

## **Interdependent Happiness Scale (IHS)**

### **Background**

Interdependent happiness (IHS; Hitokoto & Uchida, 2014) is a measure of one's happiness which is based on interpersonal harmony, ordinariness, and quiescence. Contrary to the existing scales on well-being that tend to focus on measuring happiness of individuals' achievement, IHS was constructed based on the Japanese idea of happiness (Uchida & Ogihara, 2012). However, this concept of "interdependently attained happiness" is available across cultures. Actually it is proven to be sufficiently valid across North America, Germany, Japan, Korea among other countries.

### **About the construct**

What constitutes the meaning of happiness is different across individuals. At the same time, meaning of happiness is, to a certain extent, shared across individuals living in the same cultural context. For example, in the North American cultural context where most of the psychological studies are being published, concept of happiness revolves around the meaning of "individual achievement (e.g., Getting a good grade)," whereas in Japan, it is "relational harmony (e.g., Getting along well with close others)" (Uchida & Kitayama, 2009).

More or less, both meanings are regarded as central to happiness in any culture, international scale development of the latter kind was relatively left behind in well-being studies. Indeed most of the international measures of happiness examine whether *I* am happy or not. On the other hand, international measures of happiness which examine whether *we* are happy or not, or whether I am making others happy, has not been constructed. With need for creating a sustainable world, we developed empirical measurement of interdependent happiness.

### **Validity**

Hitokoto & Uchida (2014) showed IHS to be 1) valid across Japan, U.S.A., Germany, and Korea, 2) correlated with theoretically related measures, and 3) the degree to which it is related to general well-being is stronger in Asian countries than in Western countries, and also stronger in rural areas than in urban areas within Japan

(Hitokoto & Uchida, 2014).

### **For future studies**

Further proving empirical evidence on the relation between the IHS and values (e.g., what is important in one's life), or self-construal (e.g., one's identity) would further strengthen the validity of the scale. Moreover, the correlates with social behavior (e.g., socio-economic status, mobility, type of work or industries), or factors that creates individual differences (e.g., socio-ecological factors, personality traits, neural mechanisms) need to be tested.

Further, cross-cultural comparison involving various age groups would be valuable. Before conducting such study, back-translation (Brislin, 1970) to the local language from the original English or Japanese version, coupled with a fine validity check is highly recommended.

### **Scoring**

Interdependent happiness score = Sum of the ratings to item 1 through 9.

### **Author correspondence**

- Hidefumi Hitokoto, Department of Psychology, University of Michigan. e-mail: [hideckn@gmail.com](mailto:hideckn@gmail.com)
- Yukiko Uchida [Kokoro Research Center, Kyoto University](http://www.kokoro.kyoto-u.ac.jp) e-mail: [yukikou@educ.kyoto-u.ac.jp](mailto:yukikou@educ.kyoto-u.ac.jp)

### **Reference**

Hitokoto, H., & Uchida, Y. (2014). Interdependent Happiness: Theoretical Importance and Measurement Validity. *Journal of Happiness Studies*. DOI 10.1007/s10902-014-9505-8

●English ver.

INSTRUCTION:

Q. Please indicate the degree to which the following statements accurately describe you using the scale from 1. Strongly disagree, 2. Somewhat disagree, 3. Neither agree nor disagree, 4. Somewhat agree, 5. Strongly agree. Please choose one option from below, and circle the number on the scale.

1. I believe that I and those around me are happy.
2. I feel that I am being positively evaluated by others around me.
3. I make significant others happy.
4. Although it is quite average, I live a stable life.
5. I do not have any major concerns or anxieties.
6. I can do what I want without causing problems for other people.
7. I believe that my life is just as happy as that of others around me.
8. I believe I have achieved the same standard of living as those around me.
9. I generally believe that things are going well for me in its own way as they are for others around me.