

S2 Table: ESS psychological wellbeing scale definitions

Scale	Items
Evaluative wellbeing	How satisfied with life as a whole How happy are you
Emotional wellbeing	Felt sad, how often in the past week Felt depressed, how often in the past week Enjoyed life, how often in the past week Were happy, how often in the past week Felt anxious, how often in the past week Felt calm and peaceful, how often in the past week
Functioning	Free to decide how to live my life Little chance to show how capable I am Feel accomplishment from what I do Interested in what you are doing Absorbed in what you are doing Enthusiastic about what you are doing Feel what I do in life is valuable and worthwhile Have a sense of direction Always optimistic about my future There are lots of things I feel I am good at In general feel very positive about myself At times feel as if I am a failure When things go wrong in my life it takes a long time to get back to normal Deal with important problems
Vitality	Felt everything did as effort, how often in the past week Sleep was restless, how often in the past week Could not get going, how often in the past week Had a lot of energy, how often in the past week
Community wellbeing	Most people can be trusted People try to take advantage Most of the time people are helpful Feel people in local area help one another Feel close to the people in local area
Supportive relationships	How many with whom you can discuss intimate matters Feel appreciated by those you are close to Receive help and support Felt lonely, how often in the past week

Table 1: Relationship between questionnaire items and scales, as defined in [1]. Note that before we construct the scale scores as item means, we transform the individual item scores such that they are all on a scale from 0 to 10 and such that 10 always corresponds being the most happy.

References

1. Jeffrey K, Abdallah S, Quick A. Europeans' Personal and Social Wellbeing: Topline Results from Round 6 of the European Social Survey. ESS Topline Results (Series 5). 2015;.