



Red Willow
COUNSELING & RECOVERY

Oxford Happiness Questionnaire

Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

1. I don't feel particularly pleased with the way I am. (R)
2. I am intensely interested in other people.
3. I feel that life is very rewarding.
4. I have very warm feelings towards almost everyone.
5. I rarely wake up feeling rested. (R)
6. I am not particularly optimistic about the future. (R)
7. I find most things amusing.
8. I am always committed and involved.
9. Life is good.
10. I do not think that the world is a good place. (R)
11. I laugh a lot.
12. I am well satisfied about everything in my life.
13. I don't think I look attractive. (R)
14. There is a gap between what I would like to do and what I have done. (R)
15. I am very happy.
16. I find beauty in some things.
17. I always have a cheerful effect on others.
18. I can fit in (find time for) everything I want to.
19. I feel that I am not especially in control of my life. (R)
20. I feel able to take anything on.
21. I feel fully mentally alert.
22. I often experience joy and elation.
23. I don't find it easy to make decisions. (R)
24. I don't have a particular sense of meaning and purpose in my life. (R)
25. I feel I have a great deal of energy.
26. I usually have a good influence on events.
27. I don't have fun with other people. (R)

28. I don't feel particularly healthy. (R)

29. I don't have particularly happy memories of the past. (R)

Calculate your score

Step 1. Items marked **(R)** should be scored in reverse:

For example, if you gave yourself a "1," cross it out and change it to a "6."

Change "2" to a "5"

Change "3" to a "4"

Change "4" to a "3"

Change "5" to a "2"

Change "6" to a "1"

Step 2. Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

Step 3. Divide by 29. So your happiness score = the total (from step 2) divided by 29.

Your Happiness Score:

Interpreting the score, by Stephen Wright, Georgetown University

1-2: 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.

2-3: Somewhat unhappy.

3-4: Not particularly happy or unhappy.

4: Somewhat happy or moderately happy. Satisfied. This is what the average person scores.

4-5: Rather happy; pretty happy.

5-6: Very happy. Being happy has more benefits than just feeling good. It's correlated with benefits like health, better marriages, and attaining your goals.

6: Too happy. Yes, you read that right. Recent research seems to show that there's an optimal level of happiness for things like doing well at work or school, or for being healthy, and that being "too happy" may be associated with lower levels of such things.

Source: Hills, P., & Argyle, M. 2002.