

# Oxford Happiness Questionnaire

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by circling one of the options available. Please read the statements carefully; some of the questions are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

**Scoring:** Add up all the items you circled, and divide by 29. This is your happiness score (1.00 - 5.00).

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Strongly agree
I don't feel particularly pleased with the way I am.	6	5	4	3	2	1
I am intensely interested in other people.	1	2	3	4	5	6
I feel that life is very rewarding.	1	2	3	4	5	6
I have very warm feelings towards almost everyone.	1	2	3	4	5	6
I rarely wake up feeling rested.	6	5	4	3	2	1
I am not particularly optimistic about the future.	6	5	4	3	2	1
I find most things amusing.	1	2	3	4	5	6
I am always committed and involved.	1	2	3	4	5	6
Life is good.	1	2	3	4	5	6
I do not think that the world is a good place.	6	5	4	3	2	1
I laugh a lot.	1	2	3	4	5	6
I am well satisfied about everything in my life.	1	2	3	4	5	6
I don't think I look attractive.	6	5	4	3	2	1
There is a gap between what I would like to do and what I have done.	6	5	4	3	2	1
I am very happy.	1	2	3	4	5	6
I find beauty in some things.	1	2	3	4	5	6
I always have a cheerful effect on others.	1	2	3	4	5	6
I can fit in (find time for) everything I want to.	1	2	3	4	5	6

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Strongly agree
I feel that I am not especially in control of my life.	6	5	4	3	2	1
I feel able to take anything on.	1	2	3	4	5	6
I feel fully mentally alert.	1	2	3	4	5	6
I often experience joy and elation.	1	2	3	4	5	6
I don't find it easy to make decisions.	6	5	4	3	2	1
I don't have a particular sense of meaning and purpose in my life.	6	5	4	3	2	1
I feel I have a great deal of energy.	1	2	3	4	5	6
I usually have a good influence on events.	1	2	3	4	5	6
I don't have fun with other people.	6	5	4	3	2	1
I don't feel particularly healthy.	6	5	4	3	2	1
I don't have particularly happy memories of the past.	6	5	4	3	2	1

### Interpreting Your Score

Score	Description
1.00 - 1.99	Not happy. If you answered honestly and got a very low score, you're probably seeing yourself and your situation as worse than it really is. It's strongly recommended that you be screened for depression.
2.00 - 2.99	Somewhat unhappy. Exercises like doing a Gratitude Journal or Gratitude List are a starting point.
3.00 - 3.99	Not particularly happy or unhappy. A score of 3.5 would be an exact numerical average of happy and unhappy responses.
4.00 - 4.49	Somewhat happy or moderately happy; satisfied. This is what the average person scores.
4.50 - 4.99	Rather happy; pretty happy.
5.00 - 5.99	Very happy. Being happy has more benefits than just feeling good; it's correlated with benefits like health, better relationships, and attaining your goals.
6.00	Too happy. Yes, you read that right: Research suggests that there's an optimal level of happiness and that being "too happy" may be associated with lower levels of such things.

**Reference:** Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: A Compact Scale for the Measurement of Psychological Well-Being. *Personality and Individual Differences*, 33, 1073-1082.