

Subjective Happiness Scale

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The Subjective Happiness Scale (SHS) is a 4-item scale of global subjective happiness (Lyubomirsky & Ross, 1997). Two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them (Lyubomirsky & Ross, 1997).

The SHS has been validated in 14 studies with a total of 2,732 participants (Lyubomirsky & Lepper, 1999; Lyubomirsky & Tucker, 1998). Data have been collected in the United States from students on two college campuses and one high school campus, from community adults in two California cities, and from older adults, as well as from students and community adults in Moscow, Russia (Lyubomirsky & Ross, 1999).

The SHS has high internal consistency, which has been found to be stable across samples (Lyubomirsky, 2001). Test-retest and self-peer correlations have suggested good to excellent reliability, and construct validation studies of convergent and discriminant validity have confirmed the use of this scale to measure the construct of subjective happiness (Lyubomirsky, 2001).

KEY REFERENCES

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Modified from <http://ppc.sas.upenn.edu/resources/questionnaires-researchers/subjective-happiness-scale>