International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Chinese –Hong Kong) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you:
 | 1. 請對下列關於你的描述從1到7評分：
 |  |
| 1. In general, I consider myself
 | 1. 總的來說, 我認為我自己:
 |  |
| 1. Not a very happy person
 | 1. 不是一個非常快樂的人
 |  |
| 1. A very happy person
 | 1. 是一個非常快樂的人
 |  |
| 1. Compared to most of the people around me, I consider myself
 | 1. 與我周圍得大多數人比較，我認為自己：
 |  |
| 1. Less happy
 | 1. 更不快樂
 |  |
| 1. More happy
 | 1. 更快樂
 |  |
| 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. 有些人通常非常快樂, 他們不論發生什麼事情都能享受生活,從每件事上都能有最大的收穫。您在多大程度上符合這個描述?
 |  |
| 1. Not at all
 | 1. 一點都不符合
 |  |
| 1. A great deal
 | 1. 非常符合
 |  |
| 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. 有些人通常都不太快樂, 雖然他們並不抑鬱, 但似乎總沒有表現出應有的高興。您在多大程度上符合這個描述?
 |  |
| 1. Not at all
 | 1. 一點都不符合
 |  |
| 1. A great deal
 | 1. 非常符合
 |  |

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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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