# The Oxford Happiness Questionnaire (OHQ)





The Oxford Happiness Questionnaire, designed to measure individual happiness, is based on the Oxford Happiness Inventory (OHI). The OHQ is valid and reliable; researchers found  “a battery of personality variables known to be associated with well-being [that] were stronger for OHQ than for the OHI” (Hills & Argyle, 2001, p. 1073). This questionnaire has 29 self-report statements for responses on a 6-point Likert scale. A shortened 8-item version is also available. The OHQ has been used in several studies including a study of mindfulness and wellbeing (St-Louis et al., 2018).

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| **Pros for Schools** | **Cons for Schools** |
| 29 questions shortened 8-item version availableWidely used |   |

### Suggestions for Further Research

Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: A compact scale for the measurement of psychological well-being. Personality and Individual Differences,33(7), 1073–1082. [https://edtechbooks.org/-pDz](http://doi.org/10.1016/S0191-8869%2801%2900213-6)

St-Louis, A., Verner-Filion, J., Bergeron, C.M., Vallerand, R.J. (2016). Passion and mindfulness: Accessing adaptive self-processes. The Journal of Positive Psychology, 13(2), 155-164. [https://edtechbooks.org/-RuIB](https://doi.org/10.1080/17439760.2016.1245771)

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