

# 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).

## **Pros for Schools**

29 questions  
shortened 8-item version available  
Widely used

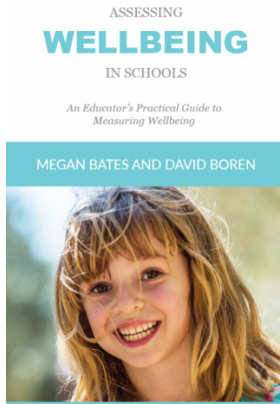
## **Cons for Schools**

## **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>

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>



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools: An Educator's Practical Guide to Measuring Wellbeing*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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