

Measurement of Happiness

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For more information go to: www2.bc.edu/~calvobra/teaching.htm



It may be hard to believe, but we can...

- **define** the word “happiness” in a precise and concrete way;
- **measure** or quantify happiness.


Can we measure happiness?



How would be your life if you
were not able to see and walk?



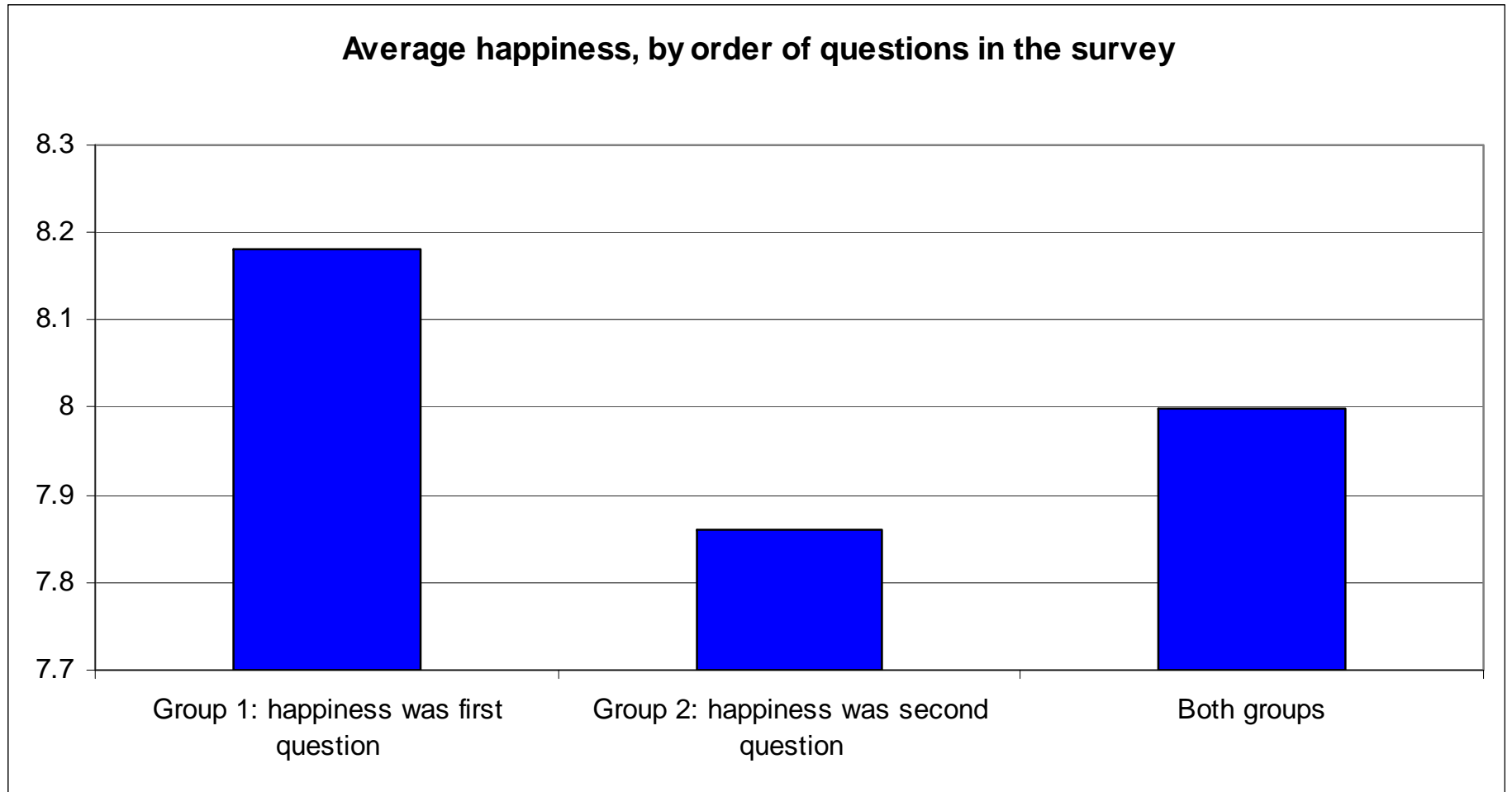
Happiness can be **measured** adequately

- Stable / Temporary
 - General / Specific
 - Affective / Cognitive
 - Present / Past or future
 - Subjective / Peer, expert, biomarker
- 

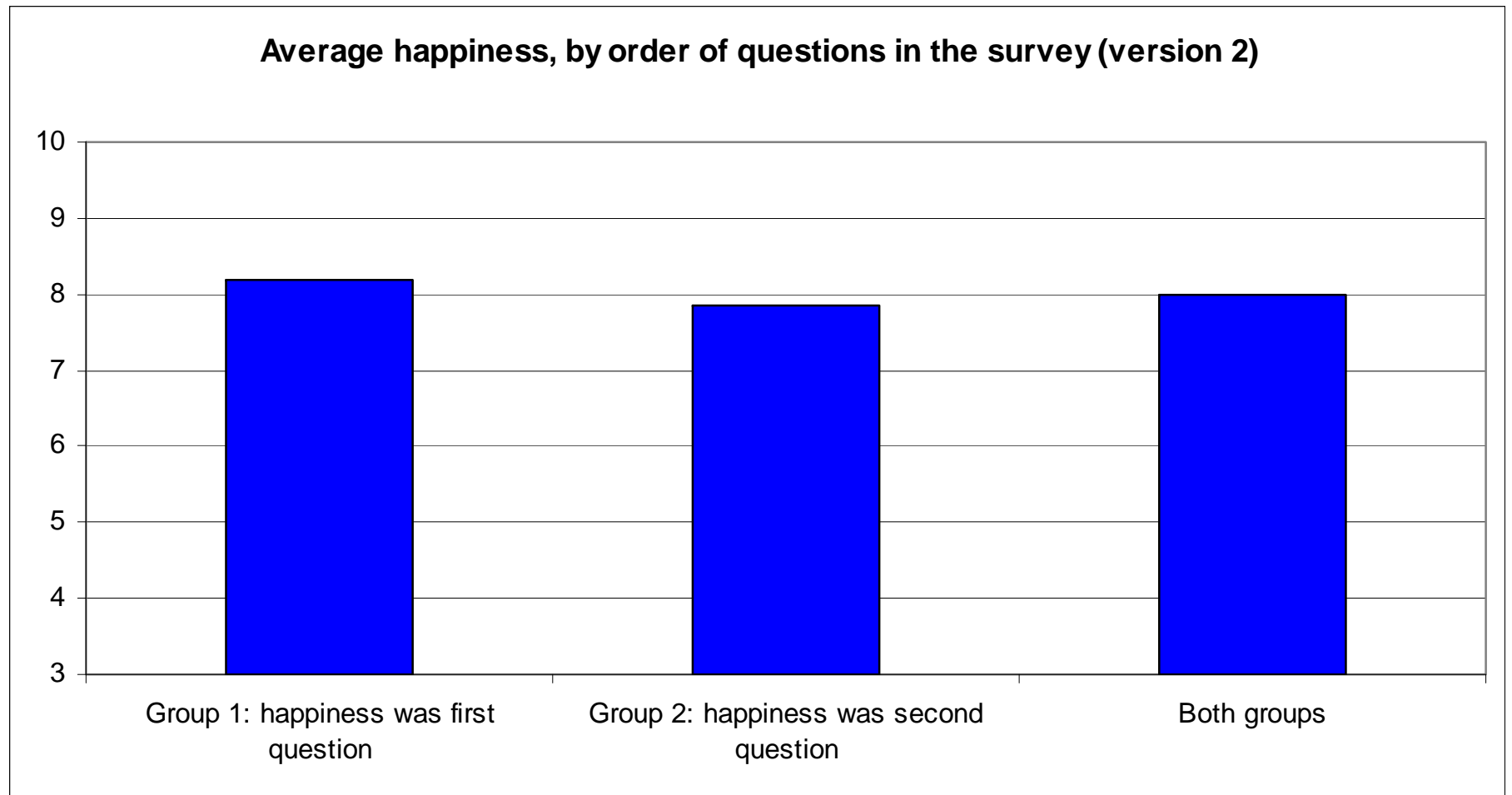
Measurement of happiness

- All things considered, how happy or unhappy are you with your life as-a-whole these days?
(1=unhappy ... 10=happy)
- How many times have you gone out on a date during the year 2008?
(actual number)

Questionnaire effect



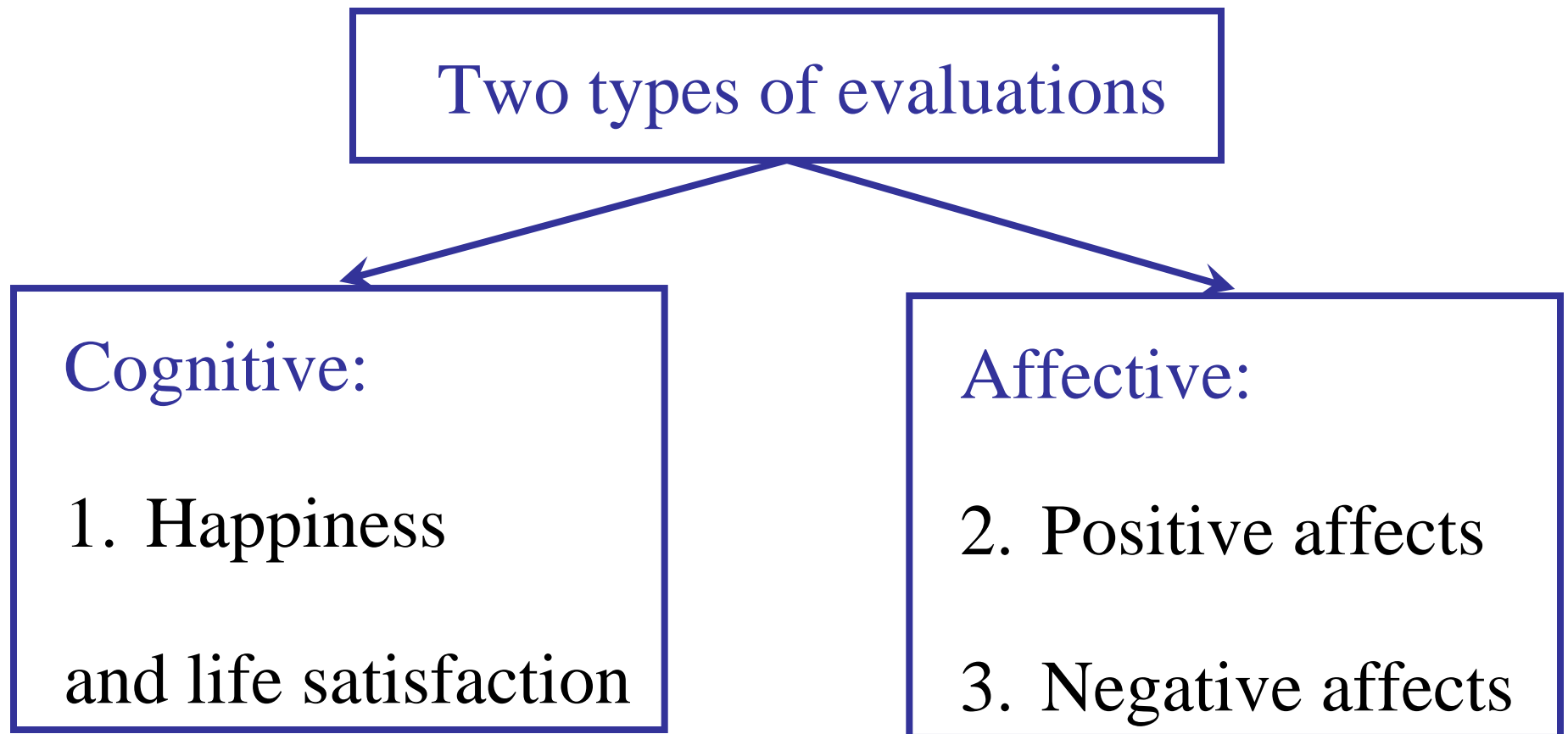
Questionnaire effect



Questionnaire effect



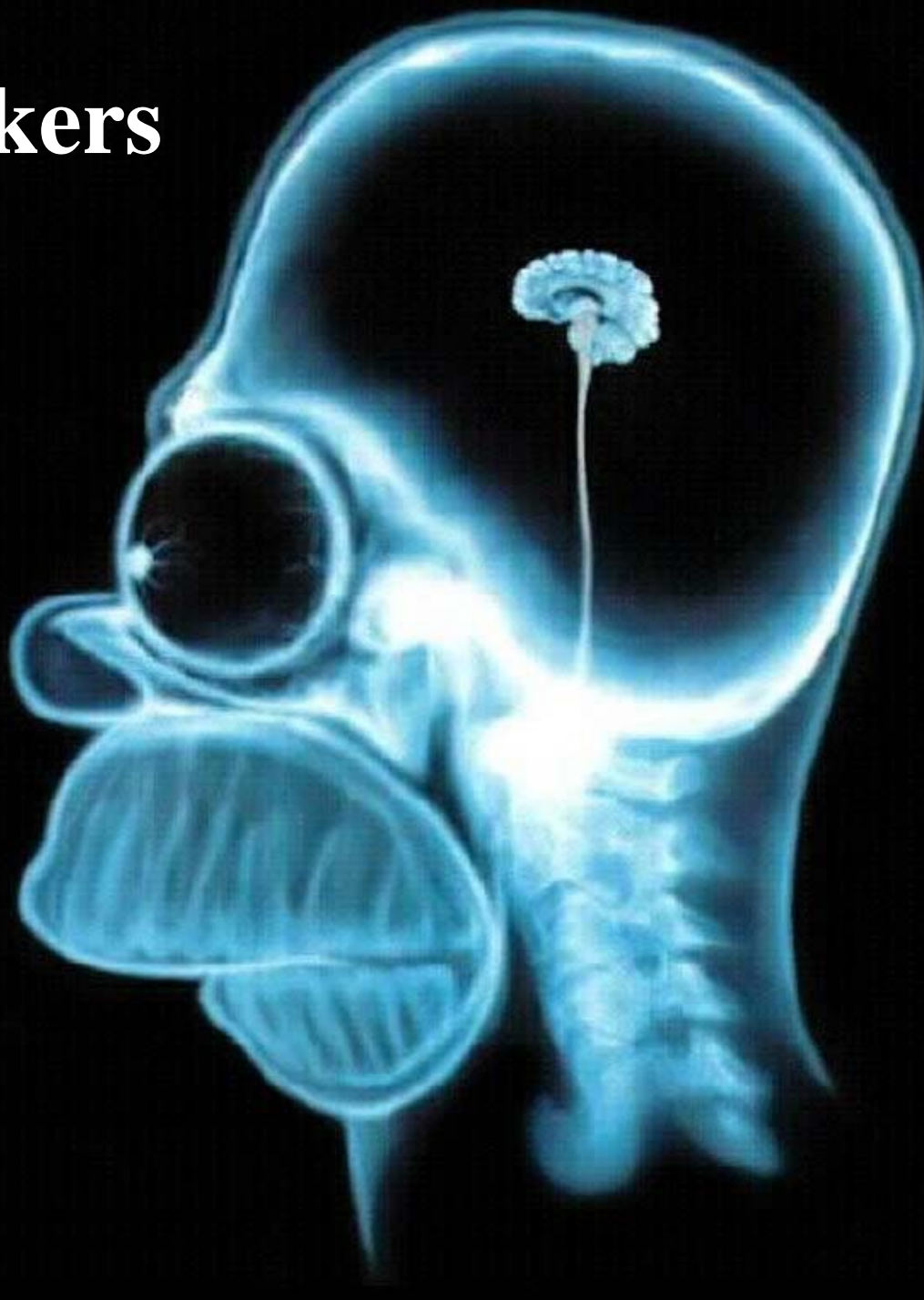
The construct of SWB has three factors



Biomarkers



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