
APPENDIX 26.1: Fear of Happiness Scale

The link to the online version of this (in Qualtrics) can be found at <https://osf.io/5qjfs/>

STEP 1

Please rate the extent to which you agree with each statement, using this scale from 1 to 7:

1	2	3	4	5	6	7
Strongly disagree						Strongly agree

1. I prefer not to be too joyful because usually joy is followed by sadness. _____
2. I believe the more cheerful and happy I am, the more I should expect bad things to occur in my life. _____
3. Disasters often follow good fortune. _____
4. Having lots of joy and fun causes bad things to happen. _____
5. Excessive joy has some bad consequences. _____

Note. Adapted from “The Influence of Fear of Happiness Beliefs on Responses to the Satisfaction With Life Scale,” by M. Joshanloo, 2013, *Personality and Individual Differences*, 54(5), p. 648 (<https://doi.org/10.1016/j.paid.2012.11.011>). Copyright 2013 by Elsevier. Adapted with permission.

STEP 2

To calculate your score on the scale, add your responses to the five statements above, then divide them by five. This will give you your average score (or a mean score) on the scale. If calculated correctly, this number should be somewhere between one and seven.

APPENDIX 26.2: National Levels of Fear of Happiness Scores

Country	Average score
Brazil	1.98
New Zealand	2.39
Iran	2.47
Korea	2.65
Russia	2.84
Japan	3.17
Malaysia	3.32
Singapore	3.39
Kuwait	3.55
Kenya	3.56
Hong Kong	3.74
Taiwan	3.76
Pakistan	3.80
India	3.88

Note. Adapted from "Cross-Cultural Validation of Fear of Happiness Scale Across 14 National Groups," by M. Joshanloo, Z. Lepshokova, T. Panyusheva, A. Natalia, W. Poon, V. Yeung, S. Sundaram, M. Achoui, R. Asano, T. Igarashi, S. Tsukamoto, M. Rizwan, I. A. Khilji, M. C. Ferreira, J. S. Pang, L. S. Ho, G. Han, J. Bae, and D. Jiang, 2014, *Journal of Cross-Cultural Psychology*, 45(2), p. 250 (<https://doi.org/10.1177/0022022113505357>). Copyright 2014 by SAGE Publications. Adapted with permission.