

The Inflexibility of Happiness Scale

Please rate the extent to which you agree with each of the following statements.

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

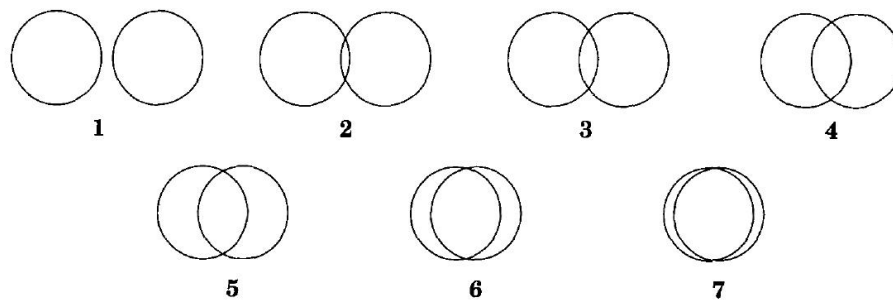
Joshanloo, M. (2019). Lay conceptions of happiness: Associations with reported well-being, personality traits, and materialism. *Frontiers in Psychology*, 10(2377).

Open access:

[https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02377/full?utm_source=Email to author s &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%20to%20author&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers%20in%20Psychology&id=473545)

The Inclusive Happiness Scale

Below are seven diagrams that express varying degree of relatedness or connection between two things. For example, Diagram 1 indicates no relationship or connectedness, Diagram 4 indicates a moderate degree of connectedness, and Diagram 7 indicates complete connectedness. For each of the four items below, please specify which diagram best shows the relatedness between the two things.



1. The connection between your personal happiness and that of your friends.	1	2	3	4	5	6	7
2. The connection between your personal happiness and that of all human beings on earth.	1	2	3	4	5	6	7
3. The connection between your personal happiness and that of your country.	1	2	3	4	5	6	7
4. The connection between your personal happiness and that of the Earth.	1	2	3	4	5	6	7
5. The connection between your personal happiness and that of a wild animal (such as a squirrel, rabbit, deer, or wolf).	1	2	3	4	5	6	7
6. The connection between your personal happiness and that of all living creatures.	1	2	3	4	5	6	7
7. The connection between your personal happiness and that of a tree.	1	2	3	4	5	6	7

Separate exploratory factor analyses (principal axis factoring) in Korea and Canada were performed. Screens test indicated that the optimal number of factors would be one in both nations. The factors loadings of the one-factor structure and alphas are reported in Table S2. Together, these results support the one-factor structure of the scale and its acceptable reliability in both nations. This variable was expected to be positively associated with agreeableness, given the two variables' social emphasis. The results showed that the two variables were positively correlated (.112 and .151, in Korea and Canada respectively, p s < .001).

It is noteworthy that one item, “The connection between your personal happiness and that of your family,” was removed from the scale due to its low loading (.209) on the inclusive happiness factor in Korea. The items had a relatively high kurtosis (2.163) and skewness (-1.362) in Korea and required a separate factor of itself. This indicates that in family oriented cultures such as Korea (Shin, Suh, Eom, & Kim, 2018), the majority will respond with very high ratings for this item and thus, the item is expected to be a source of cross-cultural non-invariance. In consequence, I decided to remove the item.

Table S2 <i>Factor Loadings and Alphas for the Inclusive Happiness Scale</i>		
	Korea	Canada
1. The connection between your personal happiness and that of your friends.	.465	.462
2. The connection between your personal happiness and that of all human beings on earth.	.753	.720
3. The connection between your personal happiness and that of your country.	.698	.708
4. The connection between your personal happiness and that of the Earth.	.821	.818
5. The connection between your personal happiness and that of a wild animal (such as a squirrel, rabbit, deer, or wolf).	.799	.785
6. The connection between your personal happiness and that of all living creatures.	.816	.834
7. The connection between your personal happiness and that of a tree.	.827	.721
Eigenvalue	4.331	4.163
% of variance explained	61.868	59.476
A	.893	.883

The Eudaimonism-Hedonism Scale

Listed below are 6 factors that can be considered as components of well-being. Please let us know about your personal definition of well-being by distributing points to these 6 components. You have a total of 100 points that should be distributed based on the importance of each component in your personal opinion. Note that the total points you allocate to all components must be exactly 100. Please read the entire list of components before you begin allocating points.

Components of well-being	Points
1- Experiencing happy feelings
2- Having a sense of purpose and direction in life
3- Enjoying oneself
4- Trying to actualize one's potential and talents
5- Gaining a rich understanding of the meaning of life
6- Absence of negative feelings
Total:

➤ PLEASE CHECK AGAIN: Total points allocated should not exceed 100.

Scoring: Hedonism: Items 1, 3, and 6; Eudaimonism: items 2, 4, and 5

Factor analysis may not be used to evaluate this measure because of the interdependence of the items on each other. In essence, all items are in competition with each other, and thus negative correlations are to be expected between all items. Yet, it was expected that any eudaimonic item would have weaker negative correlations with the other eudaimonic items than the hedonic items (and any hedonic item would have weaker negative correlations with hedonic than eudaimonic items). That is to say, eudaimonic items are expected to have weaker negative correlations between themselves and stronger negative correlations with hedonic items. The correlation matrix is shown in Table S3. The average correlation between the hedonic items was -0.131, and between eudaimonic items was 0.004. The average correlation between hedonic and eudaimonic items was -.280. This also suggests that

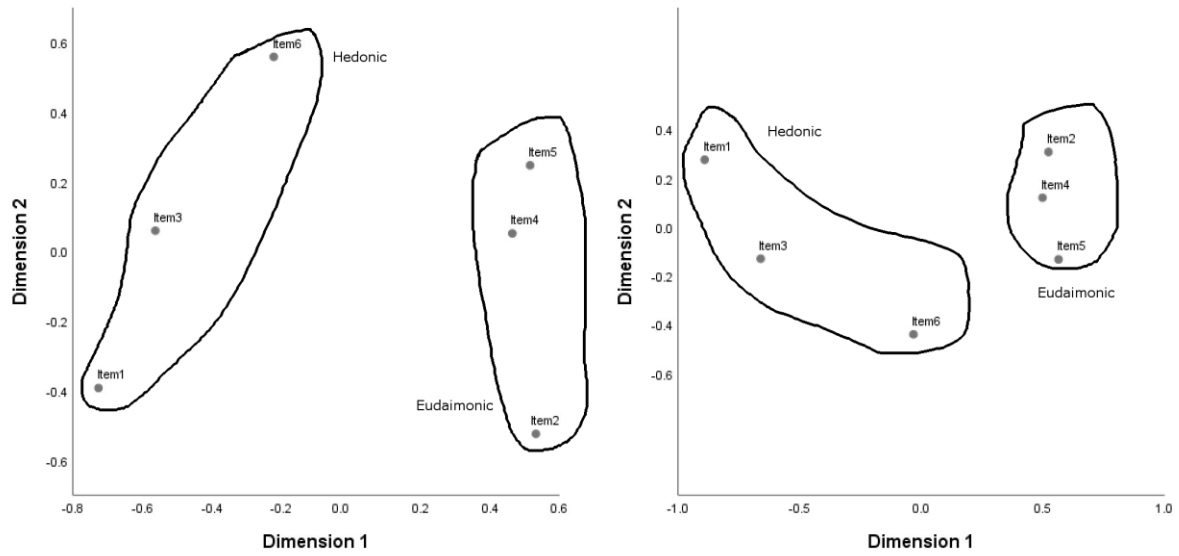


Figure S1
Multidirectional scaling plots for Canada (left) and Korea (right)

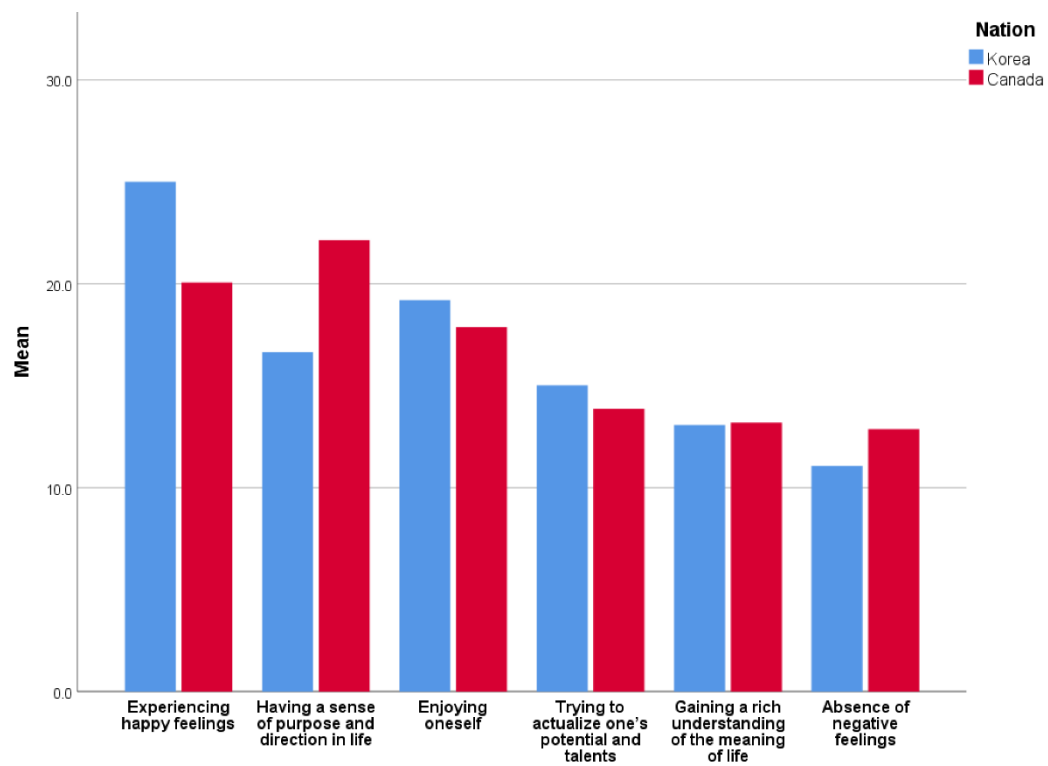


Figure S2
Points given to the six well-being components across nations

Table S4
Intercorrelations Between the Conceptions of Happiness

	1	2	3	4	5	6	7
Korea							
1.Eudaimonism	1						
2.Inclusive happiness	.114***	1					
3.Externality of happiness	-.090**	-.085**	1				
4.Fear of happiness	.034	-.004	.446***	1			
5.Transformative suffering	.150***	.177***	.008	.331***	1		
6.Fragility of happiness	-.006	-.079**	.158***	.223***	.286***	1	
7.Valuing happiness	-.051	.056	.277***	.271***	.187***	.186***	1
8.Inflexibility of happiness	-.090**	-.020	.334***	.183***	.001	.012	.135***
Canada							
1.Eudaimonism	1						
2.Inclusive happiness	.089*	1					
3.Externality of happiness	-.111**	.009	1				
4.Fear of happiness	-.065	-.008	.573***	1			
5.Transformative suffering	.137***	.140***	.089*	.255***	1		
6.Fragility of happiness	-.054	-.055	.334***	.375***	.254***	1	
7.Valuing happiness	-.089*	.189***	.411***	.383***	.166***	.310***	1
8.Inflexibility of happiness	-.086*	.084*	.438***	.341***	-.025	.049	.174***

Table S5

The Relationship Between age and Conceptions of Happiness

	Eudaimonism	Inclusive	Externality	Fear	Transformative	Fragility	Valuing	Inflexibility
Korea	.165***	.116***	-.044	.020	.112***	-.059*	.065*	.072*
Canada	-.029	-.023	-.032	-.125**	-.156***	-.087*	-.175***	.080*

Table S6

Significate Gender Differences in the Conceptions of Happiness

	<i>t</i>	<i>df</i>	<i>p</i>	95% Confidence Interval of the Difference		Cohen's <i>d</i>	Which gender scored higher?
				Lower	Upper		
Korea							
Fear	2.571	1175	.010	.03817	.28392	0.150	Male
Valuing	2.591	1175	.010	.02612	.18917	0.151	Male
Canada							
Inclusive	-2.835	658	.005	-.50716	-.09213	0.229	Female
Externality	2.929	658	.004	.10253	.51941	0.237	Male
Fear	3.001	658	.003	.11578	.55393	0.239	Male
Inflexibility	3.222	658	.001	.12640	.52079	0.257	Male

References for the supplementary material

- Shin, J.-e., Suh, E. M., Eom, K., & Kim, H. S. (2018). What Does “Happiness” Prompt in Your Mind? Culture, Word Choice, and Experienced Happiness. [journal article]. *Journal of Happiness Studies*, 19(3), 649-662.
- Howell, A. J., Passmore, H. A., & Holder, M. D. (2016). Implicit theories of well-being predict well-being and the endorsement of therapeutic lifestyle changes. *Journal of Happiness Studies*, 17(6), 2347-2363.