International Situations Project Translation

**Subjective Happiness Scale**

|  |  |
| --- | --- |
| 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 |  |

Translation provided by:

Emma Buchtel, The Hong Kong Institute of Education, Hong Kong

Victoria Yeung, Lingnan University, Hong Kong

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.

The International Situations Project is supported by the National Science Foundation under Grant No. BCS-1528131. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the individual researchers and do not necessarily reflect the views of the National Science Foundation.

International Situations Project

University of California, Riverside

David Funder, Principal Investigator

Researchers: Gwendolyn Gardiner, Erica Baranski

