Subjective Well-Being in a Norwegian Setting

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Background: Subjective well-being (SWB), or its colloquial counterpart happiness, has been shown increased attention the last decades. Validated assessment instruments can be a powerful source of health promotion and social improvement.

Objective: To translate and validate four acknowledged SWB instruments using a Norwegian sample, contributing to the development of validated instruments for use in Norway.

Participants & design: Questionnaires were administrated to convenience samples of senior citizens and university students in Trondheim, Norway, year 2010. N= 254, 154 females, age 19-96. Psychometric properties such as internal consistency, normative data, factorial structure and convergence validity were examined using independent sample t-tests and principal component factor analyses.

Results & conclusions: Overall consistency with previous findings and no major divergences overall from the scales established psychometric standards were found, which suggests that the questionnaires are fit for use on Norwegian samples. Furthermore, the study supports the scales as having good psychometric properties.