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).

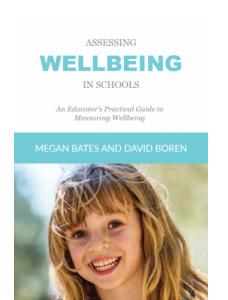
Pros for Schools Cons for Schools

29 questions shortened 8-item version available Widely 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

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*. EdTech Books. Retrieved from https://edtechbooks.org/wellbeing

CC BY-NC: This work 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.