THE HAPPINESS MEASURE

The Happiness Measures (HM), also known as the Fordyce Emotion Questionnaire, assesses a person's emotional well-being. It measures the affective component of Subjective Well-Being (SWB) and provides an indication of a person's perceived happiness.

In comparison to other measures of well-being, the HM scale has the strongest correlations with daily affect and life satisfaction.

INSTRUCTIONS FOR SCORING

The scale score (Part 1) and the three percentage estimates (Part 2) are used directly as raw scores. A combination score can also be calculated, which combines the scale score and percentage *happy* score in equal weights:

Combination score = [scale score x 10 + happy%] / 2

KEY REFERENCE

Fordyce, M. W. (1988). A review of research on The Happiness Measures: A sixty second index of happiness and mental health. Social Indicators Research, 20, 63-89

TIME TAKEN TO COMPLETE

2 minutes

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Part 1 Directions

Use the list below to answer the following question: In general, how happy or unhappy do you usually feel? Circle a number corresponding to the *one* statement below that best describes your *average happiness*.

10	Extremely happy (feeling ecstatic, joyous, fantastic!)
9	Very happy (feeling really good, elated!)
8	Pretty happy (spirits high, feeling good)
7	Mildly happy (feeling fairly good and somewhat cheerful)
6	Slightly happy (just a bit above neutral)
5	Neutral (not particularly happy or unhappy)
4	Slightly unhappy (just a bit below neutral)
3	Mildly unhappy (just a bit low)
2	Pretty unhappy (somewhat "blue" , spirits down)
1	Very unhappy (depressed, spirits very low)
0	Extremely unhappy (utterly depressed, completely down)

Part 2 Directions

Consider your emotions a moment further. *On the average*, what percent of the time do you feel happy? What percent of the time do you feel unhappy? What percent of the time do you feel neutral (neither happy nor unhappy)?

Write down your best estimates, as well as you can, in the spaces below. Make sure the three figures add-up to equal 100%.

On the average:

	The percent of time I feel happy
	The percent of time I feel unhappy
	The percent of time I feel neutral

Combination Score [   ]