

Name of the inventory		Subjective Happiness Scale (or General Happiness Scale)
Purpose:		To measure subjective happiness
Developers/ citation		Lyubomirsky, S. & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. <i>Social Indicators Research</i> , 46, 137-155.
Year		1999
Targeted user		Wide range of age groups
Description	No. of questions	4
	Scale	7 point scale
	Data collection format	Self report
	Scoring key	Each of item is completed by choosing one of 7 options that finish a given sentence fragment. The options are different for each of the four questions, i.e. Rank 1 for not a very happy person to 7 for a very happy person. Then sum the scores for each item together. Keep scores continuous.
Permission to use		No need given that appropriate recognition of the source of the scale in the study
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Remarks		/