Description of Subjective Happiness Scale

|  |  |
| --- | --- |
| Function | Happy, loving life, depression |
| Relevance | Emotions, mental health, peer comparison |
| Target | General |
| Respondent | General |
| Feature | 4 items in 7-point rating scale |
| Reliability | .82 |
| References | Nan, H., Ni, M. Y., Lee, P. H., Tam, W. W., Lam, T. H., Leung, G. M., & McDowell, I. (2014). Psychometric evaluation of the Chinese version of the Subjective Happiness Scale: evidence from the Hong Kong FAMILY Cohort. *International journal of behavioral medicine, 21*, 646-652. |

Scoring of Subjective Happiness Scale

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Response | Not a very happy person |  |  |  |  |  | A very happy person |
|  | Less happy |  |  |  |  |  | More happy |
|  | Not at all |  |  |  |  |  | A great deal |
| Score for Items 1-3 | 0 | 16.67 | 33.33 | 50 | 66.67 | 83.34 | 100 |
|  | Not at all |  |  |  |  |  | A great deal |
| Score for Item 4 (Reverse-coded) | 100 | 83.34 | 66.67 | 50 | 33.33 | 16.67 | 0 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation  |
| 30-70 | Some concern for intervention |
| 0-30 | Great concern for intervention |