Fear of Happiness Scale (Joshanloo)

Patient's full name:													
[Date assessed:												
(Clinician's full name:												
	Please rate the shown below.	ne extent to wh	nich you a	gree	with	n each s	tate	ment	t, using t	he scale	from 1	to 7 as	
	1	2 3				4		5		6		7	
	Strongly disagree	Somewhat disagree	A little		Neither agree nor disagree			A little agree		Somewh		Strongly agree	
	Statement			1		2		3	4	5	6	7	
	because	 I prefer not to be too joyful because usually joy is followed by sadness I believe the more cheerful and happy I am, the more I should expect bad things to occur in my life. 											
	and hap should e												
	3. Disaster fortune.	rs often follow	good										
	Having lots of joy and fun causes bad things to happen.												
	5. Excessive consequ	ve joy has son uences	ne bad)					

References

Joshanloo, M. (2013). The influence of fear of happiness beliefs on responses to the satisfaction with life scale. Personality and Individual Differences, 54(5), 647-651. https://doi.org/10.1016/j.paid.2012.11.011

Joshanloo, M., Lepshokova, Z. Kh., Panyusheva, T., Natalia, A. Poon, W.C., Yeung, V.W., Sundaram, S., Achoui, M., Asano, R., Igarashi, T., Tsukamoto, S., Rizwan, M., Khilji, I., A., Ferreira, M.C., Pang, J.S., Ho, L.S., Han, G., Bae, J., & Jiang, D. (2014). Crosscultural validation of the fear of happiness scale across 14 national groups. Journal of cross-cultural psychology, 45(2), 246-264. https://doi.org/10.1177/0022022113505357