

The Oxford Happiness Questionnaire

The Oxford Happiness Questionnaire was developed by psychologists Michael Argyle and Peter Hills at Oxford University. Take a few moments to take the survey. This is a good way to get a snapshot of your current level of happiness. You can even use your score to compare to your happiness level at some point in the future by taking the survey again. If you are using some of the interventions presented on this site to raise your happiness level, you can see whether your score on the Oxford Happiness Questionnaire goes up as a result.

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, because some 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. Those statements marked with an 'R' will be scored in reverse.

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:

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.

We recommend you record your score and the date. Then you’ll have the option to compare your score now with your score at a later date. This can be especially helpful if you are trying some of the exercises, and actively working on increasing your happiness.

Scoring

The lowest possible score is 1 and the highest possible score is 6. (The average is around 4.30).

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.