

# THE OXFORD HAPPINESS QUESTIONNAIRE<sup>1</sup>

INSTRUCTIONS: Below are a number of statements about happiness. Please indicate how much you agree or disagree with each statement by entering a number alongside it according to the scale below.

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1  
strongly  
disagree

2  
moderately  
disagree

3  
slightly  
disagree

4  
slightly  
agree

5  
moderately  
agree

6  
strongly  
agree

- \_\_\_ 1. I don't feel particularly pleased with the way I am. (X)
- \_\_\_ 2. I am intensely interested in other people.
- \_\_\_ 3. I feel that life is very rewarding.
- \_\_\_ 4. I have very warm feelings towards almost everyone.
- \_\_\_ 5. I rarely wake up feeling rested. (X)
- \_\_\_ 6. I'm not particularly optimistic about the future. (X)
- \_\_\_ 7. I find most things amusing.
- \_\_\_ 8. I am always committed and involved.
- \_\_\_ 9. Life is good.
- \_\_\_ 10. I don't think that the world is a good place. (X)
- \_\_\_ 11. I laugh a lot.

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- \_\_\_ 12. I am well satisfied with everything in my life.
- \_\_\_ 13. I don't think I look attractive. (X)
- \_\_\_ 14. There's a gap between what I would like to do and what I have done. (X)
- \_\_\_ 15. I am very happy.
- \_\_\_ 16. I find beauty in some things.
- \_\_\_ 17. I always have a cheerful effect on others.
- \_\_\_ 18. I can find time for everything I want to do.
- \_\_\_ 19. I feel that I'm not especially in control of my life. (X)
- \_\_\_ 20. I feel able to take anything on.
- \_\_\_ 21. I feel fully mentally alert.
- \_\_\_ 22. I often experience joy and elation.
- \_\_\_ 23. I don't find it easy to make decisions. (X)
- \_\_\_ 24. I don't have a particular sense of meaning and purpose in my life. (X)
- \_\_\_ 25. I feel I have a great deal of energy.
- \_\_\_ 26. I usually have a positive influence on events.
- \_\_\_ 27. I don't have fun with other people. (X)

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\_\_\_\_\_ 28. I don't feel particularly healthy. (X)

\_\_\_\_\_ 29. I don't have particularly happy memories of the past. (X)

### HOW TO CALCULATE YOUR SCORE:

STEP 1: Your scores on the 12 items marked with an X should be "reverse-scored"—that is, if you gave yourself a 1, cross it out and change it to a 6; if you gave yourself a 2, change that to a 5; change a 3 to a 4; change a 4 to a 3; change a 5 to a 2; and change a 6 to a 1.

STEP 2: Using the changed scores for those 12 items, now add your scores for *all* the 29 items.

STEP 3: Happiness score = Total (from Step 2) \_\_\_\_\_ divided by 29 = \_\_\_\_\_

Your total happiness score is \_\_\_\_\_. Date: \_\_\_\_\_

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