

Subjective Happiness Scale (SHS)

Category: Wellbeing | Items: 4 | Time: ~1-2 min

Description / When to Use

4-item global measure of subjective happiness using absolute ratings and social comparisons.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 4 items in this scale. Estimated completion time: 1-2 min.

Scale Items

1. In general, I consider myself a very happy person.
2. Compared to most of my peers, I consider myself more happy.
3. 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?
4. 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?

Scoring Guide

Score according to instrument-specific rules. See original publication.

Cutoff Interpretation

Score Range	Severity	Recommended Action
1–4	Low happiness	Consider well-being intervention
4.1–5.5	Moderate happiness	Monitor
5.6–7	High happiness	Maintain

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46(2), 137-155.

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Disclaimer: Average all 4 items after reverse-coding item 4. Items rated on 7-point scales. Range 1-7. Higher scores indicate greater happiness.