

Oxford Happiness Questionnaire--Short Scale
Version Attached: Full Test

PsycTESTS Citation:

Hills, P., & Argyle, M. (2002). Oxford Happiness Questionnaire--Short Scale [Database record]. Retrieved from PsycTESTS. doi: <http://dx.doi.org/10.1037/t12477-000>

Instrument Type:
Rating Scale

Test Format:

The OHQ uses a 6-point Likert response format (1 = strongly disagree, 2 = moderately disagree, 3 = slightly disagree, 4 = slightly agree, 5 = moderately agree, and 6 = strongly agree).

Source:

Hills, Peter, & Argyle, Michael. (2002). The Oxford Happiness Questionnaire: A compact scale for the measurement of psychological well-being. *Personality and Individual Differences*, Vol 33(7), 1071-1082. doi: 10.1016/S0191-8869(01)00213-6, © 2002 by Elsevier. Reproduced by Permission of Elsevier.

Permissions:

Test content may be reproduced and used for non-commercial research and educational purposes without seeking written permission. Distribution must be controlled, meaning only to the participants engaged in the research or enrolled in the educational activity. Any other type of reproduction or distribution of test content is not authorized without written permission from the author and publisher. Always include a credit line that contains the source citation and copyright owner when writing about or using any test.

**Oxford Happiness Questionnaire--Short Scale
OHQ**

Items

INSTRUCTIONS. Below are a number of statements about happiness. Would you please indicate how much you agree or disagree with each by entering a number alongside it according to the following code:

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

You will need to 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.

- | | |
|--|-------|
| 1. I don't feel particularly pleased with the way I am. (—) | _____ |
| 3. I feel that life is very rewarding. | _____ |
| 12. I am well satisfied about everything in my life. | _____ |
| 13. I don't think I look attractive. (—) | _____ |
| 16. I find beauty in some things. | _____ |
| 18. I can fit in everything I want to. | _____ |
| 21. I feel fully mentally alert. | _____ |
| 29. I do not have particularly happy memories of the past. (—) | _____ |

Notes . Items marked (—) should be scored in reverse. The sum of the item scores is an overall measure of happiness, with high scores indicating greater happiness.