International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Danish) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you: | 1. For hvert af de følgende spørgsmål bedes du angive det punkt på en 7-trinsskala, der bedst beskriver dig: |  |
| 1. In general, I consider myself | 1. Generelt ser jeg mig selv som |  |
| 1. Not a very happy person | 1. Ikke en meget glad person |  |
| 1. A very happy person | 1. En meget glad person |  |
| 1. Compared to most of the people around me, I consider myself | 1. Sammenlignet med de fleste mennesker omkring ser jeg mig selv som |  |
| 1. Less happy | 1. Mindre glad |  |
| 1. More happy | 1. Mere glad |  |
| 1. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything.   To what extent does this characterization describe you? | 1. Nogle mennesker er generelt set meget glade. De nyder livet, uanset hvad der sker, og de får det meste ud af alting. I hvor høj grad beskriver det også dig? |  |
| 1. Not at all | 1. Slet ikke |  |
| 1. A great deal | 1. Ret meget |  |
| 1. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be.   To what extent does this characterization describe you? | 1. Nogle mennesker er generelt set ikke ret glade. Selvom de ikke er deprimerede, ser de aldrig ud til at være helt så glade, som de kunne være. I hvor høj grad beskriver det også dig? |  |
| 1. Not at all | 1. Slet ikke |  |
| 1. A great deal | 1. Ret meget |  |

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Reference for the Subjective Happiness Scale:

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, *46*, 137-155.

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