

SUBJECTIVE HAPPINESS SCALE

The Subjective Happiness Scale was developed by Sonya Lyubomirsky and Heidi Lepper. It's commonly used to identify levels of subjective happiness among participants in scientific studies.

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 very 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 all						a great deal

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
not at all						a great deal

Then, add the numbers up and divide by four. That's your subjective level of happiness. (Note: you need to invert the results of question #4 to get an accurate score. So if you had a 6, for example, switch it to a 2)

Source: <http://sonjalyubomirsky.com/subjective-happiness-scale-shs/>