

THE SUBJECTIVE HAPPINESS SCALE

The Subjective Happiness Scale (SHS) assesses a person's global subjective happiness. It is a four-item scale - two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them.

The scale shows good internal validity and reliability. Permission is granted for all non-commercial use.

INSTRUCTIONS FOR SCORING

Sum up the score for all four items and divide the total by four.

AUTHOR(S)

This scale is developed by Sonja Lyubomirsky and Heidi Lepper.

KEY REFERENCE

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.

TIME TAKEN TO COMPLETE

2 minutes

