AP Human Geography World Happiness Test

<http://worlddatabaseofhappiness.eur.nl/index.html>

*Bradburn's Affect Balance Scale: extended version*

**How have things been going in the past 2 weeks?**

Please answer for each of the questions below:

0: no **OR** 1: yes

\_\_\_\_\_ A Have you been annoyed with someone?
\_\_\_\_\_ B Have you ever felt lonely or remote from people?
\_\_\_\_\_ C Have you ever felt that things were going your way?
\_\_\_\_\_ D Have you ever felt very worried
\_\_\_\_\_ E Have you ever felt pleased because you've got friends?
\_\_\_\_\_ F Have you ever been afraid of what might happen?
\_\_\_\_\_ G Have you ever felt particularly excited or interested in something?
\_\_\_\_\_ H Have you ever felt depressed or unhappy?
\_\_\_\_\_ I Have you ever been full of energy?
\_\_\_\_\_ J Have you ever felt really tired?
\_\_\_\_\_ K Have you ever felt so restless that you could not sit long in a chair?
\_\_\_\_\_ L Have you ever felt that you were really enjoying yourself?
\_\_\_\_\_ M Have you ever felt really cheerful?
\_\_\_\_\_ N Have you ever felt like crying?
\_\_\_\_\_ O Have you ever felt at the top of the world?
\_\_\_\_\_ P Have you ever felt confident about the future?
\_\_\_\_\_ Q Have you ever felt bored?
\_\_\_\_\_ R Have you ever felt pleased about having accomplished something?

Rated:
0: no
1: yes

Computation: (C+E+G+I+L+M+O+P+R) **-** (A+B+D+F+H+J+K+N+Q)
Put the “0” or “1” above each of the Letters and then do the math…

What is your score? \_\_\_\_\_\_\_\_