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? \_\_\_\_\_\_\_\_