

World Database of Happiness



Correlational Findings on Happiness and PERSONALITY: CHANGE Subject Code: P2

© on data collection: [Ruut Veenhoven](#),
[Erasmus University Rotterdam](#)

Classification of Findings

<i>Subject Code</i>	<i>Description</i>	<i>Nr of Studies on this Subject</i>
P2	PERSONALITY: CHANGE	0
P2.1	Change in personality	1
P2.1.1	Change in personality organization	0
P2.1.2	Change in personality traits	0
P2.1.2.2	Change in ambitiousness	0
P2.1.2.9	Change in approval seeking	0
P2.1.2.30	Change in dominance	0
P2.1.2.58	Change in control orientation	3
P2.2	Current stage of development	5
P2.3	Course of development	1
Appendix 1	Happiness Items used	
Appendix 2	Statistics used	
Appendix 3	About the World Database of Happiness	
Appendix 4	Further Findings in the World Database of Happiness	
Appendix 5	Related Subjects	

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 World Database of Happiness, Correlational Findings
 Internet: worlddatabaseofhappiness.eur.nl
 Erasmus University Rotterdam, 2009, Netherlands

Correlational finding on Happiness and Change in personality

Subject code: P2.1

Study LICHT 1980/1

Reported in: Lichter.S.; Haye, K.; Kamman. R
Increasing Happiness through Cognitive Retraining.
New Zealand Psychologist, 1980, Vol.9, 57 - 64
Page in Report: 60

Population: Adults, trainees and controls, followed 10 weeks, Dunedin, New Zealand, 1978

Sample:

Non-Response: 15%

N: 23

Correlate

Authors label: Beliefs about self (2)

Our classification: Change in personality, code P2.1

Measurement: 28-item index with 4 response categories. Typical items are:

- I choose my emotions and feelings
- I believe my personality is fixed
- I am ready to try out new experiences

Assessed at the start (T1) and the end (T2) of a course on happiness and mental health.

Observed Relation with Happiness

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

Correlational finding on Happiness and Change in control orientation

Subject code: P2.1.2.58

Study **ARNOL 2006**

Reported in: Arnold, R; Rancher, A.V.; Koëter G.H.; DeJongste, M. J.; Wempe, J.B.; et.al. Changes in Personal Control as a Predictor of Quality of Life after Pulmonary Rehabilitation. Patient Education and Counseling, 2006, Vol. 61, 99 -108 ISSN 0738 3991. Doi:10.1016/j.pec.2005.02.015
Page in Report: 104-5

Population: COPD patients, before and after 20 week rehabilitation programme, Netherlands, 2001-2002

Sample: Non-probability purposive sample

Non-Response: 21

N: 65

Correlate

Authors label: Mastery

Our classification: Change in control orientation, code P2.1.2.58

Measurement: Selfreport on 7 questions such as:
- I have little control over the things that happen to me
- I can do just anything I really set my mind to do

Pearlin and Schooler (1978) Mastery Scale. Range 7-35

Measured Values: Range: 7-35; T1: M = 22,6, SD = 5,1; T2: M = 21,2, SD = 4,7

Remarks: Assessed before (T1) and after (T2) 20 week rehabilitation program
T1-T2 change: ns

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
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Measurement: Self report on six questions such as:
 - How confident are you that you can control your breathlessness by taking your medications?

Subscale of Sullivan 1998 self efficacy scale

Measured Values: Range 0-24; T1: M = 17,8 SD = 3,2 T2: M = 19,7 SD = 2,9

Remarks: Assessed before (T1) and after (T2) 20 week rehabilitation program
 T1- T2 change $p < .002$

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>C-BW/c/sq/l/11/a</u>	<u>$r = +.06$</u> <u>ns</u>	T1 symptom control by T2 happiness
<u>C-BW/c/sq/l/11/a</u>	<u>Beta =</u> <u>$+ .03$ ns</u>	- age - gender - T1 happiness (indicating CHANGE in happiness)
<u>C-BW/c/sq/l/11/a</u>	<u>$r = +.15$</u> <u>ns</u>	T1-T2 CHANGE in symptom control by T2 happiness
<u>C-BW/c/sq/l/11/a</u>	<u>Beta =</u> <u>$+ .25$ ns</u>	Beta's controled for: - age - gender - T1 happiness (indicating CHANGE in happiness)
T1-T2: before-after 20 week rehabilitation program		

Correlational finding on Happiness and Change in control orientation

Subject code: P2.1.2.58

Study ARNOL 2006

Reported in: Arnold, R; Rancher, A.V.; Koëter G.H.; DeJongste, M. J.; Wempe, J.B.; et.al.
 Changes in Personal Control as a Predictor of Quality of Life after Pulmonary Rehabilitation.
 Patient Education and Counseling, 2006, Vol. 61, 99 -108 ISSN 0738 3991.
 Doi:10.1016/j.pec.2005.02.015
 Page in Report: 104-105

Population: COPD patients, before and after 20 week rehabilitation programme, Netherlands, 2001-2002

Sample: Non-probability purposive sample

Non-Response: 21

N: 65

Correlate

Authors label: Self efficacy: maintain function

Our classification: Change in control orientation, code P2.1.2.58

Measurement: Self report on three questions such as:
 - How confident are you that you can get regular exercise?
 Maintain function subscale of Sullivan (1998) self efficacy scale

Measured Values: Range: 0-12; T1: M = 7,2, SD = 2,4; T2: M = 8,0, SD = 2,6

Remarks: Assessed before (T1) and after (T2) 20 week rehabilitation program
 T1=T2 change ns

Observed Relation with Happiness

Happiness Measure	Statistics	Elaboration/Remarks
<u>C-BW/c/sq/l/11/a</u>	<u>r=+.29</u> <u>ns</u>	T1 maintain function by T2 happiness
<u>C-BW/c/sq/l/11/a</u>	<u>Beta=</u> <u>+32</u> <u>p<.073</u>	- age - gender - T1 happiness (indicating CHANGE in happiness)

<u>C-BW/c/sq/l/11/a</u>	<u>r=+.19</u> <u>ns</u>	T1-T2 CHANGE in maintain function by T2 happiness
<u>C-BW/c/sq/l/11/a</u>	<u>B=+.27</u> <u>ns</u>	Betas controled for: - age - gender - T1 happiness (indicating CHANGE in happiness) T1-T2: before-after 20 week rehabilitation program

Correlational finding on Happiness and Current stage of development

Subject code: P2.2

Study CONST 1965

Reported in: Constantinople, A.P.
Some Correlates of Happiness and Unhappiness in College Students.
Unpublished Doctoral Dissertation, 1965, University of Rochester, USA.
Page in Report: 52-57

Population: College students, University of Rochester, USA, 1965

Sample:

Non-Response: 30% (take home questionnaire).

N: 952

Correlate

Authors label: Psycho-social development. (1)

Our classification: Current stage of development, code P2.2

Measurement: 60-item inventory describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crises of Erikson's stages of psycho-social development (adapted from Wessman & Ricks; see last pages).

1a. Successful first stage: basic trust

1b. Unsuccessful first stage: basic mistrust.

2a. Successful second stage: autonomy.

2b. Unsuccessful second stage: shame and doubt.

3a. Successful third stage: initiative.

3b. Unsuccessful third stage: guilt.

4a. Successful fourth stage: industry.

4b. Unsuccessful fourth stage: inferiority.

5a. Successful fifth stage: identity.

5b. Unsuccessful fifth stage: identity diffusion.

6a. Successful sixth stage: intimacy.

6b. Unsuccessful sixth stage: isolation

Remarks: Analysis on the basis of the 16 most happy and 16 least happy Ss in each of the 8 sex/class groups (N=256). The same items as in the Wessman & Ricks study were used. In this study each item was rated on a 7-point scale ranging from 'definitely most uncharacteristic of you' to 'definitely most characteristic of you'. Significance and elaboration were based on Analysis of Variance.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-AOL/cy/sq/v/10/a</u>	<u>DM=+</u> <u>p<.01</u>	Unaffected by sex and stage of study.
<u>A-AOL/cy/sq/v/10/a</u>	<u>DM=-</u> <u>p<.01</u>	Lower in junior years, esp. among males. In senior years stronger among females.
<u>A-AOL/cy/sq/v/10/a</u>	<u>DM= ns</u>	Slightly negative among males. Slightly positive among females.
<u>A-AOL/cy/sq/v/10/a</u>	<u>DM=-</u> <u>p<.01</u>	Stronger among females than among males. Unaffected by stage of study.
<u>A-AOL/cy/sq/v/10/a</u>	<u>DM=+</u> <u>p<.01</u>	Unaffected by sex and stage of study.
<u>A-AOL/cy/sq/v/10/a</u>	<u>DM=-</u> <u>p<.01</u>	Among males stronger in freshman years. Among females strongest in senior years and lowest in junior years.

A-AOL/cy/sq/v/10/a	<u>DM=+</u> <u>p<.01</u>	Unaffected by sex and stage of study.
A-AOL/cy/sq/v/10/a	<u>DM=-</u> <u>p<.01</u>	Unaffected by sex and study.
A-AOL/cy/sq/v/10/a	<u>DM=+</u> <u>p<.01</u>	Among males strongest in sophomore years and lowest in senior years. Among females stronger in senior years.
A-AOL/cy/sq/v/10/a	<u>DM=-</u> <u>p<.01</u>	Unaffected by sex and stage of study.
A-AOL/cy/sq/v/10/a	<u>DM=+</u> <u>p<.01</u>	Unaffected by sex and stage of study.
A-AOL/cy/sq/v/10/a	<u>DM=-</u> <u>p<.01</u>	Unaffected by sex and stage of study.

Correlational finding on Happiness and Current stage of development

Subject code: P2.2

Study	CONST 1970
<i>Reported in:</i>	Constantinople, A.P. Some Correlates of Average Level of Happiness among College Students. Paper, 1970 based on unpublished doctoral dissertation, 1965, University of Rochester, USA Page in Report: 10
<i>Population:</i>	Undergraduate college students, University of Rochester, USA, followed 12 months, 1965-68
<i>Sample:</i>	

Non-Response: 50% return of mailed questionnaire.

N: 581

Correlate

Authors label: Psycho-social development. (1)

Our classification: Current stage of development, code P2.2

Measurement: 60-item Inventory of Psycho-Social Development.

- 1a. Successful first stage: basic trust
- 1b. Unsuccessful first stage: basic mistrust.
- 2a. Successful second stage: autonomy.
- 2b. Unsuccessful second stage: shame and doubt.
- 3a. Successful third stage: initiative.
- 3b. Unsuccessful third stage: guilt.
- 4a. Successful fourth stage: industry.
- 4b. Unsuccessful fourth stage: inferiority.
- 5a. Successful fifth stage: identity.
- 5b. Unsuccessful fifth stage: identity diffusion.
- 6a. Successful sixth stage: intimacy.
- 6b. Unsuccessful sixth stage: isolation.

Remarks: These dat concern all Ss from the Constantinople (1965) sample (see above).
In this analysis N = 581.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
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A-AOL/cy/sq/v/10/a r=+ 1a:basic trust
 freshman males : r = +.34 (01)
 senior males : r = +.48 (01)
 freshman females : r = +.33 (01)
 senior females : r = +.43 (01)

A-AOL/cy/sq/v/10/a r=- 1b:basic mistrust
 freshman males : r = -.37 (01)
 senior males : r = -.58 (01)
 freshman females : r = -.21 (01)
 senior females : r = -.42 (01)

A-AOL/cy/sq/v/10/a r=+ 2a:autonomy
 freshman males : r = +.12 (ns)
 senior males : r = +.18 (05)
 freshman females : r = +.10 (ns)
 senior females : r = +.12 (ns)

A-AOL/cy/sq/v/10/a r=- 2b:shame and doubt
 freshman males : r = -.10 (ns)
 senior males : r = -.21 (05)
 freshman females : r = -.07 (ns)
 senior females : r = -.25 (01)

A-AOL/cy/sq/v/10/a r=+ 3a:initiative
 freshman males : r = +.19 (05)
 senior males : r = +.38 (01)
 freshman females : r = +.36 (01)
 senior females : r = +.24 (01)

A-AOL/cy/sq/v/10/a r=- 3b:guilt
 freshman males : r = -.32 (01)
 senior males : r = -.46 (01)
 freshman females : r = -.18 (05)
 senior females : r = -.24 (01)

A-AOL/cy/sq/v/10/a r=+ 4a:industry
 freshman males : r = +.14 (ns)
 senior males : r = +.25 (01)
 freshman females : r = +.09 (ns)
 senior females : r = +.16 (ns)

A-AOL/cy/sq/v/10/a r=- 4b:inferiority
 freshman males : r = -.13 (ns)
 senior males : r = -.21 (05)
 freshman females : r = -.15 (ns)
 senior females : r = -.23 (01)

A-AOL/cy/sq/v/10/a r=+ 5a:identity
 freshman males : r = +.18 (05)
 senior males : r = +.48 (01)
 freshman females : r = +.35 (01)
 senior females : r = +.42 (01)

A-AOL/cy/sq/v/10/a r=- 5b:identity diffusion
 freshman males : r = -.12 (ns)
 senior males : r = -.10 (ns)
 freshman females : r = -.01 (ns)
 senior females : r = -.21 (05)

A-AOL/cy/sq/v/10/a r=+ 6a:intimacy
 freshman males : r = +.14 (ns)
 senior males : r = +.39 (01)
 freshman females : r = +.19 (05)
 senior females : r = +.20 (05)

A-AOL/cy/sq/v/10/a r=- 6b:isolation
 freshman males : r = -.22 (01)
 senior males : r = -.36 (01)
 freshman females : r = -.27 (01)
 senior females : r = -.36 (01)

Correlational finding on Happiness and Current stage of development

Subject code: P2.2

Study WESSM 1966/2

Reported in: Wessman, A.E.;Ricks, D.F.
 Mood and Personality.
 Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
 Page in Report: 107-109

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample: Non-probability chunk sample

Non-Response: 37%: 9 dropouts, incomplete; about the same happiness distribution.

N: 17

Correlate

Authors label: Psycho-social stages of development (1)

Our classification: Current stage of development, code P2.2

Measurement: 60-item Q sort, describing characteristics indicative of successful and unsuccessful resolutions of the first six developmental crisis of Erikson's stages of psycho-social development (see Erikson, 1959). There were 5 items indicative of successful and 5 items indicative of unsuccessful resolution for each of the six stages. The subject was instructed to fit the set of items into a forced, seminormal distribution on a 7-point scale ranging from 'least characteristic' to 'most characteristic'.

- 1A. Successful oral sensory:
basic trust.
Placid and untroubled / accessible
to new ideas / imperturbable optimist / able to take things as they come / deep, unshakable faith in himself.
- 1B. Unsuccessful oral sensory:
basic mistrust.
Incapable of absorbing frustration and everything frustrates him / can't share things with anybody / pessimistic, little hope / dim nostalgia for lost paradise / never gets what he really wants.
- 2A. Successful muscular anal:
autonomy.
Values independence above security / free and spontaneous / stands on his own two feet / quietly goes his own way / good judge of when to comply and when to assert himself.

- 2B. Unsuccessful muscular anal:
shame and doubt.
An automatic response to all situations / meticulous and over-organized / cautious, hesitant, doubting / feels as if he were being followed / always in the wrong, apologetic.
- 3A. Successful locomotor genital:
initiative.
Adventuresome / dynamic / ambitious / inventive, delights in finding new solutions to new problems / sexually aware.
- 3B. Unsuccessful locomotor genital:
guilt.
Sexually blunted / afraid to impotence / thinks too much about the wrong things / big smoke but no fire / inhibited and self-restricted.
- 4A. Successful latency:
industry.
Conscientious and hard working / interested in learning and likes to study / serious, has high standards / accomplishes much, truly productive / excels in his work.
- 4B. Unsuccessful latency:
inferiority.
Can't fulfill his ambitions / doesn't apply himself fully / fritters away his time / ineffective, doesn't amount to much / a playboy, always 'hacking' around.
- 5A. Successful puberty adolescence:
identity.
Confidence is brimming over / natural and genuine / poised / knows who he is and what he wants out of life / pride in his own character and values.
- 5B. Unsuccessful puberty and adolescence:
role diffusion.

A poseur, all facade and pretence /
spreads himself thin / attempts to
appear at ease / never knows he
feels / afraid of commitment.

- 6A. Successful young adulthood:
intimacy.
Candid, not afraid to expose him-
self / warm and friendly / has
sympathetic concern for others /
tactful in interpersonal relat-
ions / comfortable in intimate re-
lationships.
- 6B. Unsuccessful young adulthood:
isolation.
Little regard for the rest of the
world / pre-occupied with himself /
very lonely / cold and remote / se-
cretly oblivious of the opinions of
others.

Remarks: Self-description made both in very elated and in very
depressed moods. ('an accurate picture of yourself as your
honestly feel and believe you are'.)

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/</u> <u>a</u>	<u>r=+.21</u> <u>ns</u>	1A.Basic trust: in elation

<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.44</u>	in depression
<u>a</u>	<u>ns</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.56</u>	1B. Basic mistrust: in elation
<u>a</u>	<u>p<.05</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.86</u>	in depression
<u>a</u>	<u>p<.05</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.03</u>	2A. Autonomy: in elation
<u>a</u>	<u>ns</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.50</u>	in depression
<u>a</u>	<u>p<.05</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.45 ns</u>	2B. Shame and doubt: in elation
<u>a</u>		

<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.74</u>	in depression
<u>a</u>	<u>p<.05</u>	

A-ARE/md/sqr/v/10/ r=+.63 3A. Initiative: in elation
a p<.05

A-ARE/md/sqr/v/10/ r=+.66 in depression
a p<.05

A-ARE/md/sqr/v/10/ r=-.28 ns 3B. Guilt: in elation
a

A-ARE/md/sqr/v/10/ r=-.39 ns in depression
a

A-ARE/md/sqr/v/10/ r=+.62 4A. Industry: in elation
a p<.05

A-ARE/md/sqr/v/10/ r=+.48 in depression
a p<.05

A-ARE/md/sqr/v/10/ r=-.56 4B. Inferiority: in elation
a p<.05

A-ARE/md/sqr/v/10/ r=-.62 in depression
a p<.05

<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.42</u>	5A. Identity: in elation
<u>a</u>	<u>ns</u>	
<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.54</u>	in depression
<u>a</u>	<u>p<. 05</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.26 ns</u>	5B. Role diffusion: in elation
<u>a</u>		
<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.23 ns</u>	in depression
<u>a</u>		

<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.67</u>	6A. Intimacy: in elation
<u>a</u>	<u>p<. 05</u>	
<u>A-ARE/md/sqr/v/10/</u>	<u>r=+.69</u>	in depression
<u>a</u>	<u>p<. 05</u>	

<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.71</u>	6B. Isolation: in elation
<u>a</u>	<u>p<. 05</u>	
<u>A-ARE/md/sqr/v/10/</u>	<u>r=-.66</u>	in depression
<u>a</u>	<u>p<. 05</u>	

Correlational finding on Happiness and Current stage of development
Subject code: P2.2

Study**WESSM 1966/2**

Reported in: Wessman, A.E.;Ricks, D.F.
Mood and Personality.
Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
Page in Report: 112/113

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample: Non-probability chunk sample

Non-Response: 37%: 9 dropouts, incomplete; about the same happiness distribution.

N: 17

Correlate

Authors label: Psycho-social development (1)

Our classification: Current stage of development, code P2.2

Measurement: Analysis of individual items from a 60- item Q sort, filled out both in very elated and in very depressed moods for both self-concept ('an accurate picture of yourself as you honestly feel and believe you are') and ideal-concept ('the picture of the sort of person you have hoped to become or fancied yourself to be').

Observed Relation with Happiness

Happiness Measure

Statistics Elaboration/Remarks

A-ARE/md/sqr/v/10/
a

r= + p<.
05

The unhappy men were more concerned, in both their real-self and ideal-self, with Erikson's fourth development crisis Industry vs Inferiority, while the happy men were more concerned with the sixth stage Intimacy vs Isolation.
(See also 'Congruency between Real and Ideal Self-Image', and 'Content of Self-Image'; S 2.1.1 and S 2.2).

Correlational finding on Happiness and Current stage of development

Subject code: P2.2

Study **WESSM 1966/2**

Reported in: Wessman, A.E.;Ricks, D.F.
Mood and Personality.
Holt, Rinehart and Wilson, 1966, New York, USA. ISBN 03 0541 151 8
Page in Report: 124

Population: Male college students, followed 3 years, Harvard University, USA, 1957-60

Sample: Non-probability chunk sample

Non-Response: 37%: 9 dropouts, incomplete; about the same happiness distribution.

N: 17

Correlate

Authors label: Psycho-sexual stages of development (1)

Our classification: Current stage of development, code P2.2

Measurement: Composite clinical rank order on symptomatic characteristics indicative of degree of fixation at or regression to the various psycho-sexual stages.

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>
<u>A-ARE/md/sqr/v/10/a</u>	<u>r= ns</u>	1. Oral receptive
<u>A-ARE/md/sqr/v/10/a</u>	<u>r= ns</u>	2. Oral aggressive
<u>A-ARE/md/sqr/v/10/a</u>	<u>r= ns</u>	3. Anal expulsive
<u>A-ARE/md/sqr/v/10/a</u>	<u>r=-.44</u> <u>p<. 10</u>	4. Anal rententive

[A-ARE/md/sqr/v/10/](#) [r= ns](#)

5. Urethral icarian

[a](#)

Correlational finding on Happiness and Course of development

Subject code: P2.3

Study STECA 2004

Reported in: Steca, P.; Paciello, M.; Picconi, L.
Self-Efficacy Beliefs as Personal Determinants of Subjective Well-Being across Ages.
Presentation 2nd European Conference on Positive Psychology, 2004, Pallanza, Italy
Page in Report:

Population: Elementary school students followed 10 years, Italy, 199?

Sample: Non-probability purposive sample

Non-Response: 76/114

N: 306

Correlate

Authors label: Developmental pathways

Our classification: Course of development, code P2.3

Measurement: Development since T1
A. Positive-stable
from well-adapted to well-adapted
B Negative-stable:
passing from ill-adapted to ill-adapted
C Worsening:
from well-adapted clusters to ill-adapted
D Improvement:
from ill-adapted clusters to well-adapted

Measured Values: T1: N(male, female) 1=93(37,56), 2=22(21,1), 3=54(23,31), 4=84(59,25), irregular=53
T2: N(male, female) 1=75(27,48), 2=12(only male), 3=40(17,23), 4=61(42,19) T3: N
(male, female) 1=64(21,43), 2=9(only male), 3=29(14,15), 4=54(36,18)

Remarks: Adapted clusters are measured by Prosocial behavior scale in self report and teacher rating, Emotional instability scale in self report and teacher rating, Physical and verbal aggression scale in self report and teacher rating, and social efficacy with peer nomination relative to popularity and refuse in the class

Observed Relation with Happiness

<i>Happiness Measure</i>	<i>Statistics</i>	<i>Elaboration/Remarks</i>	
A-BW/?/mq/?/0/a	DM=+	T2 happiness	T3 happiness
		A: M=1.47, SD=.83	M=1.56, SD=1.22
		B: M=0.96, SD=.75	M=1.42, SD=1.03
		C: M=0.80, SD=.91	M=1.13, SD=1.09
		D: M=1.63, SD=.62	M=1.78, SD= .86
A-BW/?/mq/?/0/a	BMCT= p<.01	At T2: A, B >C	
A-BW/?/mq/?/0/a	BMCT= ns	At T3	

Appendix 1: Happiness Items used

<i>Happiness Item Code</i>	<i>Full Text</i>
A-AOL/cy/sq/v/10/a	Selfreport on single question: "In thinking over the past year, indicate how elated or depressed, happy or unhappy you have felt....?" 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.

A-ARE/md/sqr/v/10/a Selfreport on single question, repeated every evening before retiring during 3 weeks (experience sampling).

"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.

Name: Wessman & Ricks' `Elation - Depression Scale" (adapted version)

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

SENTENCES

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

- A Nothing goes right with me
- B I feel close to people around me
- C I feel as though the best years of my life are over
- D I feel my life is on the right track
- E I feel loved and trusted
- F My work gives me a lot of pleasure
- G I don't like myself
- H I feel very tense
- I I feel life isn't worth living
- J I am content with myself
- K My past life is filled with failure
- L Everything I do seems worthwhile
- M I an't be bothered doing anything
- N I feel I can do whatever I want to
- O I have lost interest in other people and don't care about them
- P Everything is going right for me
- Q I can express my feelings and emotions towards other people
- R I'm easy going
- S I seem to be left alone when I don't want to be
- T I wish I could change some parts of my life
- U I seem to have no real drive to do anything
- V The future looks good
- W I become very lonely

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

ADJECTIVES

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

A Confident
B Hopeless
C Pleasant
D Insignificant
E Discontented
F Healthy
G Dejected
H Annoyed
I Down
J Glad
K Glowing
L Relaxed
M Comfortable
N Moody
O Understood
P Blue
Q Miserable
R Joyful
S Tense
T Insecure
U Shaky
V Satisfied

W Safe
X Successful
Y Free
Z Sad
AA Good-natured
AB Impatient
AC Rejected
AD Lively
AE Frustrated
AF Fearful
AG Lonely
AH Warm
AI Contented
AJ Good
AK Secure
AL Disappointed
AM Understanding
AN Depressed
AO Low
AP Calm
AQ Unhappy
AR Upset
AS Empty
AT Enthusiastic
AU Happy
AV Vibrant

Answer options:

0 not at all
1 occasionally
2 some of the time
3 often
4 all of the time

Summation:

-Positive Affect Score (PAS): mean positive items
-Negative Affect Score (NAS): mean negative items
-Affect Balance Score (ABS): PAS minus NAS
Possible range - 4 to +4

Name: Kamman's Affectometer 1: version last month

A-BW/?/mq/?/0/a

Selfreport on 20 questions:
Lead item not reported.

A nervous
B distressed
C afraid
D jittery
E irritable
F upset
G scared
H exited
I ashamed
J guilty
K hostile
L active
M determined
N inspired
O enthusiastic
P alert
Q attentive
R proud
S strong
T interested

Negative affect score (NAS): A to K
Positive affect score (PAS): L to T
Affect Balance Score (ABS): PAS - NAS

Name: Watson's PANAS version not reported

C-BW/c/sq//11/a

Selfreport on single question:

"Here is a picture of a ladder. Suppose we say that the top of the ladder represents the best possible life for you and the bottom represents the worst possible life for you. Where on the ladder do you feel you personally stand at the present time?"

[10] best possible life

[9]

[8]

[7]

[6]

[5]

[4]

[3]

[2]

[1]

[0] worst possible life

Preceded by 1) open questions about what the respondent imagines as the best possible life and the worst possible life. 2) ratings on the ladder of one's life five years

ago and where on the ladder one expects to stand five years from now.

Name: Cantril's self anchoring ladder rating of life (original)

Appendix 2: Statistics used

<i>Symbol</i>	<i>Explanation</i>
B	REGRESSION COEFFICIENT (non-standardized) by LEAST SQUARES (OLS) Type: test statistic Measurement level: Correlate: metric, Happiness: metric Theoretical range: unlimited Meaning: $B > 0$ A higher correlate level corresponds with, on an average, higher happiness rating. $B < 0$ A higher correlate level corresponds with, on an average, lower happiness rating. $B = 0$ Not any correlation with the relevant correlate.
Beta	(β) STANDARDIZED REGRESSION COEFFICIENT by LEAST SQUARES (OLS) Type: test statistic. Measurement level: Correlates: all metric, Happiness: metric. Range: [-1 ; +1] Meaning: $\beta > 0$ « a higher correlate level corresponds with, on an average, higher happiness rating. $\beta < 0$ « a higher correlate level corresponds with, on an average, lower happiness rating. $\beta = 0$ « no correlation. $\beta = +1$ or -1 « perfect correlation. Remark: Mean of observations is subtracted from all observations if standardized.
BMCT	BONFERRONI's MULTIPLE COMPARISON TEST Type: statistical procedure Measurement level: Correlate: nominal, Happiness: metric Meaning: if the correlate is measured at c levels, the c mean happiness values can be ranked from low to high. A multiple comparison procedure judges for each of the $\frac{1}{2}c(c-1)$ pairs whether or not they differ significantly. A convenient way to represent the results is by ranking the c means and by underlining them in such a way that means which have a common underlining do NOT differ significantly. When added by us, this test is performed at the 95% confidence level for all the differences together.

DM

DIFFERENCE of MEANS

Type: descriptive statistic only.

Measurement level: Correlate: dichotomous, Happiness: metric

Range: depending on the happiness rating scale of the author; range symmetric about zero.

Meaning: the difference of the mean happiness, as measured on the author's rating scale, between the two correlate levels.

r

PRODUCT-MOMENT CORRELATION COEFFICIENT (Also "Pearson's correlation coefficient" or simply 'correlation coefficient')

Type: test statistic.

Measurement level: Correlate: metric, Happiness: metric

Range: [-1; +1]

Meaning:

r = 0 « no correlation ,

r = 1 « perfect correlation, where high correlate values correspond with high happiness values, and

r = -1 « perfect correlation, where high correlate values correspond with low happiness values.

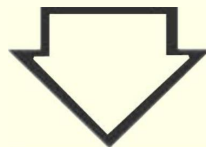
Appendix 3: About the World Database of Happiness**Structure of the collections**

The World Database of Happiness is an ongoing register of scientific research on the subjective enjoyment of life.

It brings together findings that are scattered throughout many studies and provides a basis for synthetic work.

World literature on Happiness

Selection on subject



Bibliography and Directory

Selection of empirical studies



Selection on valid measurement: Item

Bank

Abstracting and classification of findings



How happy people are, distributional findings
[Happiness in Nations](#) , [Happiness in Publics](#)

What goes together with happiness
[Correlational Findings](#)



Listing of comparable findings in Nations



[States of Nations](#) , [Trends in Nations](#)

Size of the collections

1226 Happiness measures (Item Bank)

4258 Nations surveys in 206 Nations

149 Distinguished publics in 1199 studies

12032 Correlational findings in 1196 studies

Appendix 4 Further Findings in the World Database of Happiness

<i>Main Subjects</i>	<i>Subject Description</i>	<i>Number of Studies</i>
A1	ACTIVITY: LEVEL (how much one does)	58
A2	ACTIVITY: PATTERN (what one does)	32
A3	AFFECTIVE LIFE	48
A4	AGE	400
A5	AGGRESSION	12
A6	ANOMY	32
A7	APPEARANCE (good looks)	15
A8	ATTITUDES	6
A9	AUTHORITARIANISM	4
B1	BIRTH CONTROL	1
B2	BIRTH HISTORY (own birth)	201
B3	BODY	77
C1	CHILDREN	1
C2	CHILDREN: WANT FOR (Parental aspirations)	6
C3	CHILDREN: HAVING (parental status)	195
C4	CHILDREN: CHARACTERISTICS OF ONE'S CHILDREN	25
C5	CHILDREN: RELATION WITH ONE'S CHILDREN	8
C6	CHILDREN: REARING OF ONE'S CHILDREN (parental behavior)	26
C7	COMMUNAL LIVING	9

C8	CONCERNS	18
C9	COPING	43
C10	CREATIVENESS	6
C11	CULTURE (Arts and Sciences)	8
D1	DAILY JOYS & HASSLES	5
E1	EDUCATION	302
E2	EMPLOYMENT	363
E3	ETHNICITY	98
E4	EXPRESSIVE BEHAVIOR	12
F1	FAMILY OF ORIGIN (earlier family for adults, current for young)	236
F2	FAMILY OF PROCREATION	58
F3	FAMILY OF RELATIVES	157
F4	FARMING	25
F5	FREEDOM	32
F6	FRIENDSHIP	152
G1	GENDER	370
G2	GRIEF	1
H1	HABITS	1
H2	HANDICAP	25
H3	HAPPINESS: VIEWS ON HAPPINESS	49
H4	HAPPINESS: DISPERSION OF HAPPINESS	10
H5	HAPPINESS: CAREER	191
H6	HAPPINESS: CORRESPONDENCE OF DIFFERENT MEASURES	310
H7	HAPPINESS OF OTHERS	0
H8	HAPPINESS: REPUTATION OF HAPPINESS	19
H9	HEALTH-BEHAVIOR	25
H10	HELPING	5
H11	HOPE	8
H12	HOUSEHOLD: COMPOSITION	137
H13	HOUSEHOLD: WORK	32
H14	HOUSING	106
I1	INCOME	552
I2	INSTITUTIONAL LIVING	43
I3	INTELLIGENCE	71
I4	INTERESTS	8
I5	INTERVIEW	73
I6	INTIMACY	103
L1	LANGUAGE	2
L2	LEADERSHIP	8

L3	LEISURE	206
L4	LIFE APPRAISALS: OTHER THAN HAPPINESS	368
L5	LIFE CHANGE	35
L6	LIFE EVENTS	86
L7	LIFE GOALS	75
L8	LIFE HISTORY	2
L9	LIFE STYLE	22
L10	LOCAL ENVIRONMENT	374
L11	LOTTERY	8
L12	LOVE-LIFE	31
M1	MARRIAGE: MARITAL STATUS CAREER	64
M2	MARRIAGE: CURRENT MARITAL STATUS	543
M3	MARRIAGE: RELATIONSHIP	115
M4	MARRIAGE: PARTNER	46
M5	MEANING	23
M6	MEDICAL TREATMENT	81
M7	MENTAL HEALTH	218
M8	MIGRATION: TO OTHER COUNTRY	29
M9	MIGRATION: MOVING WITHIN COUNTRY (residential mobility)	17
M10	MIGRATION: MIGRANT WORK	3
M11	MILITARY LIFE	7
M12	MODERNITY	6
M13	MOOD	246
M14	MOTIVATION	7
N1	NATION: NATIONALITY	29
N2	NATION: ERA (temporal period)	41
N3	NATION: NATIONAL CHARACTER (modal personality)	29
N4	NATION: CONDITION IN ONE'S NATION	430
N5	NATION: POSITION OF ONE'S NATION	1
N6	NATION: ATTITUDES TO ONE'S NATION	152
N7	NATION: LIVABILITY OF ONE'S NATION	17
N8	NATION i: ATTITUDES IN	1
N9	REGION IN NATION	59
N10	NUTRITION	23
N21	ERA	0
O1	OCCUPATION	178
O2	ORGAN TRANSPLANTATION	17
P1	PERSONALITY: HISTORY	48
P2	PERSONALITY: CHANGE	10

P3	PERSONALITY: CURRENT ORGANIZATION	7
P4	PERSONALITY: CURRENT TRAITS	462
P5	PERSONALITY: LATER	23
P6	PHYSICAL HEALTH	427
P7	PLANNING	11
P8	POLITICAL BEHAVIOUR	231
P9	POPULARITY	26
P10	POSSESSIONS	60
P11	PRISON	1
P12	PROBLEMS	25
P13	PSYCHO-SOMATIC COMPLAINTS	62
P14	PETS	3
R1	RELIGION	251
R2	RESOURCES	9
R3	RETIREMENT	89
R4	ROLES	23
S1	SCHOOL	129
S2	SELF-IMAGE	237
S3	SEX-LIFE	61
S4	SLEEP	16
S5	SOCIAL MOBILITY	17
S6	SOCIAL PARTICIPATION: PERSONAL CONTACTS	69
S7	SOCIAL PARTICIPATION : VOLUNTARY ASSOCIATIONS	131
S8	SOCIAL PARTICIPATION: TOTAL (personal + associations)	34
S9	SOCIO-ECONOMIC STATUS	154
S10	SOCIAL SUPPORT: RECEIVED	62
S11	SOCIAL SUPPORT: PROVIDED	6
S12	SPORTS	38
S13	STIMULANTS	49
S14	SUICIDE	8
S15	SUMMED DETERMINANTS	92
T1	TIME	53
T2	THERAPY	38
T3	TOLERANCE	37
V1	VALUES: CAREER	8
V2	VALUES: CURRENT PREFERENCES (own)	73
V3	VALUES: CLIMATE (current values in environment)	7
V4	VALUES: SIMILARITY (current fit with others)	12
V5	VICTIM	14

W1	WAR	5
W2	WISDOM	2
W3	WORK: CAREER	2
W4	WORK: CONDITIONS	68
W5	WORK: ATTITUDES	347
W6	WORK: PERFORMANCE (current)	29
W7	WORRIES	31
XX	UNCLASSIFIED	25

Appendix 5: Related Subjects

<i>Subject</i>		<i>Related Subject(s)</i>	
P2	PERSONALITY: CHANGE	M14.1.2	Change in motivation
P2.1.2.2	Change in ambitiousness	P4.2	Ambitious
P2.1.2.9	Change in approval seeking	P4.9	Approval seeking
P2.1.2.30	Change in dominance	P4.30	Dominant
P2.1.2.58	Change in control orientation	P4.58	Inner locus of control
P2.2	Current stage of development	B3.1.3	Current stage of physical maturation
P2.2	Current stage of development	P3	PERSONALITY: CURRENT ORGANIZATION
P2.2	Current stage of development	P5.3	Later personality development
P2.3	Course of development	B3.1	Physical development

A report of the World Database of Happiness, Correlational Findings