**The Oxford Happiness Questionnaire**

Instructions

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

The Questionnaire

1. I have warm feelings towards everyone. \_\_\_\_\_

2. I get enough sleep \_\_\_\_\_

3. Life is good. \_\_\_\_\_

4. I think that the world is a good place.\_\_\_\_\_

5. I laugh a lot. \_\_\_\_\_

6. I am satisfied about everything in my life. \_\_\_\_\_

7. I am very happy. \_\_\_\_\_

8. I make other people feel happy. \_\_\_\_\_

9. I always feel awake \_\_\_\_\_

10. I often experience joy and excitement. \_\_\_\_\_

11. I have fun with other people. \_\_\_\_\_

12. I feel healthy. \_\_\_\_\_

13. I never feel stressed out \_\_\_\_\_

**Scoring**

Add all the numbers and divide by 12.

The lowest possible score is 1 and the highest possible score is 6.