International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Estonian) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you: | 1. Järgmiste küsimuste puhul palun vali 7-pallisel skaalal üks vastus, mis Sind kõige paremini kirjeldab: |  |
| 1. In general, I consider myself | 1. Üldiselt ma pean ennast |  |
| 1. Not a very happy person | 1. Mitte väga õnnelikuks inimeseks |  |
| 1. A very happy person | 1. Väga õnnelikuks inimeseks |  |
| 1. Compared to most of the people around me, I consider myself | 1. Võrreldes enamuse inimestega enda ümber, pean ma ennast |  |
| 1. Less happy | 1. Vähem õnnelikuks |  |
| 1. More happy | 1. Rohkem õnnelikuks |  |
| 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. Mõned inimesed on üldiselt väga õnnelikud. Nad naudivad elu hoolimata sellest, mis toimub, võttes kõigest maksimumi. Mil määral see kirjeldus kehtib Sinu kohta? |  |
| 1. Not at all | 1. Üldse mitte |  |
| 1. A great deal | 1. Suurel määral |  |
| 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. Mõned inimesed ei ole üldiselt eriti õnnelikud. Kuigi nad ei ole kurvameelsed, ei tundu nad kunagi nii õnnelikud kui võiksid olla. Mil määral see kirjeldus kehtib Sinu kohta? |  |
| 1. Not at all | 1. Üldse mitte |  |
| 1. A great deal | 1. Suurel määral |  |

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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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