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


TIME TAKEN TO COMPLETE

2 minutes
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For each of the following statements and/or questions, please select the point on the scale that you feel is the 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

**Total Score**

Min Score  4
Max Score  28