, testing, national population, snapshots, non-experimental

DATA GATHERING: Secondary analysis of 10 A.I.P.O. polls (American Institute of Public Opinion Surveys)

DATE OF DATA: April, 1946; June, 1947; December, 1947; May, 1948; August, 1948; August, 1956; September, 1956; September, 1966; October, 1966

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Non-probability quota samples in 1946 and 1947, and probability area samples in the later 1950's and 1960's.  
three groups of data were compared:

- 1) 5 surveys between 1946 and 1948 (referred to as 1946): N = 12185: 447 blacks, 11738 whites
- 2) 3 surveys in 1956 : N = 6445: 566 blacks, 5879 whites
- 3) 2 surveys in 1966 : N = 6987: 603 blacks, 6384 whites

N: 25617

AUTHOR'S HAPPINESS LABEL: Happiness (Psychological well-being)

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 3 or 4-point scale:  
In general, how happy would you say you are?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: in 1946: 40% very happy, in 1956: 52% very happy, in 1966: 46% very happy

REMARKS: Throughout the surveys under consideration the response categories of the happiness question varied. Only the 'very happy' response alternative is consistently offered. It is for this reason that the analysis (and our computation of Gammas) was based on proportions 'very happy' answers.

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Income (I 1.1); Community size (L 4.1); Region (L 4.3); Occupational level (W 2.2)

CONCLUSION: Between 1946 and 1966 negroes became less happy, especially negroes with higher educational, occupational and income levels. This might be due to the fact that especially these negroes are increasingly using whites as a comparative reference group, leading to the development of a feeling of relative deprivation.

AUTHOR: Matlin, N.

TITLE: The demography of happiness.

SOURCE: University of Puerto Rico, School of Medicine, Department of Public Health, 1966, San Juan.

GOAL OF THE STUDY: To explore the internal relationships of the dimensions of happiness and to assess the relationships of demographic variables and health with happiness.

REFERS TO: Happiness research; Bradburn (1964), Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: November, 1963 - January, 1964 and August - October, 1964

POPULATION: National adult population, Puerto Rico

SAMPLE CONSTRUCTION: Probability simple random sample of Puerto Ricans of age 20+.  
validation sample: 114 out-patients of psychiatric hospital, who had been diagnosed by psychiatrists as anxious (N = 56) or depressed (N = 58)

NON-RESPONSE:

N: 1417 (excluding validation sample)

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:  
All things considered, how would you describe yourself these days? Would you say you are very happy, fairly happy, or not too happy?

RELIABILITY:

VALIDITY: external congruent validity: Validation sample was significantly less happy than the Puerto Ricans (see variable 'mental disturbances' in Part III, H 2.3.3)

DISTRIBUTION: negatively skewed: 17% very happy, 50% fairly happy, 33% not too happy

SECOND INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past week (adapted Bradburn & Caplovitz Affect Balance Score; see BRADB 65):

Ss were asked: 'During the past week did you ever feel . . . ' yes / no.  
To the index of negative affects the item 'Could not do anything simply because you could not start it' was added.  
From the Index of Positive Affects the item 'particularly excited or interested in something' was excluded.

RELIABILITY: equivalence: positive items : Q ranging from +.36 to +.58 For correlations with the separate items of this instrument, see A 2.2 (Part III)  
negative items : Q ranging from +.66 to +.84  
positive x negative items : Q ranging from -.05 to +.30  
positive affect score x negative affect score: G' = -.14 (01)

VALIDITY: external congruent validity: Validation sample had a significantly lower Affect Balance Score than the Puerto Ricans (see variable 'mental disturbances' in Part III, H 2.3.3)

DISTRIBUTION: possible range: -6 (low) to +3 (high) actual range: 15% score -3 or less; 19% score -1 or -2; 29% score 0; 23% score 1, 14% score 2 or 3

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); Hedonic level x happiness (H 1.2.1); Hedonic level x hedonic level (H 1.2.2); Self-perceived health (H 2.1.2); Mental disturbances (H 2.3.3); Income (I 1.1); Enjoying life (L 2.1.1); various Marital status comparisons (M 1); Economic prosperity of one's country (N 1.2)

CONCLUSION: In Puerto Rico happiness is more closely related to absence of negative feelings than in the USA, where almost exclusively a relation with the amount of positive feelings exists.

AUTHOR: McGrade, B.J.

TITLE: Newborn activity and emotional response at eight months.

SOURCE: Child Development, 1968, vol. 39, nr 4, p. 1247-1252.

GOAL OF THE STUDY: To relate newborn activity measures to ratings of emotional response.

REFERS TO: Theory of newborn activity; McGrade et al. (1965)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Observation of motion pictures (newborn measures) and developmental testing by a (project) psychologist, using 4 rating scales (8 months measures).

DATE OF DATA:

POPULATION: 8 months old infants, U.S.A.

SAMPLE CONSTRUCTION: Non-probability quota sample of infants whose mothers were patients in the obstetric clinic of Yale-New Haven Hospital.  
13 boys, 11 girls

NON-RESPONSE: 46% unattainable

N: 24

AUTHOR'S HAPPINESS LABEL: happiness

OUR CONCEPTUALIZATION: hedonic level of affect

INSTRUMENT: AFF 5.1: Clinical ratings on the basis of repeated observations of expressive behavior (Bayley Infant Behavior Profile, Research Form 1959;  
see also SCHAE 63):

General emotional tone: unhappy - happy

1. Child seems unhappy throughout the period.
2. Mostly unhappy, but not consistently so.
3. At times rather unhappy, but may respond happily to interesting procedures.
4. Seems calm and contented.
5. Happy: may become upset by some procedures, but recovers fairly easily.
6. Appears generally in a happy state of well-being.
7. Consistently happy, radiating a gay mood, only rarely disturbed by an annoying situation.
8. Radiantly happy; nothing is upsetting; animated.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Newborn activity (A 1.5, P 1.9); Tension (P 1.9); Fearfulness (P 1.9); Length of labor (X 1)

CONCLUSION:

AUTHOR: Miller, H. E Wilson, W.

TITLE: Relation of sexual behaviours, values and conflict to avowed happiness and personal adjustment.

SOURCE: Psychological Reports, 1968, vol. 23, p. 1075-1086.

GOAL OF THE STUDY: Providing empirical information about the relation of sexual liberality and adjustment.

REFERS TO: Theory of sexual liberality and adjustment; Swensen (1963), Mowrer (1961)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered in classroom situation

DATE OF DATA: 1966/1967

POPULATION: Undergraduate students, Kent State University at Ashtabula, Ohio, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample using attendants of a psychology course. 68 males (mean age 22), and 64 females (mean age 21)

NON-RESPONSE:

N: 132

AUTHOR'S HAPPINESS LABEL: Avowed happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.1: Single closed question rated on a 9-point scale:

Please estimate your happiness on the scale below by marking a number 1 to 9.

1	2	3	4	5	6	7	8	9
not very				happy most				very happy
happy most				of the time				most of
of the time								the time

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Age (A 3); Maladjustment (H 2.3.1); Religiousness (R 1.1); various indicators of Sexual attitudes (S 3.1)

CONCLUSION: A small overall correlation exists between liberal vs conflictual attitude towards sexuality and both adjustment and happiness. This may be because American society places persons in a conflict between sexual frustration, loneliness and abstention from rewarding emotional relations on the one hand and guilt, social disapproval and concern about pregnancy on the other hand. People reveal very little of their sexual behavior, probably because these behaviors, though often rewarding, are socially taboo.

AUTHOR: Morgan, E., Mull, H.K. & Washburn, M.F.

TITLE: An attempt to test moods or temperaments of cheerfulness and depression by directed recall of emotionally toned experiences.

SOURCE: American Journal of Psychology, 1919, vol. 30, p. 302-304.

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GOAL OF THE STUDY: Trying to measure moods or temperaments of cheerfulness and depression by directed recall of emotionally toned experiences.

REFERS TO:

TYPE OF STUDY: descriptive, testing, special group, snapshot, non-experimental

DATA GATHERING: Open interview during five successive days, using a verbal projective technique

DATE OF DATA:

POPULATION: Female college students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using attendants of a psychology course.

NON-RESPONSE:

N: 97

AUTHOR'S HAPPINESS LABEL: Optimism

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 5.2: Peer-rating of hedonic level of affect on the basis of two questions:

Is A.B. inclined to be optimistic and cheerful, or pessimistic and depressed most of the time?  
Is she steady or fluctuating in mood?

Ss were classified as: steadily optimistic / variable tending to optimism / indifferent or fluctuating / variable tending to pessimism / steadily pessimistic.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Recalling pleasant associations in connection with verbal stimuli (P 1.6)

CONCLUSION: There is a real positive correlation between exceeding or falling below the average number of pleasant associations in five successive days, and the judgments of a person's intimate associates regarding his temperament.

AUTHOR: Moriwaki, S.Y.

TITLE: Self-disclosure, significant others and psychological well-being.

SOURCE: Journal of Health and Social Behavior, 1973, vol. 14, p. 266-232.

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GOAL OF THE STUDY: Examination of the relation between psychological well-being and number of significant others in old age, using self-disclosure as an intervening variable.

REFERS TO: Happiness research; Lowenthal & Haven (1968), Rosow (1967), Jourard (1959)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1971

POPULATION: Aged retired persons, Los Angeles County, USA.

SAMPLE CONSTRUCTION: Non-probability purposive quota sample of aged persons from two metropolitan health plans, proportionally stratified by marital status. Overrepresentation of healthy and financially secure Ss; 49% males, 51% females; age 60-84, median age 70.4; median income \$ 7200.-

NON-RESPONSE:

N: 71

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Age (A 3); Role loss (L 1.2, R 2.3); Number of significant others (S 4.1.1); Supported self-disclosure (S 4.1.3)

CONCLUSION: The number of significant others is directly related to psychological well-being, regardless of the level of supported self-disclosure to these others, role loss, or age.

AUTHOR: Moser - Peters, C.M.J.  
TITLE: Backgrounds of happiness feelings.  
(In Dutch: Achtergronden van geluksgevoel).  
SOURCE: Nederlands Instituut voor Preventieve Geneeskunde (T.N.O.), 1969, Leiden, The Netherlands.

GOAL OF THE STUDY: Exploration of the relations between happiness and various situational and personal characteristics.

REFERS TO: Happiness research; Jahoda (1958), Gurin et al. (1960), Bradburn & Caplovitz (1965)

TYPE OF STUDY: descriptive, explorative, local population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Autumn, 1967

POPULATION: Adults, Utrecht, The Netherlands

SAMPLE CONSTRUCTION: Probability sample stratified by age.  
183 males, 117 females; 88 of age 21 - 35, 93 of age 35 - 50, 119 of age 50 - 65; overrepresentation of males and older people

NON-RESPONSE: 14% unattainable etc.

N: 300

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 5-point scale:

Taken all things together, how would you say you are these days?  
extremely happy / very happy / happy / pretty happy / not too happy

In Dutch:

Hoe gelukkig voelt U zich alles bij elkaar genomen op het ogenblik?  
buitengewoon gelukkig / zeer gelukkig / gelukkig / tamelijk gelukkig / niet zo gelukkig

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 15% extremely happy, 27% very happy, 43% happy, 13% pretty happy, 2% not too happy  
possible range: 1 (low) to 5 (high); mean 3.41; modus: 3.30

REMARKS:

CORRELATES: Nervousness (A 2.2.21); Age (A 3); Law and order attitude (D 1, V 1.1); Dissatisfaction with socio-political order (D 1, V 1.1); Educational level (E 1.1.1); Gender (G 1.1); various indicators of Physical health (H 2.1.3); Psychosomatic complaints (H 2.2); Income (I 1.6); various Marital status comparisons (M 1); Social isolation (P 1.8.2); various factors concerning Religion (R 1); various Domainsatisfactions (S 1); Social uncertainty (S 2.1.4); various indicators of Social participation (S 4); Achievement (S 5.3); Occupational level (W 2.4)

CONCLUSION: The majority of Ss feels happy, and this feeling seems relatively independent of the socio-situational conditions in which they live. This is indicative of man's adaptive capacities.

AUTHOR: Moriwaki, S.Y.  
TITLE: The Affect Balance Scale: A validity study with aged samples.  
SOURCE: Journal of Gerontology, 1974, vol. 29, nr 1, 73-78.

GOAL OF THE STUDY: To examine the validity of the Affect Balance Scale using older people.

REFERS TO: Theory of psychological well-being; Cavan et al. (1949), Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1971

POPULATION: Aged persons, Los Angeles County, U.S.A.

SAMPLE CONSTRUCTION: 2 samples: - Psychiatric outpatients group: Non-probability purposive sample by expert choice of psychiatric outpatients from 2 mental health clinics during a 4-months period.  
- Normal community subjects : Non-probability purposive sample by expert choice of Lutheran Church members judged to be physically and mentally healthy and without prior psychiatric hospital experience.  
age 60+; sample 1 predominantly males (63%), sample 2 predominantly females (63%)

NON-RESPONSE:

N: 27; sample 1: N = 8, sample 2: N = 19

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: AFF 1.3: Index of closed questions on perceived occurrence of specific affects in general (adapted Bradburn Affect Balance Score; see BRADB 69).  
The items were unchanged.  
Ss were asked: 'Looking at your present life situation, have you ever felt. . .' yes / no.

RELIABILITY: equivalence (on the basis of data from sample 2): positive affects score x negative affect score:  $r = -.32$  (ns)

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Hedonic level x happiness (H 1.2.1); Mental health (H 2.3.3)

CONCLUSION: The Affect Balance Scale is a better predictor for overall psychological well-being than either positive or negative affect alone. The scale is applicable to aged populations.

AUTHOR: Neugarten, B.L., Havighurst, R.J. & Tobin, S.S.

TITLE: The measurement of life satisfaction.

SOURCE: Journal of Gerontology, 1961, vol. 16, p. 134-143.

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GOAL OF THE STUDY: Development of a measure of successful aging that uses the individual's own evaluation as the point of reference and is relatively independent of level of activity or social participation.

REFERS TO: Theory of adaptation to old age; Havighurst & Albrecht (1953), Cavan et al. (1949), Kutner et al. (1956)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: 4 repeated and lengthy interviews in a period of two and a half years

DATE OF DATA:

POPULATION: White adult population of age 50+, Kansas City, U.S.A.

SAMPLE CONSTRUCTION: Panel group: Stratified probability sample of middle and working class persons, age 50 - 70 (N = 103)  
Quasi panel: Non-probability quota sample of middle and working class persons, age 70 - 90 (N = 74)  
Tobin & Neugarten (1961) sample

NON-RESPONSE: Panel group: 16% refusal; 74% remained after 4 interviews  
Quasi panel: 83% remained after 4 interviews

N: 177 (after 4 interviews)

AUTHOR'S HAPPINESS LABEL: Congruence between desired and achieved goals ( first instrument) and Mood tone (second instrument)

OUR CONCEPTUALIZATION: Perceived realization of aspirations (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: CON 1.4: Expert rating on the basis of a focussed interview:  
Content analysis of interview records by independent judges:  
The extent to which R feels he has achieved his goals in life, whatever those goals might be; feels he has succeeded in accomplishing what he regards as important. High ratings go, for instance, to R who says: 'I've managed to keep out of jail', just as to R who says: 'I managed to send all my kids through college'. Low ratings go to R who feels he's missed most of his opportunities, or who says: 'I've never been suited to my work', or 'I always wanted to be a doctor, but never could get there'. Also to R who wants most to be 'loved', but instead feels merely 'approved'. (Expressions of regret for lack of education are not counted because they are stereotyped responses among all but the group of highest social status).  
The variable was rated on a 5-point scale:  
5. Feels he has accomplished what he wanted to do. He has achieved or is achieving his own personal goals.  
4. Regrets somewhat the chances missed during life. 'Maybe I could have made more of certain opportunities'. Nevertheless feels that he has been fairly successful in accomplishing what he wanted to do in life.  
3. Has a fifty-fifty record of opportunities taken and opportunities missed. Would have done some things differently, if he had his life to live over. Might have gotten more education.  
2. Has regrets about major opportunities missed but feels good about accomplishment in one area (may be his avocation).  
1. Feels he has missed most opportunities in life.  
Ratings were made on each case by two judges working independently. In all, 14 judges rated the 177 cases.

RELIABILITY: Inter-judge agreement: 92% of the paired judgements showed exact agreement or 1-step disagreement  
Retest reliability : 73% exact agreement of 1-step disagreement between paired judgements and psychologist rating on the basis of interview 1½ - 2 years later (N = 80)

VALIDITY: purpose of investigation

DISTRIBUTION:

SECOND INSTRUMENT: COMP 1.4: Expert rating on the basis of a focussed interview:  
Content analysis of interview records by independent judges:  
High ratings for R who expresses happy, optimistic attitudes and mood; who uses spontaneous positively-toned affective terms for people and things; who takes pleasure from life and expresses it. Low ratings for depression, 'feel blue and lonely'; for feelings of bitterness; for frequent irritability and anger. (Here not only R's verbalized attitudes in the interview were considered, but inferences were made from all the knowledge of his inter-personal relationships, how others react towards him).  
The variable was rated on a 5-point scale:  
5. 'This is the best time of my life'. Is nearly always cheerful, optimistic. Cheerfulness may seem unrealistic to an observer, but R shows no sign of 'putting up a bold front'.  
4. Gets pleasure out of life, knows it and shows it. There is enough restraint to seem appropriate to a younger person. Usually feels positive affect. Optimistic.  
3. Seems to move along on an even temperamental keel. Any depressions are neutralized by positive mood swings. Generally neutral-to-positive affect. May show some irritability.  
2. Wants things quiet and peaceful. General neutral-to-negative affect. Some depression.  
1. Pessimistic, complaining, bitter. Complaints of being lonely. Feels 'blue' a good deal of the time. May get angry when in contact with people.  
Ratings were made on each case by two judges working independently. In all, 14 judges rated the 177 cases.

RELIABILITY: Inter-judge agreement: 92% of the paired judgements showed exact agreement or 1-step disagreement  
Retest reliability : 69% exact agreement or 1-step disagreement between paired judgements and psychologist rating on the basis of interview 1½ - 2 years later (N = 80)

VALIDITY: purpose of investigation

DISTRIBUTION:

REMARKS: Both instruments are components of the Life Satisfaction Rating (LSR) developed by the authors. The other three components of the LSR and thus the overall LSR cannot be considered as valid indicators of happiness (see also under CORRELATES).  
The other two indicators of 'life satisfaction' presented in the publication (Life Satisfaction Index A and B) must be considered invalid too.

CORRELATES: Zest vs apathy (A 1.8); Contentment x happiness (H 1.3.1); Resolution and fortitude (P 1.2); Positive self-concept (S 2.1.3)

CONCLUSION:

AUTHOR: N.I.P.O.  
TITLE: The things that make people happy.  
(In Dutch: Wat de mensen gelukkig maakt.)  
SOURCE: De publieke opinie, 1949, vol. 3, nr 1, p. 3-4.

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GOAL OF THE STUDY: Investigation of factors that make people happy and comparison of the degree of happiness in The Netherlands and some other countries.

REFERS TO:

TYPE OF STUDY: descriptive, explorative, national population, snapshot, non-experimental

DATA GATHERING: Interview

DATE OF DATA: 1948

POPULATION: National adult population, The Netherlands

SAMPLE CONSTRUCTION:

NON-RESPONSE: 7%

N: Unknown

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question, rated on a 3-point scale:  
Are you happy, pretty happy, or unhappy?

In Dutch:  
Vindt U zichzelf gelukkig, tamelijk gelukkig, of ongelukkig?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 43% happy, 44% pretty happy, 6% unhappy, 7% non-response

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); Self-perceived health (H 2.1.2); Income (I 1.1); Having a good life (L 2.1.1); Unmarried vs married (M 1.1.5); Political affiliation (P 3.3); Religious denomination (R 1.1, R 1.2); Marital happiness (S 1.7.2); Job satisfaction (S 1.9.1)

CONCLUSION:

AUTHOR: Palmore, E.B.

TITLE: 2 publications: - Physical, mental, and social factors in predicting longevity.  
- Predicting longevity: a follow up controlling for age.

SOURCE: Gerontologist, 1969, vol. 9, p. 103-108 / 247-250.

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GOAL OF THE STUDY: Examination of the relative importance by physical, mental and social factors in predicting longevity for various age, sex, and race categories by using a longevity quotient.

REFERS TO: Theory of longevity; Jarvik & Falek (1963), Riegel et al. (1967)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Personal interview, medical examination in a hospital setting and administration of questionnaire

DATE OF DATA: 1955 - 1959

POPULATION: Aged non-institutionalized persons, North Carolina, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample, using volunteers.  
age 60 - 94, median age 70; ambulatory, non-institutionalized Ss; sex, racial and occupational distribution approximated that of the area (Central North Carolina)

NON-RESPONSE:

N: 268

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 4.4: Rating of happiness by the interviewer, using flexible standards relative to the age of the subject.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Longevity (H 2.4)

CONCLUSION: Happiness is one of the strongest predictors of longevity, even stronger than health. Other important factors are work satisfaction, health and tobacco use.

AUTHOR: Palmore, E.B. & Luikart, C.  
TITLE: Health and social factors related to life satisfaction.  
SOURCE: Journal of Health & Social Behavior, 1972, vol. 13, p. 68-80.

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GOAL OF THE STUDY: Analysis of the relative influence of health, activity, social-psychological and socio-economic variables upon life satisfaction in early and late middle age and analysis of the interrelations between these variables by using multiple regression analysis.

REFERS TO: Happiness research; Cantril (1965), Berkman (1971), Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Personal interview, administration of questionnaire and medical examination at a hospital

DATE OF DATA: 1968

POPULATION: People of 46 and older, Duke, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample, using a membership list of a local major health insurance association, stratified by age and sex. 268 age 46 - 59, 234 age 60 - 71; 261 males, 241 females; white race only; underrepresentation of lower S.E.S. groups

NON-RESPONSE: 52%; reasons: too busy or not interested in free medical examination. Probably psychological differences; no substantial differences in terms of age, sex, health or S.E.S.  
N: 502

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question on personal situation as compared with best and worst possible life, rated on a 10-point self-anchoring scale (adapted Cantril Present Personal rating; see CANTR 65).  
A 10-point scale was used here instead of the 11-point scale, used by Cantril.  
The same question as used by Cantril was offered.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible and actual range: 0 (low) to 9 (high); mean 7.0; S.D.: 1.5

REMARKS:

CORRELATES: Productivity (A 1.1); Age (A 3); Intelligence (C 1.3); Educational level (E 1.1.1); Gender (G 1.1); Physical health (H 2.1); Income (I 1.1); Geographic mobility (L 1.2, L 4.5); Social activity (L 3.3.1); Being married (M 1.1.5); Internal control (P 1.1); Sexual enjoyment (S 3.2); various indicators of Social participation (S 4); Upward career anchorage (S 5.4, W 2.5); Employed status (W 2.1)

CONCLUSION: Self-perceived health is most important for life satisfaction for both males and females and for all age groups. Second important is involvement in social organizations. Third important is belief in internal control (two-way effect). Life satisfaction of the males is more dependent on a variety of active roles than among the females.  
Age, sex, number of social contacts, career anchorage, marital status and intelligence are not or slightly related to life satisfaction.

AUTHOR: Palmore, E.

TITLE: The honorable elders. A cross-cultural analysis of aging in Japan.

SOURCE: Durham, North Carolina, 1975, Duke University Press.

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GOAL OF THE STUDY: An attempt both to broaden the base for the emerging science of gerontology and to enlarge our vision of possible ways to improve the quality of our later years.

REFERS TO: Theory of aging; Palmore (1969), Cumming & Henry (1961)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: September, 1973

POPULATION: Adults, Japan

SAMPLE CONSTRUCTION: Probability sample out of the Japanese adult population.

NON-RESPONSE:

N: 2000 or more

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 3.1: Single closed question on present situation as compared with best and worst possible life, rated on an 11-point self-anchoring scale (Cantril Present Personal rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Like doing voluntary activities (A 1.8); Age (A 3); Retirement (R 2.1)

CONCLUSION: Activity in old age is associated with better health and more life satisfaction. Activity, health and satisfaction are three mutually reinforcing factors.

AUTHOR: Pandey, C.

TITLE: Popularity, rebelliousness, and happiness among institutionalized retarded males.

SOURCE: American Journal of Mental Deficiency, 1971, vol. 76, nr 3, p. 325-331.

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GOAL OF THE STUDY: To investigate the interrelationships among popularity, rebelliousness, happiness and restrictiveness of setting among retardates.

REFERS TO: Theory of popularity of retardates; Dentler & Mackler (1961)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview, content analysis of hospital records, and rating by staff members familiar with the patients.

DATE OF DATA:

POPULATION: Institutionalized mentally retarded males, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of retarded males occupying two wards in a state hospital. The two wards differed greatly in populations being roughly comparable.  
Ward A (N = 82): mean age 15.5; average person lived in hospital for 6 years; more open  
Ward B (N = 67): mean age 21 ; average person lived in hospital for 7.5 years; more restrictive

NON-RESPONSE:

N: 149

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 5.1: Expert rating on the basis of longer clinical contact:  
The patients were rated independently by two experienced staff-members who were familiar with all the patients on a 7-point 'Happy - Depressed' scale. The average of the two ratings was used as happiness score.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Aggressiveness (A 2.2.1); Age (A 3); Intelligence (C 1.3); Speech (C 1.5); Cooperativeness (D 1); Race (E 2.2); various indicators of Physical health (H 2.1); various factors concerning Institutional living (I 2); various Physical characteristics (P 2.1); Popularity (P 4.1); various indicators of Social participation (S 4.1.1)

CONCLUSION: In both settings, happiness seems more related to social interaction variables than to any personal or physical characteristics.

AUTHOR: Payne, R.L.

TITLE: N.M. Bradburn's measures of psychological well-being: an attempt at replication.

SOURCE: Memo Mo: 61, MRC Social and Applied Psychology Unit, Department of Psychology, University of Sheffield, Sheffield S10 2TN, England, 1974.

GOAL OF THE STUDY: Replication of Bradburn's results on a British sample and an attempt to improve Bradburn's two independent measures of positive and negative affect.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965), Bradburn (1969)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview and highly structured questionnaire administered at home

DATE OF DATA:

POPULATION: Employed males, England

SAMPLE CONSTRUCTION: Non-probability purposive quota sample.  
Interviewers were instructed to obtain a sample which contained 80% persons who supervised other people, compared with the general population underrepresentation of very low skilled workers.  
Age 30 - 60; almost 100% whites

NON-RESPONSE: 4% incomplete

N: 192

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument); Happiness (second instrument) and Contentment (third instrument)

FIRST INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past four weeks (adapted Bradburn & Caplovitz indices of positive and negative affects; see BRADB 69):

Each Ss was asked: 'During the past four weeks have you ever felt. . .' yes/no. If yes: 'How often during the past four weeks have you ever felt. . .' every day / several times a week / once a week / 2 or 3 times a month / once a month

Index of positive affects:

1. Pleased about having accomplished something.
2. Things going my way.
3. Proud because someone complimented me on something I had done.
4. Particularly excited or interested in something.
5. On top of the world.
6. A deep sense of joy.
7. Pleased because my life feels orderly and secure.

Index of negative affects:

1. Bored
2. Very lonely and remote from other people.
3. Jealous of somebody.
4. Angry with someone.
5. Disappointed in myself.
6. Unhappy about the small number of times I have pleasant feelings and experiences.

An overall Affect Balance Score was not computed.

RELIABILITY: Equivalence: positive items : Q ranging from -.17 to +.70  
negative items : Q ranging from +.03 to +.56  
positive x negative items: Q ranging from -.15 to +.74  
positive affect score x negative affect score: G = +.39

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: HAPP 1.1: Single closed question on 'how happy these days', rated on a 3-point scale.  
very happy / pretty happy / not too happy

RELIABILITY:

VALIDITY:

DISTRIBUTION:

THIRD INSTRUMENT: CON 1.1: Single closed question on 'getting things wanted from life', rated on a 2-point scale.  
doing pretty well now / not doing too well now

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: It is likely that the second and third instrument are the same questions as those used in the Bradburn study (see BRADB 69). The complete questions are not presented.

CORRELATES: Encountered new stimulating ideas (A 1.6, C 1.5); Having sufficient energy (A 2.2.6); Hedonic level x happiness (H 1.2.1); Contentment x hedonic level (H 1.3.2); Illness (H 2.1.3); Psychosomatic symptoms (H 2.2); Expected nervous breakdown (H 2.3.2); Wish to change life (H 3.1.1); New activities or hobbies engaged in (L 3.3.3); Satisfaction with specific aspects of one's job (S 1.9.2); Self-esteem (S 2.1.3); Contacts with friends (S 4.1.2); New people met (S 4.4)

CONCLUSION: In contrast to Bradburn's findings positive and negative affect were not found always unrelated. It is possible that the relation holds only in different categories of people; also there may be cultural differences. It is also likely that some people are more sensitive to affects of both kinds.

AUTHOR: Payne, R.L.

TITLE: Recent life changes and the reporting of psychological states.

SOURCE: Journal of Psychosomatic Research, 1975, vol. 19, p. 99-103.

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GOAL OF THE STUDY: Exploration of relationships between recent life changes and psychological states.

REFERS TO: Theory of recent life changes; Rahe (1972)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview and highly structured questionnaire administered at home

DATE OF DATA:

POPULATION: Employed males, England

SAMPLE CONSTRUCTION: Non-probability purposive quota sample (see PAYNE 74)

NON-RESPONSE: 4% incomplete

N: 192

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (adapted Bradburn & Caplovitz indices of positive and negative affects; see PAYNE 74, first instrument).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Recent life changes (L 1.2)

CONCLUSION:

AUTHOR: Peretti, P.O. & Wilson, C.

TITLE: Voluntary and involuntary retirement of aged males and their effect on emotional satisfaction, usefulness, self-image, emotional stability and interpersonal relationships.

SOURCE: International Journal of Aging and Human Development, 1975, vol. 6, nr. 2, p. 131-138.

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GOAL OF THE STUDY: To determine to what extent voluntary and involuntary retirement affect the emotional stability, usefulness, self-image, emotional satisfaction and interpersonal relationships of aged males.

REFERS TO: Theory of retirement; Reichard (1962), Tobin & Neugarten (1961)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire, followed by a structured interview with open-ended questions

DATE OF DATA:

POPULATION: Retired institutionalized aged males, Chicago, Illinois, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive quota sample of retired males from a retirement hotel for the aged. 70 Ss were involved in voluntary and 70 in involuntary retirement. Ss were matched on years of retirement, age, nature of retirement, occupational classification and length of stay at the establishment. age 60 - 70; retired 2 to 3 years ago from (semi-) skilled occupations; physically and mentally healthy.

NON-RESPONSE:

N: 140

AUTHOR'S HAPPINESS LABEL: Emotional satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 4.2: 7-item index containing yes/no questions, indicative for contentment, good spirits, happiness and satisfaction with present status or condition.

On basis of these questions Ss were dichotomized in emotionally satisfied vs not emotionally satisfied.

RELIABILITY:

VALIDITY:

DISTRIBUTION: Positively skewed (negative among involuntary retirees)

REMARKS:

CORRELATES: (In)Voluntary retirement (R 2.2)

CONCLUSION: Voluntary retirement tends to have a more positive effect on aged males than does involuntary retirement.

AUTHOR: Pesznecker, B.L. & McNeill, J.

TITLE: Relationship among health habits, social assets, psychological well-being, life change, and alterations in health status.

SOURCE: Nursing Research, 1975, vol. 4, nr 6, p. 442-447.

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GOAL OF THE STUDY: Examination of the relationship between life change and alterations in health and the relationship of 3 variables (health habits, social assets and psychological well-being) to alterations in health status and life change.

REFERS TO: Theory of physical health; Mechanic (1968), Crawford (1971)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire

DATE OF DATA:

POPULATION: Adults, Renton, Washington, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample of households listed in a commercial 'householders' directory, taking one adult per household. age 18+, mean age 39; 236 males, 300 females; 525 white, 6 black, 5 oriental; 453 married, 54 divorced, 29 single.

NON-RESPONSE: 55%; 185 unattainable, 12 incomplete, 412 refusals

N: 536

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 1.3: Index of closed questions on perceived occurrence of specific affects in general (adapted Bradburn & Caplovitz Affect Balance Score; see BERKM 71).

RELIABILITY:

VALIDITY:

DISTRIBUTION: possible and actual range: 0 (high) to 7 (low); mean: 3.98

REMARKS:

CORRELATES: Alterations in health status (H 2.5); Life change (L 1.2)

CONCLUSION: The notion that psychological well-being fosters health by tempering life change did not receive strong support in the data.

AUTHOR: Philips Nederland, N.V.  
TITLE: The Dutch housewife.  
(In Dutch: De Nederlandse huisvrouw.)  
SOURCE: Eindhoven, 1966, Philips Nederland.

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GOAL OF THE STUDY: Description of time use, domestic appliances, house and attitudes of the Dutch housewife.

REFERS TO:

TYPE OF STUDY: descriptive, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview administered at home

DATE OF DATA: Autumn, 1964

POPULATION: Housewives, The Netherlands

SAMPLE CONSTRUCTION: Probability area sample.

NON-RESPONSE:

N: 1800. The data concerning happiness are based on the answers of 450 housewives.

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 5-point scale:  
How happy or unhappy do you think you are?  
very happy / happy / moderately happy / fairly unhappy / very unhappy?

In Dutch:  
Hoe gelukkig of ongelukkig vindt U zichzelf?  
heel gelukkig / gelukkig / matig gelukkig / tamelijk ongelukkig / erg ongelukkig?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 29% very happy, 51% happy, 16% moderately happy, 3% fairly unhappy, 0% very unhappy

REMARKS:

CORRELATES: Age (A 3); Having children (F 1.2.1); Self-perceived health (H 2.1.2); Enjoying domestic work (H 4.2); Income (I 1.1); Having a good life (L 2.1.1); Community size (L 4.1); Satisfaction with marriage (S 1.7.2); Satisfaction with marriage, job and health (S 1.11)

CONCLUSION:

AUTHOR: Phillips, D.L.  
TITLE: Social participation and happiness.  
SOURCE: The American Journal of Sociology, 1967, vol. 72, nr 5, p. 479-488.

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GOAL OF THE STUDY: Examination of the effects of voluntary social participation on self-reports of happiness.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965), Homans (1961)

TYPE OF STUDY: explanatory, testing, local population, snapshot, non-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA:

POPULATION: Adults, New Hampshire, U.S.A.

SAMPLE CONSTRUCTION: Probability sample.  
Study 750, National Opinion Research Center (NORC).

NON-RESPONSE:

N: 600

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and Affect (second instrument)

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 41% very happy, 52% pretty happy, 7% not too happy

SECOND INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: -5 (low) to +5 (high); actual range: 19% +3 or more, 40% +1 or 2, 19% 0, 22% -1 or less

REMARKS: No correlations with the overall Affect Balance Score were presented. On the basis of data available we were able to compute a Gamma (G') for the association between Affect Balance and Happiness (first instrument).

The data reported in this publication are from the same investigation as reported in two other articles by the same author (see PHILL 67B and PHILL 69). These latter two publications present elaborations of the zero-order correlations reported in this publication. In Part III we combined these results for reasons of convenience.

Correlations presented in the 'elaboration / remarks' column (in Part III) are based on the proportions 'very happy' answers (first instrument), or on the proportions 'high positive' or 'high negative' feelings (second instrument).

CORRELATES: Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); Hedonic level x happiness (H 1.2.1); Religious denomination (R 1.2); various indicators of Social participation (S 4)

CONCLUSION: Social participation is related to happiness and positive feelings, but not to negative feelings.

AUTHOR: Phillips, O.L.  
TITLE: Mental health status, social participation and happiness.  
SOURCE: Journal of Health and Social Behavior, 1967, vol. 18, p. 285-291.

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GOAL OF THE STUDY: To determine the extent to which mental health status and social participation contribute to the level of happiness which people experience.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965)

TYPE OF STUDY: explanatory, testing, local population, snapshot, non-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA:

POPULATION: Adults, New Hampshire, U.S.A.

SAMPLE CONSTRUCTION: Probability sample.  
NORC study 750 (see PHILL 67A).  
430 mentally well, 163 mentally ill

NON-RESPONSE: 1%

N: 593

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 41% very happy, 52% pretty happy, 7% not too happy

REMARKS: This publications contains some correlates of Happiness also mentioned in an earlier publication by the same author (see PHILL 67A). It also reports elaborations of relationships mentioned in the PHILL 67A publication. In Part III these data are presented together at PHILL 67A.

CORRELATES: Mental health (H 2.3.1)

CONCLUSION: Happiness is contingent both on people's state of mental health and the extent to which they participate in social interaction with others. Each of these factors exerts an independent influence on happiness.

AUTHOR: Phillips, D.L.

TITLE: Social class, social participation, and happiness: A consideration of 'interaction opportunities' and 'investment'.

SOURCE: The Sociological Quarterly, 1969, vol. 10, nr 1, p. 3-21.

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GOAL OF THE STUDY: Examination of the effects of S.E.S. upon the relationship between social participation and happiness.

REFERS TO: Happiness research; Bradburn (1964), Homans (1961)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Structured interview at home

DATE OF DATA:

POPULATION: Adults, New Hampshire, U.S.A.

SAMPLE CONSTRUCTION: Probability sample.  
NORC study 750 (see PHILL 67A).

NON-RESPONSE:

N: 600

AUTHOR'S HAPPINESS LABEL: Happiness (first instrument) and Affect (second instrument)

OUR CONCEPTUALIZATION: Happiness (first instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 41% very happy, 52% pretty happy, 7% not too happy

SECOND INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: This publication contains some correlates of Happiness also mentioned in an earlier publication by the same author (see PHILL 67A). It also reports elaborations of relationships mentioned in the PHILL 67A publication. In Part III these data are presented together at PHILL 67A.

CORRELATES: S.E.S. (S 5.1)

CONCLUSION: Social participation is related to happiness and positive feelings.  
This relationship is stronger in lower S.E.S. groups because they have fewer voluntary social participation opportunities, leading to a greater investment in available participation opportunities.

AUTHOR: Phillips, D.L. & Clancy, K.J.  
TITLE: Some effects of 'social desirability' in survey studies.  
SOURCE: American Journal of Sociology, 1972, vol. 77, nr 5, p. 921-940.

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GOAL OF THE STUDY: To test the effects of people's judgement of trait desirability and their need for social approval on responses to questions on happiness, religiosity, friends, marital happiness, prejudice and visiting a doctor.

REFERS TO: Theory of social desirability; Cook & Selltitz (1964)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview by telephone

DATE OF DATA:

POPULATION: Adults in the New England and Mid-Atlantic States, U.S.A.

SAMPLE CONSTRUCTION: Probability cluster sample of adults from households with a listed telephone.

NON-RESPONSE:

N: 404

AUTHOR'S HAPPINESS LABEL: General happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: 32% very happy

REMARKS: Our computation of Gammas (G') is based on the proportions 'very happy' answers.

CORRELATES: Gender (G 1.1); Perceived desirability of happiness (H 1.10); Need for social approval (P 1.5.2)

CONCLUSION:

AUTHOR: Pierce, R.C. & Clark, M.M.

TITLE: Measurement of morale in the elderly.

SOURCE: International Journal of Aging and Human Development, 1973, vol. 4, nr 2, p. 83-101.

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GOAL OF THE STUDY: Exploration of the relationship between dimensions of morale and mental health.

REFERS TO: Theory of morale in old age; Cumming et al. (1958), Neugarten et al. (1961)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview taking 2 to 4 hours

DATE OF DATA:

POPULATION: Aged persons, San Francisco, U.S.A.

SAMPLE CONSTRUCTION: Community subjects: probability sample stratified by age, sex, and social living arrangement (N = 264).  
Hospital subjects : non-probability chunk sample of persons admitted to a psychiatric hospital during 1959 (N = 171); 90 discharged, 81 inpatients.  
Both samples were survivors from the Löwenthal (1964) sample of elderly San Francisco residents.  
206 males, 229 females; age 60+

NON-RESPONSE: 62% dropouts after 2 interviews (2 years)

N: 435

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness (first & third instrument) and Hedonic level of affect (second instrument)

FIRST INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale (from Thompson et al.; see THOMP 60)  
All in all, how much happiness would you say you find in life today?  
lots / some / almost none

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: AFF 1.1: Single closed question rated on a 3-point scale (from Thompson et al.; see THOMP 60):  
In general, how would you say you feel most of the time, in good spirits or in low spirits?  
good / both / low

RELIABILITY:

VALIDITY:

DISTRIBUTION:

THIRD INSTRUMENT: HAPP 2.1: Single closed question rated on a 3-point scale (from Thompson et al.; see THOMP 60):  
On the whole, how satisfied would you say you are with your way of life today?  
very / fairly / not very

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Mental illness (H 2.3.3)

CONCLUSION: Among the elderly good morale seems to be related to three essential factors: being able to look on one's life with a sense of satisfaction and perhaps accomplishment; an equable and unruffled approach to present day-to-day living; and a sense of anticipation for the future.

AUTHOR: Porter J.

TITLE: Sex-role concepts, their relationships to psychological well-being and to future plans in female seniors.

SOURCE: Unpublished doctoral dissertation, 1967, University of Rochester, New York, U.S.A.

---

GOAL OF THE STUDY: To determine sex-role attitudes of female college seniors and its relationships with psychological well-being and other attitudes and behaviors.

REFERS TO: Theory of sex-role attitudes and happiness research; Wessman et al. (1960), Douvan (1960), Vaught (1965)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Highly structured questionnaire, administered in classroom situation

DATE OF DATA: May - June, 1966

POPULATION: Female college seniors, University of Rochester, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of women in the class of 1966.  
The sample represented 92% of the female senior class.  
age 19 - 28, mean age 21

NON-RESPONSE: 8%; unaffected by place of residence

N: 162

AUTHOR'S HAPPINESS LABEL: Psychological well-being (average typical mood)

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.1: Single closed question on perceived overall hedonic level during the current semester, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

The scale was introduced by the following statement:

'Mood is usually applied to states lasting for minutes or hours, but most people can estimate their average or typical mood over a long period of time. Using the following scale, please indicate which statement best describes your typical mood for the current spring semester.

Draw a circle around the number of the statement which best describes your average level of happiness or unhappiness during this semester'.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: Constantinople (see CONST 65) administered the Elation - Depression Scale and the personal importance of specific goals measure to a number of the subjects in the present study during the preceding academic year. Junior Elation - Depression scores were therefore available for 75 of the 162 Ss, and indicators of personal goals for 60 of the 75 Ss.

CORRELATES: Age (A 3); various Sex-role attitudes (G 1.2); Ego-strength (H 2.1.3); Personal goals (H 3.2.1); Level of attachment to male partner (M 1.6); Satisfaction with next year's plans (S 1.10)

CONCLUSION: A causal relationship between happiness and attachment is not made clear by these data, but the data do suggest that the two variables are not independent. Perhaps more mature women are happier, and also more likely to establish enduring relationships.

AUTHOR: Porter Gump, J.  
TITLE: Sex-role attitudes and psychological well-being.  
SOURCE: Journal of Social Issues, 1972, vol. 28, nr 2, p. 79-92.

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GOAL OF THE STUDY: Exploration of the relation of sex-role concepts of senior college women to ego strength, happiness and achievement plans.

REFERS TO: Theory of sex-role attitudes and happiness; Wessman et al. (1960), Wessman & Ricks (1966), Constantinople (1965)

TYPE OF STUDY: descriptive, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Highly constructed questionnaire, administered in classroom situation

DATE OF DATA: May - June, 1966

POPULATION: Female college seniors, University of Rochester, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample (see PORTE 67).  
Most females were accepting rather a progressive than a traditional sex-role definition.

NON-RESPONSE:

N: 162

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 2.1: Single closed question on perceived overall hedonic level during the current semester, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60 and PORTE 67).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: see remarks at PORTE 67

CORRELATES: various Sex-role attitudes (G 1.2)

CONCLUSION: Self and other orientated women differ with respect to the goals towards they consciously strive, but they do not differ with respect to establishing serious relationships with men, nor with respect to their level of happiness.

AUTHOR: Rahe, R.H., Rubin, R.T., Gunderson, K.E. & Arthur, R.J.

TITLE: Psychological correlates of serum cholesterol in man. A longitudinal study.

SOURCE: Psychosomatic Medicine, 1971, vol. 33, nr 5, p. 399-410.

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GOAL OF THE STUDY: To investigate the magnitude and variability over time of the correlations between psychological moods and feelings and serum cholesterol level.

REFERS TO: Theory of serum cholesterol level and mood and feelings; Groover et al. (1960), Cathey et al (1957)

TYPE OF STUDY: descriptive, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire and cholesterol determinations in laboratory during the first months of an extensive training program.

DATE OF DATA:

POPULATION: Trainees on the U.S. underwater demolition team, U.S.A.

SAMPLE CONSTRUCTION: Rahe & Arthur (1967) probability sample of a class of U.D.T. trainees.

NON-RESPONSE: The non-response during the 16 measurements varied from 4 to 0 Ss.

N: 16 - 20

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.3: Repeated index of closed questions on momentaneous occurrence of specific affects, scored 15 times during 2 months:  
The adjective ckecklist contained 7 factorally derived items: contented, calm, happy, pleased, satisfied, cheerful, and good.  
Response values were: not at all / somewhat or slightly / mostly or generally

RELIABILITY: equivalence: intercorrelations ranged between +.86 and +.94

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Serum Cholesterol level (P 2.3)

CONCLUSION: Serum cholesterol level is strongly positively associated with moods and feelings of depression, anger, fear and lethargy, and strongly negatively associated with moods and feelings of motivation, arousal and happiness.

AUTHOR: Ramzy-Saleh Guirguis, N. & Hermans, H.J.M.  
TITLE: Correlates of psychological well-being and emotionality.  
SOURCE: Gedrag, 1973, vol. 1, p. 64-91 (Dutch periodical).

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GOAL OF THE STUDY: Exploration of the positive and negative dimensions of well-being.

REFERS TO: Happiness research; Bradburn & Caplovitz (1965), Wessman & Ricks (1966)

TYPE OF STUDY: descriptive, explorative, special group, snapshot, non-experimental

DATA GATHERING: Administration of a highly structured questionnaire in a classroom situation and precoded daily record of personal feelings and behavior during 28 days.

DATE OF DATA: After 1970

POPULATION: Secondary school pupils, The Netherlands

SAMPLE CONSTRUCTION: Non-probability accidental sample of volunteer pupils from the top class of their secondary education from 4 schools.  
36 boys, 53 girls

NON-RESPONSE: 47%

N: 89

AUTHOR'S HAPPINESS LABEL: Elation

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60).

The scale was scored every night during 20 - 28 days

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Emotionality (A 2.1.3); Happiness (L 2.1.2)

CONCLUSION:

**AUTHOR:** Renne, K.S.  
**TITLE:** Correlates of dissatisfaction in marriage.  
**SOURCE:** Journal of Marriage and the Family, 1970, vol. 32, p. 54-67.

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**GOAL OF THE STUDY:** Examination of factors related to marital happiness

**REFERS TO:** Theory of marital happiness; Blood & Wolfe (1960)

**TYPE OF STUDY:** explanatory, explorative, special group, snapshot, non-experimental

**DATA GATHERING:** Highly structured mailed questionnaire and structured interview

**DATE OF DATA:** 1965

**POPULATION:** Married adults, Alameda County, California, U.S.A.

**SAMPLE CONSTRUCTION:** Probability area sample of households (see also BERKM 71 and RENNE 74).  
The sample was limited to married Ss living with their spouse only. Most of them were couples.

**NON-RESPONSE:** 26%

**N:** 5163

**AUTHOR'S HAPPINESS LABEL:** Happiness

**OUR CONCEPTUALIZATION:** Happiness

**INSTRUMENT:** HAPP 1.1: Single closed question rated on a 3-point scale:

All in all, how happy are you these days?  
very happy / pretty happy / not too happy

**RELIABILITY:**

**VALIDITY:**

**DISTRIBUTION:**

**REMARKS:**

**CORRELATES:** Marital satisfaction (S 1.7.2)

**CONCLUSION:** Marital satisfaction is an integral part of emotional or physical well-being. So marital happiness was found to be closely associated with general morale or happiness.

AUTHOR: Renne, K.S.

TITLE: Measurement of social health in a general population survey.

SOURCE: Social Science Research, 1974, vol. 3, nr 1, p. 25-44.

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GOAL OF THE STUDY: To define and measure the social health of individuals in terms of the degree in which they are functioning members of their community.

REFERS TO: Theory of health (physical, psychological and social); Belloc et al. (1971), Berkman (1971)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered at home

DATE OF DATA: 1965

POPULATION: Adults, Alameda County, California, U.S.A.

SAMPLE CONSTRUCTION: Probability multi-stage sample of households (see also BERKM 71).  
Subjects were 20 years or older, or 16 - 19 and ever married.

NON-RESPONSE: 14%

N: 6928

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 1.3: Index of closed questions on perceived occurrence of specific affects in general (adapted Bradburn & Caplovitz Affect Balance Score; see BRADB 65).

The instrument is almost identical with the one, used by Berkman (see BERKM 71). The only difference is that four, instead of five, negative affect items were used here.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Social health (L 2.2.2)

CONCLUSION: Psychological health and social health reinforce each other.

AUTHOR: Rose, A.M.

TITLE: Factors associated with the life satisfaction of middle-class, middle aged persons.

SOURCE: Marriage and Family Living, 1955, p. 15-19.

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GOAL OF THE STUDY: To test the hypothesis that differences in factors associated with life satisfaction between the sexes will reflect the need for women to find a new central role as their role as homemaker necessarily declines..

REFERS TO: Theory of central roles in life; Rose (1951)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered at home and rating by college student offspring

DATE OF DATA: 1952 - 1953

POPULATION: Middle aged, middle-class married couples, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample of married couples, using parents of sociology students.

NON-RESPONSE: 50%

N: 416

AUTHOR'S HAPPINESS LABEL: Satisfaction with life

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 5-point scale:  
In general, how satisfied are you with your life?  
very satisfied / satisfied / average / somewhat dissatisfied / very satisfied

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: various factors concerning one's Children (F 1.2); Closeness of the total family life (F 1.4, S 4.1.3); various Wishes (H 3.2.3); Household work (H 4.2); various factors concerning Use of leisure time (L 3.3); various factors concerning Marriage (M 2); Job satisfaction (S 1.9.1); Formal social participation (S 4.2); Desire for participation in organizations and activities (S 4.5); Employed status (W 2.1)

CONCLUSION: The life satisfaction of middle-class women as they enter middle age is a function of the degree to which they are able to assume another central role to substitute for their necessarily declining role as homemakers. Earning an income and engaging in organizational activities are among the additional roles that make for life satisfaction.

AUTHOR: Schaefer, E.S. & Bayley, N.

TITLE: Maternal behavior, child behavior, and their intercorrelations from infancy through adolescence.

SOURCE: Monographs of the Society for Research in Child Development, Serial no. 87, vol. 28, nr 3.

GOAL OF THE STUDY: Investigation into the relationship of maternal behavior to the social and emotional development of the child.

REFERS TO: Theory of maternal behavior and personality development; Schaefer (1959), Hall & Lindzey (1957)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Structured and unstructured observations of overt behavior of mothers and their children during the children's first three years, and of the children's behavior until the age of 18, and interviews with the mothers between the children's age of 9 to 14 years.

DATE OF DATA: 1928 - 1943

POPULATION: Children and their mothers, Berkeley, California, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of children, born in two Berkeley hospitals in 1928 and 1929, and their mothers (Berkeley Growth Study; see Bayley 1933). full-term infants of white, English speaking parents; 27 boys, 27 girls

NON-RESPONSE: 13% drop-outs (7 children and their mothers)

N: 108 (54 children and their mothers) during the first years of the children's life. The sample is smaller at higher ages but never less than 13 boys and 13 girls. For the interview with mothers in the period of the children's age from 9 to 14 years, data of 34 mothers were available.

AUTHOR'S HAPPINESS LABEL: Emotional tone (for children in the ages of 10 - 36 months only).

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 5.1: Clinical ratings on the basis of repeated observations of expressive behavior (see also MCGRA 68).

Only the children were rated during the first 3 years of their lives. They were rated 12 times (after 10, 11, 12, 13, 14, 15, 18, 21, 24, 27, 30 and 36 months of living) for 'Emotional tone: unhappy - happy' on a 7-point scale. Later the ratings of 10 - 12, 13 - 15, 18 - 24, and 27 - 36 months were combined.

RELIABILITY: retest reliability within combined months:

10 - 12 months: for boys r = +.83, for girls r = +.56  
13 - 15 months: for boys r = +.80, for girls r = +.85  
18 - 24 months: for boys r = +.78, for girls r = +.47  
27 - 36 months: for boys r = +.66, for girls r = +.63

retest reliability between combined months:

10 - 12 x 13 - 15 months: for boys r = +.64 (05), for girls r = +.72 (05)  
10 - 12 x 18 - 24 months: for boys r = +.61 (05), for girls r = +.51 (05)  
10 - 12 x 27 - 36 months: for boys r = +.50 (05), for girls r = +.48 (05)  
13 - 15 x 18 - 24 months: for boys r = +.65 (05), for girls r = +.69 (05)  
13 - 15 x 27 - 36 months: for boys r = +.68 (05), for girls r = +.48 (05)  
18 - 24 x 27 - 36 months: for boys r = +.64 (05), for girls r = +.72 (05)

(r = r<sub>pm</sub>)

VALIDITY:

DISTRIBUTION:

REMARKS: This study has yielded a wealth of data. It has assessed many variables at many different points in time. Hedonic level has been assessed at several ages. These measures have been related to variables which have also been assessed at different ages. For practical reasons in Part III all correlates thus produced are brought together in schemes like the following one:

		happiness measured at the age of (months):				
		10 - 12	13 - 15	18 - 24	27 - 36	
other variable	10 - 12	...	... <sup>x</sup>	...	... <sup>x</sup>	(x indicates p < .05)
measured at the	13 - 15	...	...	...	...	
age of (months):	18 - 14	...	...	...	...	
	27 - 36	...	...	...	...	

The investigator's have also assessed the mothers' happiness. This measure must be considered invalid, however, because one of its items concerns 'a sense of humor'.

Information concerning measurements of maternal behavior data were more fully reported in Schaefer et al. (1959).

CORRELATES: various Characteristics of the mother (F 1.1.3, F 2.1); various Personality traits (P 1.9)

CONCLUSION:

AUTHOR: Schneider, F.W. & Coppinger, N.W.

TITLE: Staff-resident perception of the needs and adjustment of nursing home residents.

SOURCE: Aging and Human Development, 1971, vol. 2, p. 59-65.

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GOAL OF THE STUDY: Assessment of the relation between self- and staff perceived needs of nursing home residents and determination whether this relation is reflected in both the staff's judgement of the resident's adjustment and the resident's feelings of personal satisfaction.

REFERS TO:

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA:

POPULATION: Male residents of a chronic care Veterans Administration nursing home, U.S.A.

SAMPLE CONSTRUCTION: All the residents of a 41-bed chronic care Veterans Administration nursing home.  
age 46 - 89, mean age 69.7

NON-RESPONSE: 51% unobtainables, because of physical incapacity or inability to understand the instructions

N: 20

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 5: Expert ratings on happiness on the basis of longer clinical contact:

Ratings by 16 members of the staff of the happiness and satisfaction with present and past life each resident displays, on the basis of lasting face-to-face interaction.

RELIABILITY: interjudge agreement:  $t_k = +.24$  (001)

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: various factors concerning Institutional living (I 2, D 1); Satisfaction with life (L 2.1.2)

CONCLUSION: The degree of misperception of the resident's needs by the staff are only related to external adjustment criteria, such as adjustment and cooperation ratings by the staff, but not to internal adjustment criteria: the resident's feelings of satisfaction.

AUTHOR: Schwarz, D. & Strian, F.

TITLE: Psychometric investigations on well-being in psychiatric and medical patients.  
(In German: Psychometrische Untersuchungen zur Befindlichkeit psychiatrischer und inter-medizinischer Patienten).

SOURCE: Archiv für Psychiatrie und Nervenkrankheiten, 1972, vol. 216, nr 1, p. 70-81 (German periodical).

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GOAL OF THE STUDY: To validate the v. Zerssen well-being scale using depressive patients.

REFERS TO: Happiness research; v. Zerssen et al. (1970)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, experimental

DATA GATHERING: Highly structured questionnaire and ratings by doctors

DATE OF DATA:

POPULATION: Psychiatric patients (study 1) and medical patients (study 2), W. Germany

SAMPLE CONSTRUCTION: study 1: Non-probability chunk sample of psychiatric patients in therapy.  
10 neurotic depressed patients, 30 internal depressed patients, 16 depressed schizophrenic patients  
study 2: Unknown.  
90 males, 90 females

NON-RESPONSE:

N: 56 (study 1), 180 (study 2)

AUTHOR'S HAPPINESS LABEL: Well-being

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.3: Repeated index of closed questions on momentaneous occurrence of specific affects (v. Zerssen et al. (1970) Befindlichkeitsskala).  
The well-being score is the mean of the ratings of every other day during the treatment (study 1), the mean of the rating before treatment and the rating 4 weeks later (study 2).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Depression (A 2.2.4)

CONCLUSION:

AUTHOR: Skrabanek, R.L.  
TITLE: Adjustment of former university faculty members to retirement.  
SOURCE: Proceedings of the Southwestern Sociological Association, April 1969, vol. 19, p. 65-69.

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GOAL OF THE STUDY: To investigate the adjustment to retirement.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire

DATE OF DATA: 1968

POPULATION: Retired university faculty members, U.S.A.

SAMPLE CONSTRUCTION: Probability systematic random sample.  
161 males, 386 females

NON-RESPONSE: 52%

N: 547

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 5-point scale:  
very happy / happy / neutral / unhappy / very unhappy.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 39% very happy, 47% happy, 5% neutral, 2% unhappy, 4% very unhappy, 7% no answer

REMARKS:

CORRELATES: Gender (G 1.1); various factors concerning Retirement (R 2)

CONCLUSION: Former university faculty members may be generally more favorably adjusted to retirement than persons in most other occupations.

AUTHOR: Snyder, E.E. & Spreitzer, E.A.  
TITLE: Involvement in sports and psychological well-being.  
SOURCE: International Journal of Sport Psychology, 1974, vol. 5, p. 28-40.

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GOAL OF THE STUDY: Assessment of psychological consequences of sport involvement among adults.

REFERS TO: Theory of involvement in sports, Kenyon (1969)

TYPE OF STUDY: explanatory, explorative, local population, snapshot, non-experimental

DATA GATHERING: Highly structured mailed questionnaire

DATE OF DATA: 1973

POPULATION: Adults, Toledo, Ohio, U.S.A.

SAMPLE CONSTRUCTION: Systematic random sample, using the City Directory of Toledo.  
25% suburbans, 75% urbans; 49% females, 51% males; mean age 42; mean number of years of completed education 13

NON-RESPONSE: 46%

N: 510

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Happiness

FIRST INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 25% very happy, 62% pretty happy, 13% not too happy

SECOND INSTRUMENT: HAPP 2.1: Single closed question rated on a 3-point scale (from Robinson & Shaver, 1969):

In general how satisfying do you find the way you are spending your life these days?  
completely satisfying / pretty satisfying / not very satisfying

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 22% completely satisfying, 66% pretty satisfying, 12% not very satisfying

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Satisfaction received from sports (S 1.1.1); Participation in voluntary associations (S 4.2); various factors concerning Sports (S 6); Occupational prestige (W 2.4).

CONCLUSION: Involvement in sports is associated with greater psychological well-being. The relation with behavioral involvement in sports is stronger among females whereas affective involvement in sports is a stronger predictor of positive affect among males. These results may be due to the positive effects of social interaction in general on the individual's well-being and to the specific fun of sports.

AUTHOR: Snyder, E.E. & Kivlin, J.E.  
TITLE: Women athletes and aspects of psychological well-being and body image.  
SOURCE: Research Quarterly, 1975, vol. 46, nr 2, p. 191-199.

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GOAL OF THE STUDY: To examine the relationship between being a woman athlete and psychological well-being, suggesting type of sport as an explaining variable.

REFERS TO: Theory of women in sports; Landers (1970), Metheny (1965)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: sample I : highly structured questionnaire  
sample II: highly structured mailed questionnaire

DATE OF DATA:

POPULATION: College women and women athletes, U.S.A.

SAMPLE CONSTRUCTION: College women (I) : Non-probability chunk sample of women enrolled in sociology classes at Bowling Green State University. N = 275.  
Women athletes (II): Non-probability chunk sample of women athletes who participated in the 1972 Woman's National Intercollegiate Championships or who participated in the 1972 Olympic tryouts (only women doing basketball, gymnastics, swimming and diving, and track and field).  
N = 328.

NON-RESPONSE: Sample II: 35%

N: 603

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second and third instrument)

FIRST INSTRUMENT: AFF 1.1: Single closed question, rated on a 3-point scale:  
Generally feel in good spirits:  
most of the time / much of the time / some / seldom

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

SECOND INSTRUMENT: COMP 1.1: Single closed question, rated on a 3-point scale:  
very satisfied with life:  
most of the time / much of the time / some / seldom

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

THIRD INSTRUMENT: COMP 1.1: Single closed question, rated on a 3-point scale:  
Find much happiness in life:  
most of the time / much of the time / some / seldom

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Being an athlete (S 6.1); Being a basketball player vs gymnast (S 6.1)

CONCLUSION: Even though women athletes have frequently received negative sanctions, their participation in sports has apparently been psychologically satisfying and rewarding.

AUTHOR: Sondermeijer, B.  
TITLE: Health correlates of happiness.  
SOURCE: Unpublished report, 1975, Rotterdam.

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GOAL OF THE STUDY: Analysis of the influence of biophysical, biomedical and social factors on the development of heart diseases.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire administered by medical assistant

DATE OF DATA:

POPULATION: Male employees of age 40 - 65, The Netherlands

SAMPLE CONSTRUCTION: Non-probability chunk sample of employees of all levels of various organizations: banks, university, shipping, glass industry, local government.

NON-RESPONSE: 5%

N: 13,000

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on a 2-point scale:

All in all, are you satisfied? yes / no

In Dutch:

Hebt U het over het algemeen naar Uw zin? ja / nee

RELIABILITY:

VALIDITY:

DISTRIBUTION: Highly positively skewed

REMARKS:

CORRELATES: Self-perceived overactivity (A 1.8); Feeling cheerful (A 2.2.5); Feeling irritable (A 2.2.21); Age (A 3); Illness of parents (F 1.1.4); Number of children at home (F 1.2.3, H 4.1); Family problems (F 1.4, P. 5.1.2); Psychosomatic complaints (H 2.2); Cigarette smoking (L 3.1.2); Active leisure time (L 3.3.1); Relative weight (P 2.1); Blood pressure (P 2.3); various Domainsatisfactions (S 1); Feeling uncertain (S 2.1.4); Achieving higher job (S 5.3); Actual sporting (S 6.1); various Characteristics of one's job (W 2.6); Laughing and singing often (X 1)

CONCLUSION:

AUTHOR: Spreitzer, E. & Snyder, E.E.  
TITLE: Correlates of life satisfaction among the aged.  
SOURCE: Journal of Gerontology, 1974, vol. 29, nr 4, p. 454-458.

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GOAL OF THE STUDY: To replicate and extend earlier studies of the correlates of life satisfaction among older persons.

REFERS TO: Theory of aging and retirement; Streib & Schneider (1971), Maddox (1968)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1972 - 1973

POPULATION: Non-institutionalized married or widowed adults, U.S.A.

SAMPLE CONSTRUCTION: Pooling of 2 NORC (1972 and 1973) national probability samples.  
The sample was limited to married and widowed persons only; age 18+

NON-RESPONSE:

N: 1547

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 33% very happy, 52% pretty happy, 15% not too happy

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Gender (G 1.1); Self-perceived health (H 2.1.2); Family income (I 1.1); Widowed vs married (M 1.1.2); Church attendance (R 1.3); Retirement (R 2.1); S.E.S. (S 5.1); Occupational prestige (W 2.4)

CONCLUSION: Men tend to reach their high point in terms of life satisfaction during the very same period (age 65-70) when women reach their low point. Subjective indicators of socio-economic position are stronger predictors of life satisfaction than more objective indicators.

AUTHOR: Spreitzer, E., Snyder, E.E. & Larson, D.

TITLE: Age, marital status, and labor force participation as related to life satisfaction.

SOURCE: Sex Roles, 1975, vol. 1, nr 3, p. 235-247.

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GOAL OF THE STUDY: To replicate and extend the research tradition of survey studies on life satisfaction.

REFERS TO: Happiness research; Andrews & Withey (1973)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Spring, 1973

POPULATION: Non-institutionalized adults, U.S.A.

SAMPLE CONSTRUCTION: NORC (1973, nr 1) national probability sample  
698 males, 802 females; age 18+

NON-RESPONSE:

N: 1500

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 36% very happy, 51% pretty happy, and 13% not too happy

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Gender (G 1.1); various Marital status comparisons (M 1); Employed status (W 2.1)

CONCLUSION: Age, marital status, and employment status explain very little of the variation in reported life satisfaction.

AUTHOR: Stanfiel, J.D., Tompkins, W.G. & Brown, H.L.

TITLE: A daily activities list and its relation to measures of adjustment and early environment.

SOURCE: Psychological Reports, 1971, vol. 28, p. 691-699.

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GOAL OF THE STUDY: Assessment of congruent validity of a Daily Activities List (D.A.L.) as an index of psychological adjustment.

REFERS TO: Theory of activity and psychological adjustment; Katz & Lyerly (1963)

TYPE OF STUDY: descriptive, testing, special group, snapshot, non-experimental

DATA GATHERING: Highly structured questionnaire and open, personal history and clinical interview during four weeks of radiotherapy

DATE OF DATA:

POPULATION: Adult cancer patients, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample using volunteering cancer patients receiving radiotherapy each weekday.  
9 males, 12 females; age 22 - 65, median age 48; 18 outpatients, all ambulatory, and 3 Ss varying in ambulatory status

NON-RESPONSE:

N: 21

AUTHOR'S HAPPINESS LABEL: Euphoric mood state

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.3: Repeated index of closed questions on momentaneous occurrence of specific affects, administered twice a week (Raskin et al. (1969) mood scale):

This scale is an objectively scored, self report 52-item adjective check-list designed to measure the immediate subjective feeling state of mood, such as feelings of anxiety, depression, fatigue, etc. The factor scores were combined in this study into an over-all score for each mood scale completed. High scores indicate a strong dysphoric mood state.

Ss completed a mean of 7.5 mood scales during the first four weeks of treatment. A mean score was computed for each patient including all mood scales completed during this period. These mean scores were employed for the analysis.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Activity level (A 1.1)

CONCLUSION: Activity level is significantly associated with psychological well-being. Activity level, as defined by the Daily Activities List, does not in itself define clinical syndromes or psychological health, but comprises an associated behavioral pattern which tends to reflect the psychological state of the individual.

AUTHOR: Storandt, M., Wittels, J. & Botwinick, J.

TITLE: Predictors of a dimension of well-being in the relocated healthy aged.

SOURCE: Journal of Gerontology, 1975, vol. 30, nr 1, p. 97-102.

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GOAL OF THE STUDY: To determine the relationships between test performances of elderly people around the time of their moving into an apartment complex and assessment to their well-being 11 to 19 months afterwards.

REFERS TO: Theory of well-being in old age; Lawton & Cohen (1974), Aldrich (1964)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview at home and independent ratings by 2 psychologists at home

DATE OF DATA:

POPULATION: Aged residents of an apartment building for the elderly, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample  
age 61 - 88

NON-RESPONSE: 50%; 47% unattainable, 3% incomplete

N: 122

AUTHOR'S HAPPINESS LABEL: Life satisfaction

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 2.1: Single closed question rated on an 11-point self-anchoring scale (Cantril Satisfaction with Life rating; see CANTR 65).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Well-being (L 2.2.1)

CONCLUSION:

AUTHOR: Suchman, E.A., Phillips, B.S. & Streib, G.F.

TITLE: An analysis of the validity of health questionnaires.

SOURCE: Social Forces, 1958, vol. 36, p. 223-232.

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GOAL OF THE STUDY: Validation of self-administered questionnaire items dealing with health.

REFERS TO: Theory of physical health, attitudes and behavior; Streib (1956), Kutner et al. (1956)

TYPE OF STUDY: descriptive, testing, special group, snapshot, non-experimental

DATA GATHERING: Self-administered questionnaires and medical examination by physicians

DATE OF DATA: 1952 - 1954

POPULATION: Aged persons, U.S.A.

SAMPLE CONSTRUCTION: Non-probability quota sample of residents of all parts of the U.S.A. from widely divergent backgrounds.  
age 65+

NON-RESPONSE:

N: 2993

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:

All in all how much happiness would you say you find in life today?  
almost none / some, but not very much / a good deal

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 89% reporting 'a good deal of happiness'

REMARKS:

CORRELATES: Various indicators of Physical health (H 2.1)

CONCLUSION:

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

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GOAL OF THE STUDY: Exploration of some of the relations between happiness and interests of people.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Administration of questionnaire

DATE OF DATA:

POPULATION: Students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of 887 high school students, 584 college students and 180 graduate students.

NON-RESPONSE:

N: 1651

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: Comp 4.1: Single closed question rated on a 7-point scale:

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

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 23% score 6 or 7, 19% score 5, 56% score 4 (neutral), 2% score 1, 2 and 3

REMARKS: Differences in average rankings which are more than twice the standard error of that difference are considered as significant.

CORRELATES: various Interests (C 2); various Problems (P 5.1.2)

CONCLUSION: Happy and unhappy people are remarkably alike in their problems and interests. The unhappy do not have peculiar problems but make less satisfactory adjustments to their problems. The happy are more concerned with affairs outside themselves while the unhappy are more concerned with themselves and with their relations to others.

AUTHOR: Tessler, R. & Mechanic, D.

TITLE: Consumer satisfaction with prepaid group practice: A comparative study.

SOURCE: Journal of Health and Social Behavior, 1975, vol. 16, nr 4 pt 1, p. 95-113.

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GOAL OF THE STUDY: To compare consumers satisfaction with participation in prepaid group practice and alternative health insurance plans.

REFERS TO: Theory of satisfaction with medical health care; Mechanic (1972), Weinerman (1964)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Summer, 1973

POPULATION: Families of hourly workers and salaried employees, U.S.A.

SAMPLE CONSTRUCTION: Sample from two large industrial firms that offer their employees a choice between prepaid group practice and a fee-for-service insurance plan.  
Firm 1: Primarily (semi-) skilled hourly employees:  
- all subscribers who joined the prepaid practice in July, 1972 and who were still eligible to receive care at the time of the interview  
- random sample of employees choosing the fee-for-service plan  
Firm 2: Salaried white collar group of higher S.E.S.:  
- all subscribers who used the prepaid group practice from June 1972 until the time of the interview  
- random sample of comparable employees choosing the fee-for-service plan  
The prepaid practice group and the fee-for-service group were of the same size. When possible, women (usually wives of employees) were interviewed.

NON-RESPONSE:

N: 712

AUTHOR'S HAPPINESS LABEL: Mood

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 1.1: Single closed question rated on a 3-point scale:  
Would you say that your spirits most of the time are very good, fair, or low?

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Subjective health status (H 2.1.2); various factors concerning Health care (H 2.6, S 1.2.3); Major life changes (L 1.2); Not currently married vs married (M 1.1.5); Being a housewife (W 2.1)

CONCLUSION:

AUTHOR: Thompson, W.E., Streib, G.F. & Kosa, J.

TITLE: The effect of retirement on personal adjustment: a panel analysis.

SOURCE: Journal of Gerontology, 1960, vol. 15, nr 2, p. 165-169.

GOAL OF THE STUDY: Test and specification of the assumed negative relation between retirement and personal adjustment.

REFERS TO: Theory of adjustment among retirees; Havighurst & Albrecht (1953), Kutner et al. (1956)

TYPE OF STUDY: explanatory, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Structured interview administered at the respondent's place of work, followed by 2 mailed questionnaires at 1 or 2 years interval

DATE OF DATA: 1952 - 1956

POPULATION: Aged males, U.S.A.

SAMPLE CONSTRUCTION: Non-probability accidental sample using volunteers.  
All males were born in 1887, 1888 or 1889; relatively more prosperous and better educated individuals from relatively larger, more affluent and more progressive organizations from all parts of the country; 1082 Ss gainfully employed throughout, and 477 Ss retired between 1952 and 1954.

NON-RESPONSE:

N: 1559

AUTHOR'S HAPPINESS LABEL: Satisfaction with life

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.2: Index of closed questions (devised through the use of the Guttman (1944) scaling technique):

1. All in all, how much happiness would you say you find in life today?  
(negative response: 'almost none' or 'some, but not very much')
2. In general, how would you say you feel most of the time, in good spirits or in low spirits?  
(negative response: 'I am usually in low spirits' or 'sometimes in good spirits, sometimes in low spirits')
3. On the whole, how satisfied would you say you are with your way of life today?  
(negative response: 'fairly satisfied', 'not very satisfied' or 'not satisfied at all')

RELIABILITY: Reproducibility: +.96  
Error ratio : +.55

VALIDITY:

DISTRIBUTION: almost symmetric: in 1952: 51% satisfied, 49% dissatisfied  
in 1954: 43% satisfied, 57% dissatisfied

REMARKS: The publication focusses on longitudinal changes in satisfaction with life rather than on correlates of present satisfaction with life. Compared were persons satisfied in 1952 who became dissatisfied in 1954 (N = 788), and persons dissatisfied in 1952 who became satisfied in 1954 (N = 771). For our purposes we computed correlates of satisfaction with life in 1954, when possible we made elaborations for satisfaction with life in 1952.

CORRELATES: Having difficulties in keeping occupied (A 1.8, P 5.1.2); Subjective health (H 2.1.2); Economic deprivation (I 1.6); various factors concerning Retirement (R 2)

CONCLUSION: In general retirement appears to have a negative effect on personal adjustment only when retirement is involuntary and economic deprivation is felt. The findings do suggest the work-role is not as central to the personality as many writers would contend.

AUTHOR: Tissue, T.  
TITLE: Another look at self-rated health among the elderly.  
SOURCE: Journal of Gerontology, 1972, vol. 27, nr 1, p. 91-94.

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GOAL OF THE STUDY: To examine the nature of health measured by self-ratings.

REFERS TO: Theory of self-rated health; Friedsam & Martin (1963), Sullivan (1966)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: 1969

POPULATION: Non-institutionalized aged welfare recipients, U.S.A.

SAMPLE CONSTRUCTION: Non-probability purposive quota sample of aged welfare recipients.  
111 males, 145 females; mean age 68

NON-RESPONSE:

N: 256

AUTHOR'S HAPPINESS LABEL: Morale

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument), Contentment (second instrument) and Happiness (third instrument)

FIRST INSTRUMENT: AFF 2.3: Index of closed questions on perceived occurrence of specific affects during the past few weeks (Bradburn Affect Balance Score; see BRADB 69).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: CON 1.1: Single closed question on belief regarding achievement of own life goals, rated on a 3-point scale (most, some / few).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

THIRD INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (very happy / pretty happy , not too happy).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Self-perceived health (H 2.1.2)

CONCLUSION: Self-rated health is not merely another measure of morale, self-image, or happiness.

AUTHOR: Veenhoven, R.

TITLE: Is there an innate need for children?

SOURCE: European Journal of Social Psychology, 1974, vol. 14, p. 495-501.

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GOAL OF THE STUDY: Analysis of the belief that all human beings have an inner urge to have children and examination of its tenability.

REFERS TO: Theory of parenthood; Kephart (1966), Deutsch (1945)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: June, 1968

POPULATION: Married adults, The Netherlands

SAMPLE CONSTRUCTION: Married persons of age 25 - 65, from the Aakster (1972) probability area sample (see also BAKKE 74 and VEENH 75).

NON-RESPONSE: 34%; 23% unattainable, 10% non-response

N: 1376

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a open graphic scale (see BAKKE 74).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Childlessness (F 1.2.1); Pregnancy (P 2.3)

CONCLUSION: The procreation-instinct theory fails to find empirical support.

AUTHOR: Veenhoven, R. & Bakker, P.

TITLE: Schooleducation and psychological well-being.

SOURCE: Unpublished paper, 1975, Department of Sociology, Erasmus University Rotterdam, The Netherlands.

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GOAL OF THE STUDY: Investigation of the effects of schooleducation on the sense of personal well-being in adulthood.

REFERS TO: theory on effects of education; Jencks et al. (1972)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: June, 1968

POPULATION: National adult population, The Netherlands

SAMPLE CONSTRUCTION: Probability area sample (see also BAKKE 74).

NON-RESPONSE: 34%

N: 1534

AUTHOR'S HAPPINESS LABEL: Psychological well-being

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on an open graphic scale (see BAKKE 74).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Educational level (E 1.1.1); Social mobility (S 5.3)

CONCLUSION: Unlike common thought, there is no universal, direct and clear-cut relation between level of education and psychological well-being.

AUTHOR: Veroff, J., Feld, S. & Gurin, G.

TITLE: Dimensions of subjective adjustment.

SOURCE: Journal of Abnormal and Social Psychology, 1962, vol. 64, nr 3, p. 192-205.

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GOAL OF THE STUDY: Assessment of relations between different indices of subjective adjustment by using factor-analysis.

REFERS TO: Theory of mental health; Jahoda (1958)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: Spring, 1957

POPULATION: Adult married population with children, U.S.A.

SAMPLE CONSTRUCTION: Probability area sample of adults, living in private households in the U.S.A. (N = 2460; see also GURIN 60), poststratified by married status, employed status and having children:  
- working, currently married males with children (N = 255)  
- currently married females with children (N = 542)

NON-RESPONSE:

N: 797

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question using the term 'happiness', rated on a 3-point scale (see GURIN 60).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: various factors concerning one's Children (F 1.2.4); Expected future happiness (H 1.6.2); Self-perceived physical health (H 2.1.3); various Psychosomatic symptoms (H 2.2); Ever expected a nervous breakdown (H 2.3.2); various Problems (P 5.1.2); Worrying (P 5.2.1); Job satisfaction (S 1.9.1); various factors concerning Self-image (S 2.1.6, S 2.3); Job performance (W 2.7)

CONCLUSION: In the factor analysis of various indices of mental functioning five distinctive factors emerged for men and four for women. There was considerable apparent overlap between the two factor structures. For both men and women the factors were identified as: felt psychological disturbance; un-happiness; social inadequacy; lack of identity. For men the fifth factor was labeled physical distress.

AUTHOR: Washburn, M.F., Harding, L., Simons, H. & Tomlinson, D.

TITLE: Further experiments on directed recall as a test of cheerful and depressed temperaments.

SOURCE: American Journal of Psychology, 1925, vol. 36, p. 454-456.

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GOAL OF THE STUDY: Assessment of the assumed relationship between temperamental tendencies to cheerfulness or depression and tendencies to recall pleasant or unpleasant ideas in connection with verbal stimuli.

REFERS TO: Happiness research; Morgan et al. (1919)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Projective verbal techniques in test-room situation during three successive days

DATE OF DATA:

POPULATION: Female psychology students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using attendants of a psychology course, poststratified by temperament.  
Cheerful group: N = 33; depressed group: N = 34 (see 'REMARKS')

NON-RESPONSE:

N: 67

AUTHOR'S HAPPINESS LABEL: Cheerfulness

OUR CONCEPTUALIZATION: Hedonic level of affect

FIRST INSTRUMENT: AFF 1.1: Single closed question rated on a 4-point scale:

Each Ss was asked to judge herself using one of the four terms:  
steadily cheerful / variable tendency to cheerfulness / variable tending to depression / steadily depressed

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

SECOND INSTRUMENT: AFF 6: Composite of hedonic level of affect containing self-perceived cheerfulness and peer ratings of cheerfulness:

Each S was asked to judge herself on a 4-point scale (see first instrument)  
Also the judgements of three friends were obtained, using the same terms.  
For all judgements 'steadily cheerful' was rated as 4 points; 'variable tending to cheerfulness' as 3 points, 'variable tending to depression' as 2 points; and 'steadily depressed' as 1 point. For each S the self-judgement and the judgements of her friends were added to obtain a total score.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 4 - 16; median score: 12.5

REMARKS: The analysis was performed by comparing the cheerful group (those who had rated themselves as 'steadily cheerful') with the depressed group (those who had rated themselves as 'variable tending to depression' or 'steadily depressed'). Those who had rated themselves as 'variable tending to cheerfulness' were excluded.

CORRELATES: Recalling pleasant associations in connection with verbal stimuli (P 1.6); Galvanic skin response (P 2.3)

CONCLUSION: Directed recall seems to be a rather good measure of cheerful and depressed temperaments.

AUTHOR: Washburn, M.F., Booth, M.E., Stocker, S. & Glicksmann, E.

TITLE: A comparison of directed and free recalls of pleasant and unpleasant experiences, as tests of cheerful and depressed temperaments.

SOURCE: American Journal of Psychology, 1926, vol. 37, p. 278-280.

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GOAL OF THE STUDY: Testing the validity of two projective, verbal techniques as measures of cheerful or depressed temperaments.

REFERS TO: Happiness research; Morgan et al. (1919), Washburn et al. (1925)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Projective verbal techniques in test-room situation during three successive days

DATE OF DATA:

POPULATION: Female psychology students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using attendants of a psychology course, poststratified by temperament.  
Cheerful group: N = 64; depressed group: N = 59 (see 'REMARKS')

NON-RESPONSE:

N: 123

AUTHOR'S HAPPINESS LABEL: Cheerfulness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 6: Composite of hedonic level of affect containing self-perceived cheerfulness and peer ratings of cheerfulness (see WASHB 25, second instrument).  
As in the WASHB 25 study the self judgement and the judgements of the 3 friends were added to obtain the total score.

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed  
possible range: 4 - 16

REMARKS: The analysis was performed by comparing the cheerful group (with hedonic level scores from 14 to 16) and the depressed group (with scores up to and including 10). The other Ss were excluded.

CORRELATES: Recalling pleasant associations in connection with verbal stimuli (P 1.6); Promptness of pleasant associations (P 1.6)

CONCLUSION: Both techniques have value for the determination of cheerful or depressed temperaments. The technique using the average association time appears to have a slight superiority.

AUTHOR: Washburne, J.N.

TITLE: Factors related to the social adjustment of college girls.

SOURCE: Journal of social Psychology, 1941, vol. 13, p. 281-189.

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GOAL OF THE STUDY: To find out to what extent the social and emotional adjustment of college girls is related to certain factors in their home background, school activities and college status.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Questionnaire and intelligence-test administered in classroom situation

DATE OF DATA:

POPULATION: Female college students, New York, U.S.A.

SAMPLE CONSTRUCTION: Type of construction unclear.  
119 freshmen and 119 junior girls of the Syracuse University

NON-RESPONSE:

N: 238

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 2.2: Index of closed questions indicating both happiness and a sense of contentment and well-being (Happiness subtest of the Washburne Social Adjustment Inventory).

RELIABILITY: Equivalence: reliability coefficient for the happiness subtest of at least .80

VALIDITY: Each item shows a difference of at least  $2\frac{1}{2}$  times the probable error of the difference between the answers of well-adjusted and maladjusted groups. These groups were selected by 3 competent judges and the individuals in them were paired for age, grade, sex and intelligence.

DISTRIBUTION:

REMARKS:

CORRELATES: Intelligence (C 1.3); Stage of study (E 1.2.3); Educational status of father (F 1.1.1, S 5.1); Broken home background (F 1.1.2); Campus activity level (L 3.3.1); Living in a city/town (L 4.2); Participation in church activities (R 1.3, S 4.2); Sorority membership (S 4.2); Playing sports (S 6.1); Having outside work (W 2.1)

CONCLUSION: Superior scores in happiness are most clearly and consistently associated with coming from unbroken homes, participation in sports, and high intelligence among juniors. These relations are rather strong in the lower happiness groups and disappear almost among very happy girls.

AUTHOR: Watson, G.

TITLE: Happiness among adult students of education.

SOURCE: Journal of Educational Psychology, 1930, vol. 21, nr 2, p. 79-109.

GOAL OF THE STUDY: Applying the techniques of psychological study to the understanding of happiness.

REFERS TO:

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Lowly structured questionnaire

DATE OF DATA:

POPULATION: Graduate students of education (teachers), Columbia University, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using attendants of a psychology course. average age 30

NON-RESPONSE:

N: 388. Most of the analysis is based on the answers of 50 males and 124 females (N = 174).

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness (first and second instrument) and Hedonic level of affect (third instrument)

FIRST INSTRUMENT: COMP 4.1: Single closed question rated on a 10-point scale:

Among the following descriptions arranged in miscellaneous order, choose the one which comes nearest to fitting you. None will be likely to fit exactly. (The assigned values for each discription are presented in brackets behind the descriptions)

- a. Finding life rather disappointing and disillusioning, comfortable in many ways, moderately successful, but far from realizing the hopes of youth. (3)
- b. Cheerful, gay spirits most of the time. Occasionally bothered by something but can usually laugh it off. (9)
- c. Calm, quiet sort of satisfaction. Life has been pretty good. Not everything one desires comes, of course, but on the whole there is much for which to be serenely thankful. (8)
- d. Ups and downs, now happy about things, now depressed. About balanced in the long run. (5)
- e. Life often seems so worthless that there is little to keep one going. Nothing matters very much, there has been so much of hurt that laughter would be empty mockery. (1)
- f. Keeping a brave front, others think everything is all right. Inside life seems rather black. (2)
- g. Usually sad, weep readily, smile seldom. (1)
- h. Radiant, find every day full of interest, amusing things, and worthwhile things. (10)
- i. Seriously hurt by certain things, for which the good aspects of life cannot quite make up. (3)
- j. Quite objective. Like some experiences, dislike others. Not aware of any prevalent happiness or unhappiness. (5)

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: COMP 4.3: Single open-ended question:

Now write in your own words a sentence of two, something like those above (statements of the first instrument) which you believe will most truly describe your own general happiness in life.

The answers were rated by three judges on an 11-point scale ranging from 0 to 10

RELIABILITY:

VALIDITY:

DISTRIBUTION:

THIRD INSTRUMENT: AFF 1.3: Index of closed questions on perceived occurrence of specific affects in general:

Below is a list of words and phrases. Check every term which you believe could fairly be applied to yourself in prevalent attitudes.

- Enthusiastic      - Morbid              - Disappointed
- Distressed        - Cheerful            - Prosperous
- Frivolous         - Troubled            - Annoyed
- Calm               - Miserable           - Thrilled
- Irritable          - Buoyant             - Joyful

The total list contained fifty adjectives, half positive and half negative.

The score was obtained by subtracting the number of 'unhappy' traits mentioned from the number of 'happy' ones.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Intelligence (C 1.3); Perceived happy image (L 2.3); Perceived popularity (P 4.2)

CONCLUSION:

AUTHOR: Webb, E.  
TITLE: Character and intelligence.  
An attempt at an exact study of character.  
SOURCE: London, 1915, Cambridge University Press.

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GOAL OF THE STUDY: To provide a scientific framework for the study of character and intelligence.

REFERS TO: Theory of character; Heymans & Wiersma (1906), Ach (1910)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Structured participant observation (by peers, teachers, doctors, captains of sports) and projective verbal techniques.

DATE OF DATA: 1912 - 1913

POPULATION: Male students and schoolboys, England

SAMPLE CONSTRUCTION: Non-probability chunk sample of male students at a training college (N = 194, average age 21) and schoolboys in four different schools in London (N = 140, average age 12).

NON-RESPONSE:

N: 334

AUTHOR'S HAPPINESS LABEL: General tendency to be cheerful (as opposed to being depressed and low spirited)

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: Students : AFF 5.2: Peer rating of hedonic level of affect  
Schoolboys: AFF 5.3: Class-master rating of hedonic level of affect

Both the students and the schoolboys were rated on a 7-point scale on the basis of observation during 6 months.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS: In one of the correlation tables it appeared that the number of the variables did not correspond with the list of variables presented elsewhere. In most cases we were able to recover the correct numbering.

CORRELATES: Bodily activity (A 1.5); Mental activity (A 1.6); various indicators concerning Affect (A 2.2); various Cognitive characteristics (C 1); Physical health (H 2.1.1); Activity in pursuit of pleasures (L 3.3.1); various Personality characteristics (P 1); Religiousness (R 1.1); Self-esteem (S 2.1.3); Belief in one's powers (S 2.1.4); various Preferences with respect to Social participation (S 4.5); Athletic skill (S 6.1); Working with distant objects in view (T 1.2)

CONCLUSION:

AUTHOR: Wessman, A.E.  
TITLE: A psychological inquiry into satisfaction and happiness.  
SOURCE: Unpublished doctoral dissertation, 1956, Princeton University, U.S.A.

GOAL OF THE STUDY: Assessment and interpretation of relationships between avowed happiness - unhappiness and various social-psychological background characteristics, experience in important life areas and general attitudes.

REFERS TO: Happiness research; Jones (1953)

TYPE OF STUDY: explanatory, explorative, national population, snapshot, non-experimental

DATA GATHERING: Structured interview

DATE OF DATA: February, 1946

POPULATION: National adult population, U.S.A.

SAMPLE CONSTRUCTION: Non-probability quota sample.  
Comparison with the appropriate census figures shows that for all intents and purposes the sample may be considered as a representative national sample of the adult population of the United States.  
age 21+

NON-RESPONSE:

N: 2377

AUTHOR'S HAPPINESS LABEL: Avowed happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: HAPP 1.1: Single closed question rated on a 3-point scale:  
In general, how happy would you say that you are - very happy, fairly happy, or not very happy?

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed: 46% very happy, 45% fairly happy, 8% not very happy, 1% don't know and no answer

REMARKS:

CORRELATES: Age (A 3); Educational level (E 1.1.1); Race (E 2.1); Gender (G 1.1); Childlessness (F 1.2.1); State of family relationships (F 1.4, S 4.1.3); Contentment x happiness (H 1.3.1); various other indicators concerning Happiness (H 1.7-H 1.10); Self-percieved health (H 2.1.2); Desired personal changes (H 3.1); Unfulfilled aspirations (H 3.3.2); Economic status (I 1.1); Time spent in disliked activities (L 2.1.2); various Marital status comparisons (M 1); Positive attitude towards marriage (M 2.2); Caring about what others think about you (P 1.5.2); Ease of making friends (P 1.8.1); various Physical characteristics (P 2.1); Amount of worrying (P 5.1.2); Most important worry (P 5.2.2.2); various factors concerning Religion (R 1); various Domainsatisfactions (S 1)

CONCLUSION: The majority of contemporary Americans avow themselves as being happy. This might be due to the high material standard of living, but it could also be that the majority of Americans are incapable of the damaging admission that they might possibly be unhappy, which would be admission of failure in life. A third interpretation is that people do not set their demands and expectances to levels that will expose them to persistent thwarting. When situations are incapable of fully gratifying one's aspirations, one abandons or alters those aspirations.

AUTHOR: Wessman, A.E., Ricks, D.F. & McIlvaine Tyl, M.  
TITLE: Characteristics and concomitants of mood fluctuation in college women.  
SOURCE: Journal of Abnormal and Social Psychology, 1960, vol. 60, nr 1, p. 117-126.

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GOAL OF THE STUDY: Assessment of relations between self-concept and mood fluctuations.

REFERS TO: Happiness research; Flügel (1925), Johnson (1937)

TYPE OF STUDY: explanatory, testing, special group, snapshot, non-experimental

DATA GATHERING: Daily administration of mood-scale and psychological tests during 6 weeks

DATE OF DATA: October - December, 1957

POPULATION: Female college students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of volunteering Radcliffe college students (see also WESSM 66/1).

NON-RESPONSE: 44% dropouts

N: 14

AUTHOR'S HAPPINESS LABEL: Elation - depression

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale).

The scale was marked each night just before retiring during 6 weeks for: (a) the best S had felt during the day, (b) the worst S had felt during the day, and (c) S's average for the day.  
The mean value of the average mood for the day was used as happiness measure here.

The mood scale contained 10 phrases, ranging from expressions of extreme depression through more neutral feelings to those expressive of extreme elation. The phrases were chosen so that (a) there would be approximately equal subjective gradations between units, and (b) the ends of the scale would be so extreme that few Ss would experience them, and these few would do so on rare occasions.

Elation vs Depression (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.

RELIABILITY: Repeat reliability: between-subject variance in scores of daily mood shown to be greater than variances within individual daily records (significant at 01 level).

VALIDITY:

DISTRIBUTION: positively skewed  
individual means of the daily average ratings varied from 5.43 to 7.37; mean of their means: 6.14; median: 6.14

REMARKS:

CORRELATES: Mood fluctuation (A 2.1.4); various factors concerning Self-image (S 2)

CONCLUSION: Happiness is inversely related to correspondence of real and ideal self image. The less happy girls meet their standards, primarily concerned with intellectual achievement, in elation while the happier have more interests, are more sociable and even in elation experience discrepancy between real and ideal self.



AUTHOR: Wessman, A.E.

TITLE: Personality and the subjective experience of time.

SOURCE: Journal of Personality Assessment, 1973, vol. 37, nr 2, p. 103-114.

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GOAL OF THE STUDY: Assessment of some important dimensions of individual differences in reported experience and use of time, and personality characteristics associated with these dimensions.

REFERS TO: Theory of personality and experience of time; Brayley & Freed (1971), Cottle (1971).

TYPE OF STUDY: explanatroy, explorative, special group, longitudinal, non-experimental

DATA GATHERING: Questionnaires, repeated interviews, and psychological tests during 3 years

DATE OF DATA: + 1960

POPULATION: Male college students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample of Harvard undergraduates, participating in a three-year personality assessment and research project (Wessman & Ricks sample; see WESSM 66/2).

NON-RESPONSE:

N: 17

AUTHOR'S HAPPINESS LABEL: Mood (first instrument) and Happiness (second instrument)

OUR CONCEPTUALIZATION: Hedonic level of affect (first instrument) and Happiness (second instrument)

FIRST INSTRUMENT: AFF 3.1: Repeated single closed question on overall hedonic level for the past day, rated on a 10-point scale (Wessman & Ricks Elation - Depression Scale; see WESSM 60 and WESSM 66/2).  
The scale was scored each night during 6 weeks.

RELIABILITY:

VALIDITY:

DISTRIBUTION:

SECOND INSTRUMENT: COMP 5: Composite clinical rank order of happiness by 6 staff psychologists, based on a lasting, intensive study (see also WESSM 66 under VALIDITY).

RELIABILITY:

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Experience and Use of time (T 1.1)

CONCLUSION:

AUTHOR: Wilson, W.R.

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

SOURCE: Psychological Reports, 1965, vol. 17, p. 371-378.

GOAL OF THE STUDY: Exploration of the relation between sexual conflicts and neurosis.

REFERS TO: Theory of neurosis; Mowrer (1961)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, non-experimental

DATA GATHERING: Administration of highly structured questionnaire in a classroom situation

DATE OF DATA:

POPULATION: Undergraduate colleges students, Hawaii

SAMPLE CONSTRUCTION: Non-probability accidental sample using volunteering attendants of several psychology and anthropology courses. 32 males, 69 females

NON-RESPONSE:

N: 101

AUTHOR'S HAPPINESS LABEL: Happiness

OUR CONCEPTUALIZATION: Happiness

INSTRUMENT: COMP 1.1: Single closed question rated on an 11-point scale:

0	1	2	3	4	5	6	7	8	9	10.
Completely and utterly unhappy.			Not very happy		Happy most of the time.		Very happy almost all of the time.		Completely and supremely happy.	
			Terrible depression and gloom all of the time.						Tremendous joy and elation all of the time.	

RELIABILITY:

VALIDITY:

DISTRIBUTION: slightly positively skewed  
actual range: 1 - 9

REMARKS:

CORRELATES: Age (A 3); Gender (G 1.1); Perceived liberality of sexual attitudes of parents (F 1.1.3.2); Religiousness (R 1.1); various indicators of Sexual attitudes (S 3.1)

CONCLUSION: Religiousness, conservatism in sexual attitudes, and moderate sexual conflicts are associated with happiness.

AUTHOR: Young, P.T.  
TITLE: Laughing and weeping, cheerfulness and depression: A study of moods among college students.  
SOURCE: Journal of Social Psychology, 1937, vol. 8, p. 311-334.

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GOAL OF THE STUDY: Yielding information upon laughing and weeping, cheerfulness and depression.

REFERS TO: Theory of moods; Cason (1931)

TYPE OF STUDY: explanatory, explorative, special group, snapshot, experimental

DATA GATHERING: Highly structured questionnaire, filled out twice by the test-retest group with an interval of 16 days and daily for a period of 3½ weeks by the permanent group

DATE OF DATA: 1934/1935

POPULATION: College students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using attendants of a psychology course.  
- test-retest group: N = 180; 96 males, 84 females  
- permanent group : N = 56; 48 males, 8 females  
age 17 - 24, average age 19

NON-RESPONSE:

N: 236

AUTHOR'S HAPPINESS LABEL: Cheerfulness

OUR CONCEPTUALIZATION: Hedonic level of affect.

INSTRUMENT: AFF 3.1: Repeated single closed question on hedonic level for the past day, rated on a 7-point scale.

The scale was scored twice with an interval of 16 days (test-retest group); or daily, except on Saturdays and Sundays, for a period of three and a half weeks (permanent group).

Consider your experience during the past 24 hours, being as objective and matter-of-fact as possible. Estimate honestly the prevailing or dominant level of your mood, and put a cross through the term which most accurately describes your prevailing feeling.

highly elated / moderately cheerful / mildly cheerful / indifferent / mildly depressed / moderately depressed / extremely gloomy

RELIABILITY:

VALIDITY:

DISTRIBUTION: positively skewed

REMARKS:

CORRELATES: Mood variability (A 2.1.4); Gender (G 1.1); Frequency of laughing (X 1); Weather conditions during experiment (X 1)

CONCLUSION: Moods of cheerfulness and depression are dependent primarily upon meaningful events within the social environment.

AUTHOR: Young, P.T.

TITLE: Is cheerfulness-depression a general temperamental trait?

SOURCE: Psychological Review, 1937, vol. 44, p. 313-319.

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GOAL OF THE STUDY: Test of the hypothesis that a cheerful average daily mood is related to a positive response to various other stimuli.

REFERS TO: Theory of affective processes; Young (1937)

TYPE OF STUDY: explanatory, testing, special group, snapshot, experimental

DATA GATHERING: Administration of mood scale, odors-test and word-test in laboratory situation during at least 4 days with a maximum of 13 days

DATE OF DATA: 1934 - 1935

POPULATION: College students, U.S.A.

SAMPLE CONSTRUCTION: Non-probability chunk sample using attendants of a psychology course.  
'Permanent group' of Young sample (see YOUNG 37A).

NON-RESPONSE: 39% dropouts

N: 34

AUTHOR'S HAPPINESS LABEL: Cheerfulness

OUR CONCEPTUALIZATION: Hedonic level of affect

INSTRUMENT: AFF 3.1: Repeated single closed question on hedonic level for the past day, rated on a 7-point scale (see YOUNG 37A).  
The scale was scored on at least 4 days, with a maximum of 13 days

RELIABILITY: Reasonable repeat reliability as assessed by little variation in individual average deviations over 13 days (from 0.00 to 1.50 with most frequent average deviations between 0.61 and 0.90 scale points).

VALIDITY:

DISTRIBUTION:

REMARKS:

CORRELATES: Inclination to recall pleasant words (P 1.6); Being readily pleased by odors (P 1.6)

CONCLUSION: The temperamental trait of cheerfulness is not wholly general.  
The neural mechanisms which regulate affective reactions to odors are automatically distinct from those which regulate moods.

