

APPENDIX C

MEMORIAL UNIVERSITY OF NEWFOUNDLAND
SCALE OF HAPPINESS

I would like to ask you some questions about how things have been going. Please answer "yes" if a statement is true for you and "no" if it does not apply to you.

In the past few months have you ever felt:

1. On top of the world? _____
2. In high spirits? _____
3. Particularly content with your life? _____
4. Lucky? _____
5. Bored? _____
6. Very lonely or remote from other people? _____
7. Depressed or very unhappy? _____
8. Flustered because you didn't know what was expected of you? _____
9. Bitter about the way your life has turned out? _____
10. Generally satisfied with the way your life has turned out? _____

The next 14 questions have to do with more general life experiences.

11. This is the dreariest time of my life. _____

12. I am just as happy as when I was younger. _____
13. Most of the things I do are boring or monotonous. _____
14. The things I do are as interesting to me as they ever were. _____
15. As I look back on my life, I am fairly well satisfied. _____
16. Things are getting worse as I get older. _____
17. I often feel lonely. _____
18. Little things bother me more this year. _____
19. I am quite satisfied with living in this town (city, village). _____
20. I sometimes feel that life isn't worth living. _____
21. I am as happy now as I was when I was younger. _____
22. Life is hard for me most of the time. _____
23. I am satisfied with my life today. _____
24. My health is the same or better than most people my age. _____