

Consider the following hypothesis:

**Happy people live longer than unhappy people.**

How could one operationally define the variable so that it could be studied either using correlational or experimental methodologies? Your operational definition should be precise and clear enough that other researchers could replicate your study exactly. (I.e., Do not say, "Ask them." Tell us WHAT, specifically, you would ask and what the potential answer choices would be.

1. **Self-reports:** List ways you could identify happy people using verbal self-reports or questions. What kinds of questions could you ask a person directly to determine if the person was a happy person? (List at least 3 different items. Indicate what your answer responses would look like (i.e., yes/no, on a scale of 1- 10, etc.)
2. **Behavioral observations:** List at least 3 ways you could identify people who are happy by observing behavior. What kinds of behaviors could you observe to determine if a person was experiencing happiness?
3. **Physiological indices:** List at least two ways you could assess happiness or happy people using physiological indicators. What physiological mechanism would indicate a person was in this state?