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**


**CC BY-NC**: This book is released under a CC BY-NC license, which means that you are free to do with it as you please as long as you (1) properly attribute it and (2) do not use it for commercial gain.