Oxford Happiness Questionnaire

The Oxford Happiness Questionnaire was developed by psychologists Michael Argyle and Peter Hills at Oxford University.

Instructions

Below are a number of statements about happiness. 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

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.

The Questionnaire

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: __________

Reference:
http://www.meaningandhappiness.com/oxford-happiness-questionnaire/214/