

Macro Roundup Article

Headline: [Sadly, Many Happiness Studies Are Flawed](#)

Article Link: <https://www.wsj.com/articles/sadly-many-happiness-studies-are-flawed-8871053>

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Tweet: [. @NidhiSubs cites research by @DunnHappyLab showing that most studies on happiness have lacked scientific rigor. Only 57 of 494 peer-reviewed papers evaluated met minimal standards for good research.](#)

Summary: Dunn and Folk gathered 494 peer-reviewed papers, in which one of the five happiness strategies was evaluated against a control group. When they weeded out weakly designed work, only 57 studies were left. The vast majority of papers were too poorly designed to support their conclusions. The remaining subset of studies met at least one of two conditions for good science: They included sufficient numbers of study participants or the researchers committed to hypotheses or study plans before analyzing their data. These studies failed to confirm that three of the five activities made people happy. "The evidence melts away when you look at it," Dunn said. A handful of scandals in psychology in the 2010s—including a bombshell paper that demonstrated the danger of p-hacking—sent shock waves through the field and forced researchers to re-examine the status quo. This reform isn't limited to psychology. "Every field that has bothered to look at issues of rigor and reproducibility in their evidence has found challenges."

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