

## The Inflexibility of Happiness Scale

Please rate the extent to which you agree with each statement, using a scale from 1 to 7 as shown below.

1	2	3	4	5	6	7
Strongly disagree	Somewhat disagree	A little disagree	Neither Agree or Disagree	A little agree	Somewhat agree	Strongly agree

1. A person's level of happiness is something very basic about them, and it can't be changed much.	1	2	3	4	5	6	7
2. Whether a person is happy or not is deeply ingrained in their personality. It cannot be changed very much.	1	2	3	4	5	6	7
3. Some people are very happy and some aren't. People can't really change how happy they are.	1	2	3	4	5	6	7
4. No matter who somebody is, they can always change how happy a person they are.	1	2	3	4	5	6	7

**Item 4 should be reverse-coded**

### Reference

Joshanloo, M. (2019). Lay conceptions of happiness: Associations with reported well-being, personality traits, and materialism. *Frontiers in Psychology*, 10(2377).

### Open access:

[https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02377/full?utm\\_source=Email to authors &utm\\_medium=Email&utm\\_content=T1\\_11.5e1\\_author&utm\\_campaign=Email\\_publication&field=&journalName=Frontiers in Psychology&id=473545](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02377/full?utm_source=Email_to_authors&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers%20in%20Psychology&id=473545)