(44) Subjective Happiness Scale

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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. | Not a very happy person | …… | | | | | A very happy person |
| 1. | In general, I consider myself | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  |  | Less happy | …… | | | | | More happy |
| 2. | Compared to most of my peers, I consider  myself | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  |  | Not at all | …… | | | | | A great deal |
| 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 describe you? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 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 describe you? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |