International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Spanish) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you: | 1. Para cada una de las siguientes preguntas, por favor indique el nivel, en una escala del 1 al 7, que mejor le describa: |  |
| 1. In general, I consider myself | 1. En general, me considero |  |
| 1. Not a very happy person | 1. Una persona no muy feliz |  |
| 1. A very happy person | 1. Una persona muy feliz |  |
| 1. Compared to most of the people around me, I consider myself | 1. Comparado con la mayoría de mis semejantes, me considero |  |
| 1. Less happy | 1. Menos feliz |  |
| 1. More happy | 1. Más feliz |  |
| 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. En general, algunas personas son muy felices. Disfrutan de la vida con independencia de lo que les ocurra, gozando al máximo de todo. ¿En qué medida se identifica usted con esta caracterización? |  |
| 1. Not at all | 1. En absoluto |  |
| 1. A great deal | 1. Mucho |  |
| 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. En general, algunas personas no son muy felices. Sin que estén deprimidas, nunca parecen estar todo lo felices que podrían. ¿En qué medida se identifica usted con esta caracterización? |  |
| 1. Not at all | 1. De ningún modo |  |
| 1. A great deal | 1. Bastante |  |

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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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