International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Japanese) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you:
 | 1. 以下の質問のそれぞれについて、あなたを最もよく表しているものについて7件法でお答えください。
 |  |
| 1. In general, I consider myself
 | 1. 一般的に、あなたは自分をどの程度幸せな人間だと思いますか？
 |  |
| 1. Not a very happy person
 | 1. 非常に不幸せな人間である
 |  |
| 1. A very happy person
 | 1. とても幸せな人間である
 |  |
| 1. Compared to most of the people around me, I consider myself
 | 1. あなたの周りの人と比べて、あなたは自分をどの程度幸せだと思いますか？
 |  |
| 1. Less happy
 | 1. あまり幸せではない
 |  |
| 1. More happy
 | 1. とても幸せである
 |  |
| 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. 「いつも非常に幸せな人たちがいる。彼らは何が起こっているかに関わらず人生を楽しんでおり、何事も最大限に充実させている。」この特徴は、どのくらいあなたを表現していますか?

この特徴は、どのくらいあなたを表現していますか? |  |
| 1. Not at all
 | 1. まったくあてはまらない
 |  |
| 1. A great deal
 | 1. かなりあてはまる
 |  |
| 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. 「いつもあまり幸せではない人たちがいる。落ち込んでいるわけではないが、彼らは決して実際よりも幸せそうには見えない。」
 |  |
| 1. Not at all
 | 1. まったくあてはまらない
 |  |
| 1. A great deal
 | 1. かなりあてはまる
 |  |

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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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