

Subjective Happiness Scale (SHS)

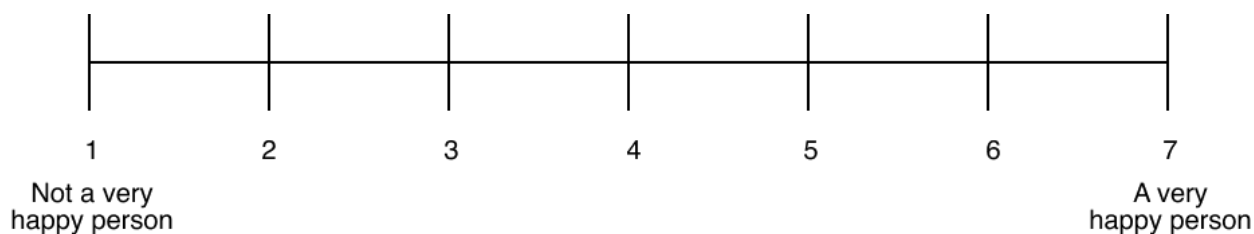
Name: _____ Date of birth: _____

Gender: _____ Date: _____

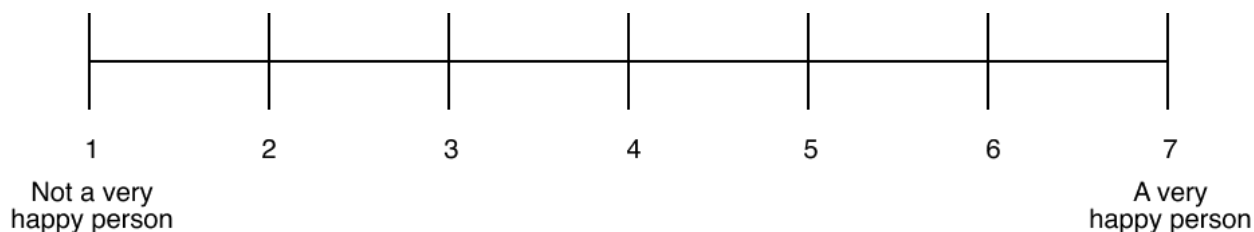
Instructions

For each following statements and/or questions, please select the point on the scale that you feel is most appropriate in describing you.

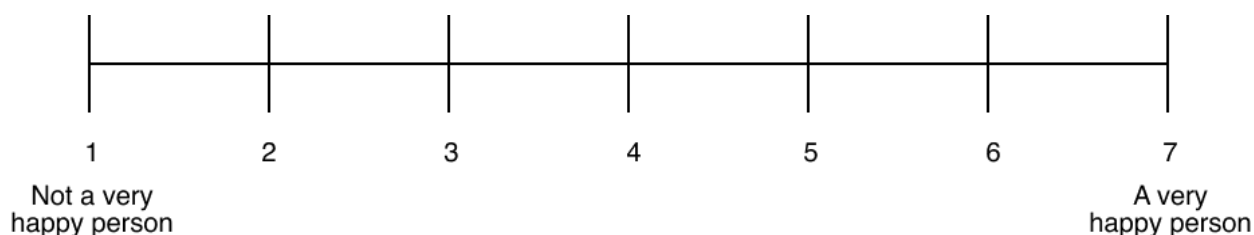
1. In general, I consider myself:



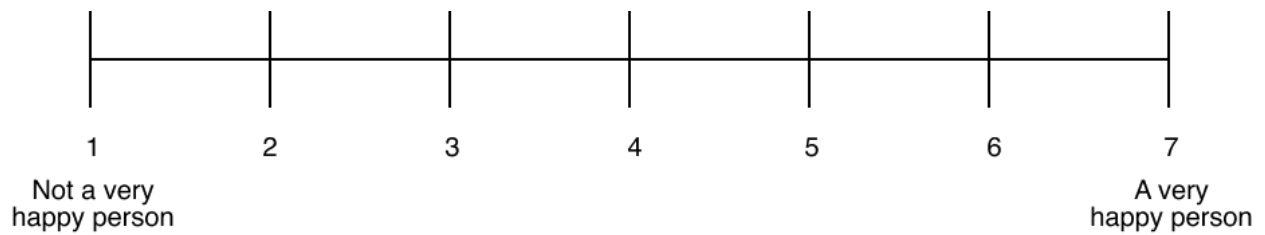
2. Compared to most of my peers, I consider myself:



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?



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?



Total score: _____

Average score: _____

Scoring and interpretation

A final score of subjective happiness is calculated by averaging the responses to the four items, with the 4th item's response being reverse coded (i.e., 7 turns to a 1, 6 turns to a 2, etc.). The final scores range from 1.0 to 7.0. Higher scores reflect greater subjective happiness.

Reference

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46(2), 137–155.
<https://doi.org/10.1023/A:1006824100041>