

Oxford Happiness Questionnaire (OHQ) results

We utilised the Oxford Happiness Questionnaire developed by psychologists Michael Argyle and Peter Hills at Oxford University. Individuals recorded on the Likert scale by noting several statements about happiness to indicate how much they agree or disagree with each statement.

There was a significant difference between pre-SEJ (mean 3.6: Not particularly happy or unhappy) to post-SEJ (mean 4.05: pretty happy) scores following the SEJ intervention.

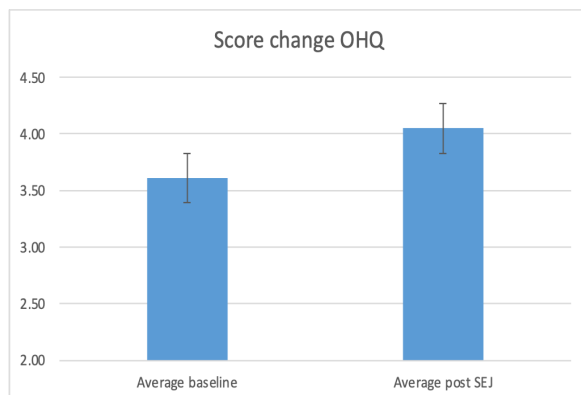


Figure 4 Oxford Happiness Questionnaire Score improvement Pre SEJ (baseline) and Post SEJ