# Oxford Happiness Questionnaire (OHQ): 8-Item Version

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **#** | **Sc.** |  | **1**  **Strongly disagree** | **2 Moderately disagree** | **3**  **Slightly disagree** | **4**  **Slightly agree** | **5**  **Moderately agree** | **6**  **Strongly agree** |
| 1 | R | I don’t feel particularly pleased with the way I am |  |  |  |  |  |  |
| 2 |  | I feel that life is very rewarding |  |  |  |  |  |  |
| 3 |  | I am well satisfied about everything in my life |  |  |  |  |  |  |
| 4 | R | I don’t think I look attractive |  |  |  |  |  |  |
| 5 |  | I find beauty in some things |  |  |  |  |  |  |
| 6 |  | I can fit in everything I want to |  |  |  |  |  |  |
| 7 |  | I feel fully mentally alert |  |  |  |  |  |  |
| 8 | R | I do not have particularly happy memories of the past |  |  |  |  |  |  |

# Scoring

Items with an ’R’ in the ’Sc’ column are scored in reverse. This column should not be visible in questionnaire versions given to participants.

The Oxford Happiness Questionnaire (OHQ) aims to measure happiness. It was developed by Hills and Argyle (2002).

Hills, P., & Argyle, M. (2002). [The Oxford Happiness Questionnaire: a compact scale for the measurement of psychological well-being.](https://pdfs.semanticscholar.org/cadd/7a4eea79e031ec0cf8b8054f668057f33dda.pdf) Personality and Individual Differences, 33(7), 1073-108