

Worksheet 3.3 The Fordyce Emotions Questionnaire (Fordyce, 1988)

In general, how happy or unhappy do you usually feel? Circle the number from the scale below that best describes your average happiness:

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

Consider your emotions a moment further. On the 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 the percentage of time that you feel happy, unhappy, and neutral below. **Make sure that the three numbers add up to 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 = _____%

Scoring information

Scores range from 0 to 10 with higher scores indicating greater levels of happiness. The average score for American adults is 6.92 ($SD = 1.75$). The average score on time happy is 54.13% ($SD = 21.52$); unhappy is 20.44% ($SD = 14.69$); and neutral is 25.43% ($SD = 16.52$).

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