Oxford Happiness Questionnaire

The Oxford Happiness Questionnaire was developed by psychologists Michael Argyle and Peter Hills at Oxford University.

Instructions
Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

1 = strongly disagree
2 = moderately disagree
3 = slightly disagree
4 = slightly agree
5 = moderately agree
6 = strongly agree

Please read the statements carefully, some of the questions are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

The Questionnaire

Item	Score
1. I don't feel particularly pleased with the way I am. (R)	
2. I am intensely interested in other people.	
3. I feel that life is very rewarding.	
4. I have very warm feelings towards almost everyone.	
5. I rarely wake up feeling rested. (R)	
6. I am not particularly optimistic about the future. (R)	
7. I find most things amusing.	
8. I am always committed and involved.	
9. Life is good.	
10. I do not think that the world is a good place. (R)	
11. I laugh a lot.	
12. I am well satisfied about everything in my life.	
13. I don't think I look attractive. (R)	
14. There is a gap between what I would like to do and what I have done. (R)	
15. I am very happy.	
16. I find beauty in some things.	
17. I always have a cheerful effect on others.	
18. I can fit in (find time for) everything I want to.	
19. I feel that I am not especially in control of my life. (R)	
20. I feel able to take anything on.	
21. I feel fully mentally alert.	
22. I often experience joy and elation.	
23. I don't find it easy to make decisions. (R)	

24. I don’t have a particular sense of meaning and purpose in my life. (R)	
25. I feel I have a great deal of energy.	
26. I usually have a good influence on events.	
27. I don’t have fun with other people. (R)	
28. I don’t feel particularly healthy. (R)	
29. I don’t have particularly happy memories of the past. (R)	
Total (after conversion)	
Final Score = Total / 29	

Calculate your score

Step 1. Items marked (R) should be scored in reverse:
For example, if you gave yourself a “1,” cross it out and change it to a “6.”
Change “2″ to a “5″
Change “3″ to a “4″
Change “4″ to a “3″
Change “5″ to a “2″
Change “6″ to a “1″

Step 2. Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

Step 3. Divide by 29. So your happiness score = the total (from step 2) divided by 29.

Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being. *Personality and Individual Differences*, 33, 1073–1082.

牛津大學快樂問卷

牛津大學快樂問卷由牛津大學的心理學家 Michael Argyle 和 Peter Hills 開發。

程序說明:

以下是一些關於快樂感的陳述。請根據以下量表，在每個陳述後面的空白處輸入一個數字，以表明您對每個陳述的同意或不同意程度：

1 =強烈不同意
2 =中等程度不同意
3 =略微不同意
4 =略微同意
5 =中等程度同意
6 =強烈同意

請仔細閱讀陳述，有些問題的措辭是積極的，而另一些問題是消極的。不要花太多時間在個別問題上；沒有 “正確” 或 “錯誤” 的答案（也沒有 “陷阱” 問題）。第一個出現在你腦海中的答案可能是對你來說最正確的答案。如果您發現一些問題很困難，請給出對您一般情況或大多數時間都適用的答案。

問卷

題項	分數
1. 我對自己的狀態並不感到特別滿意。（R）	
2. 我對他人極度感興趣。	
3. 我覺得生活很有價值。	
4. 我對幾乎所有人都有非常溫暖的感覺。	
5. 我很少醒來時感到休息。（R）	
6. 我對未來並不特別樂觀。（R）	
7. 我覺得大多數事情都很有趣。	
8. 我總是盡心盡力，積極參與。	
9. 生活很好。	
10. 我不認為世界是個好地方。（R）	
11. 我經常笑。	
12. 我對生活中的一切都感到非常滿意。	
13. 我不認為自己看起來很漂亮。（R）	
14. 我期望的和做到的之間存有差距。（R）	
15. 我很幸福。	
16. 我在某些事情中發現美。	
17. 我總是對他人產生愉快的影響。	
18. 我可以安排好（找到時間）做我想做的一切。	
19. 我覺得我對自己的生活沒有特別的掌控力。（R）	
20. 我覺得自己可以承受任何事情。	
21. 我感到精神煥發。	

22. 我經常感受到喜悅和欣喜。	
23. 我發現做決定並不容易。（R）	
24.. 我在生活中沒有特別的意義和目標。（R）	
25. 我覺得自己精力充沛。	
26. 我通常對事情有著良好的影響。	
27. 我不喜歡和別人在一起玩。（R）	
28. 我不覺得自己特別健康。（R）	
29. 我對過去沒有特別美好的回憶。（R）	
總分 (轉換後)	
計分 = 總分 / 29	

分數計算

步驟 1. 將標記為 (R) 的項目應反向計分
例如，如果您給自己打了一個“1”，請劃掉它並改為“6”。
將“2”改為“5”
將“3”改為“4”
將“4”改為“3”
將“5”改為“2”
將“6”改為“1”

步驟 2. 將所有 29 個問題的數目相加。（對於反向計分的 12 個項目，請使用轉換後的值。）

步驟 3. 除以 29。因此，您的幸福感得分 = 總分（來自步驟 2）除以 29。

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