

Subjective Happiness Scale

Gender: ☐ Female

☐ Male

Age: _____

Instructions

For each of the following statements or questions, please select the number from the scale that you think is most appropriate in describing you.

1. In general, I consider myself:

Not a very happy person -- 1 2 3 4 5 6 7 -- A very happy person

2. Compared with most of my peers, I consider myself:

Less happy -- 1 2 3 4 5 6 7 -- 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?

Not at all -- 1 2 3 4 5 6 7 -- 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?

Not at all -- 1 2 3 4 5 6 7 -- A great deal

Scoring

Average the 4 numbers you selected; this is your score.

Score = _____

Student Initials: _____