

# 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

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29 questions  
shortened 8-item version available  
Widely used

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## 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>





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