Oxford Happiness Questionnaire (OHQ)

OHQ

The Oxford Happiness Questionnaire is a self-report scale of subjective happiness and overall psychological well-being. This 29-item version was designed as a more homogeneous and easier-to-administer form than the original inventory. It provides an overall score based on statements covering, in particular, positive affect, life satisfaction, energy, sense of mastery, meaning in life, and the quality of relationships with others. The OHQ is particularly useful in research, positive psychology, non-diagnostic clinical assessment, and the monitoring of well-being-focused interventions. It does not replace a clinical evaluation and is best interpreted together with the interview and other emotional or quality-of-life measures.

Number of questions	29 questions
Estimated duration	7 minutes
Language	English
Original name	Oxford Happiness Questionnaire
Target audience	Adolescents and adults
Authors	Peter Hills, Michael Argyle (2002)
Category	General

Preview of the 29 questions

I don't feel particularly pleased with the way I am.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

I am intensely interested in other people.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

I feel that life is very rewarding.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

I have very warm feelings towards almost everyone.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

I rarely wake up feeling rested.

Strongly disagree | Moderately disagree | Slightly disagree | Slightly agree | Moderately agree | Strongly agree

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Scoring & interpretation

Each item is rated on a scale from 1 to 6, ranging from strongly disagree to strongly agree. Negatively worded items must be reverse-coded before calculation. The total score is obtained by adding the 29 responses after reversing the relevant items, then dividing the sum by 29 to obtain a mean between 1 and 6. The higher the mean score, the higher the reported level of subjective happiness and psychological well-being. Interpretation is dimensional and comparative, with no universal diagnostic cutoff.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist