International Situations Project Translation

**Subjective Happiness Scale**

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| Original English | Translation (Latvian) |
| 1. For each of the following questions, please indicate the point on the 7-point scale that best describes you: | 1. Katram no nākamajiem jautājumiem, lūdzu norādiet punktu uz 7 punktu skalas, kas Jūs vislabāk raksturo: |  |
| 1. In general, I consider myself | 1. Kopumā, es uzskatu sevi par |  |
| 1. Not a very happy person | 1. Ne visai laimīgu cilvēku |  |
| 1. A very happy person | 1. Ļoti laimīgu cilvēku |  |
| 1. Compared to most of the people around me, I consider myself | 1. Salīdzinot ar vairumu cilvēku man apkārt, es sevi uzskatu par |  |
| 1. Less happy | 1. Mazāk laimīgu |  |
| 1. More happy | 1. Vairāk laimīgu |  |
| 1. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything.   To what extent does this characterization describe you? | 1. Daži cilvēki ir kopumā ļoti laimīgi. Viņi bauda dzīvi, neatkarīgi no tā, kas notiek, un iegūst maksimālo no katras situācijas. Cik lielā mērā šis raksturojums apraksta Jūs? |  |
| 1. Not at all | 1. Nemaz |  |
| 1. A great deal | 1. Diezgan lielā mērā |  |
| 1. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be.   To what extent does this characterization describe you? | 1. Daži cilvēki kopumā nav ļoti laimīgi. Lai arī viņi nav nomākti, viņi nekad nešķiet tik laimīgi, cik varētu būt. Cik lielā mērā šis raksturojums apraksta Jūs? |  |
| 1. Not at all | 1. Nemaz |  |
| 1. A great deal | 1. Diezgan lielā mērā |  |

Translation provided by:

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Reference for the Subjective Happiness Scale:

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, *46*, 137-155.

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