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**

Questionnaire: A compact scale for the measurement of psychological well-being. *Personality and Individual Differences, 33*(7), 1073–1082. [https://edtechbooks.org/-pDz](https://edtechbooks.org/-pDz)


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