

Fordyce Emotions Questionnaire

This is a self-report questionnaire that quantifies an individual's happiness levels. It measures the affective component of Subjective Well-Being (SWB), and provides an indication of how an individual perceives and feels happy in their daily lives. Please answer the following questions truthfully and accurately, it is important to remember that these are subjective questions with no right or wrong answer. In each case, make your choice in terms of how you feel right now on average, not what you have felt in the past or would like to feel

Name:

Date of birth:

Part one

Use the list below to answer the following question: In general, how happy or unhappy do you usually feel? Select the number corresponding to the one statement below that best describes your average happiness

10. Extremely happy (feeling ecstatic, joyous, fantastic!)
9. Very happy (feeling really good, elated!)
8. Pretty happy (spirits high, feeling good)
7. Mildly happy (feeling fairly good and somewhat cheerful)
6. Slightly happy (just a bit above neutral)
5. Neutral (not particularly happy or unhappy)
4. Slightly unhappy (just a bit below neutral)
3. Mildly unhappy (just a bit low)
2. Pretty unhappy (somewhat "blue", spirits down)
1. Very unhappy (depressed, spirits very low)
0. Extremely unhappy (utterly depressed, completely down)

Part Two

Consider your emotions a moment further. On average, what percent of the time do you feel happy? What percent of the time do you feel unhappy? What percent of the time do you feel neutral (neither happy nor unhappy)? Write down your best estimates, as well as you can, in the spaces below. Make sure the three figures add up to equal 100%

On average

The percent of the time I feel happy:

The percent of the time I feel unhappy:

The percent of the time I feel neutral:

Combination score

This is calculated by combining the scale score and percentage happy score in equal weights using the following equation
$$= [\text{scale score} \times 10 + \text{happy}\%] / 2.$$

Combination score: