

Global Happiness Research (GHR) Survey, 2023-2026

Respondent's consent: I agree that my age is between 18-79 years, and I agree to participate in this survey voluntarily. I understand that my answers in this survey will be anonymous and confidential; I will not be identified in any GHR reports/publications, and I understand that my responses will be used only for summary results of this research.

1. What is the country of your residence? 2. What is your gender? a) Male, b) Female, c) Do not prefer to answer
3. What is your age group? a) 18-35, b) 36-49, c) 50-65, d) 66-79

For each of the following statements and/or questions, please circle the number on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:
not a very happy person 1 2 3 4 5 6 7 a very happy person
2. Compared with most of my peers, I consider myself:
Less happy 1 2 3 4 5 6 7 more happy
3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. Does this characterization describe you?
not at all 1 2 3 4 5 6 7 a great deal
4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. Does this characterization describe you?
not at all 1 2 3 4 5 6 7 a great deal

For each of the following questions, please circle the number on the scale that you feel is most appropriate in describing you.

1. Do you have a meaningful purpose in your life?
not sure 1 2 3 4 5 very sure
2. Are you satisfied with your health and the health of your family members?
not at all 1 2 3 4 5 very much
3. Did you experience an unhappy childhood resulting in feelings of personal insecurity and low self-worth?
not at all 1 2 3 4 5 very much
4. Do you show kindness and appreciation to those who deserve by taking pleasure in joyful life events?
not at all 1 2 3 4 5 most of the time
5. Do money and wealth bring inner peace and real satisfaction in your life?
not at all 1 2 3 4 5 very much
6. Are you consistent with your thought, speech, and action?
not at all 1 2 3 4 5 very much
7. Do you have strong and quality relationships with close relatives and friends?
not at all 1 2 3 4 5 very much
8. Do you practice self-control of your desires?
not at all 1 2 3 4 5 most of the time
9. Do you connect empathetically with the suffering of others and provide compassion for their feelings?
not at all 1 2 3 4 5 very much
10. Do you practice religious duties and rituals?
not at all 1 2 3 4 5 most of the time
11. Do you practice moral values?
not at all 1 2 3 4 5 most of the time
12. Do you practice the equanimity of mind (mental or emotional calmness) to balance joys and sorrows?
not at all 1 2 3 4 5 most of the time
13. Do you feel being at peace with yourself, others, and the world?
not at all 1 2 3 4 5 most of the time
14. Do you harmonize with the nature?
not at all 1 2 3 4 5 very much
15. Do you feel comfortable adjusting to contrasting situations and environments?
not at all 1 2 3 4 5 very much
16. Do you practice giving to others and being detached from the materialistic world?
not at all 1 2 3 4 5 most of the time
17. Do you meditate to liberate yourself from suffering, and to attain peace as well as overall good health?
not at all 1 2 3 4 5 regularly
18. Which of the option below is the best to make you feel happiest? (Please select ONE)
- (a) Living with healthy and prosperous family, (b) Achieving personal health and prosperity,
(c) Spending quality time by building strong social relations and friendships, (d) Being involved in spiritual practices to attain peace of mind,
(e) Achieving my career goal or desired profession, (f) Travelling and/or connecting with nature to relieve stress,
(g) Being involved in social work and/or philanthropic service, (h) Engaging in sport and exercise for good health,
(i) Living alone myself as I am, (j) None of the above