

GENERAL HAPPINESS SCALE

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general I consider myself:

1 2 3 4 5 6 7

Not a Happy Person

A Very Happy Person

2. Compared to most of my peers, I consider myself:

1 2 3 4 5 6 7

Less Happy

More Happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1 2 3 4 5 6 7

*Not at
deal
all*

A great

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1 2 3 4 5 6 7

*A great
deal*

Not at all

Scoring instructions

To score the test, total your answers for the questions and divide by 4. The mean for adult Americans is 4.8. Two-thirds of people score between 3.8 and 5.8.