Appendix 6

World Happiness Report 2022
Insights from the first global survey of balance and harmony

1. Account of item development

The items were developed over a process involving five main phases. First was a summit in Kyoto, Japan, in August 2019. Wellbeing for Planet Earth had consulted its advisors and networks to identify scholars across who were conducting promising cross-cultural research on wellbeing. As a result, 12 scholars attended a three-day summit – five from Japan, the remainder from overseas – together with other stakeholders. The overarching goal was to develop potential items to add to the World Poll, with an emphasis on questions that are: (1) capable of augmenting existing measures to create a comprehensive conceptualization of wellbeing; (2) most pressing to capture, since global data does not yet exist for these; (3) inclusive of a wider, richer, range of worldviews (not currently captured by the poll); (4) useful items from which policy makers and other decision makers could take action; and (5) demonstrative of the complexity of wellbeing, highlighting cultural differences, and allowing for examination of factors that contribute to wellbeing across and within societies.

After two days of discussions, the third day centered on proposing alternative and/or additional topics for the poll. Topics were discussed, debated, and voted upon (i.e., ranked in order of importance). As a result, nine topics were identified. Then followed another session in which the topics were formulated as questionnaire items; again, items were discussed, debated, and voted upon (i.e., in terms of preferred formulation). The topics selected were (in order of priority): (1) low arousal positive emotions; (2) balance and harmony; (3) relationship to group; (4) meaning in life; (5) relationship to nature; (6) mastery; (7) relationship with government; (8) leisure; and (9) resilience. Given budgetary constraints, it was only possible to include 9-10 items in the poll (with the potential for other items to be included in subsequent years). Of this list, as determined by the ranking procedure, topics 1-4 were selected for definite inclusion in 2020 (and moreover with each potentially having multiple items assessing them). Topics 5-6 were also put to Gallup after the summit for consideration, but did not get included in the 2020 wave. Finally, topics 7-9 were not put forward to Gallup for this first wave, but were retained as worth considering for future waves. Subsequent to the summit, following input from funders, it was deemed important to also include a focus on wellbeing at work, and so this topic was also selected for inclusion in the 2020 poll.

From November onwards, the team held weekly online meetings, which included discussions of all topics and items under consideration. Once the five main topics had been identified, with suitable item phrasings agreed (based on formulations reached at the summit, and refined through subsequent discussion), these items were tested in the field through cognitive interviews. Participants were interviewed in seven countries, covering six different languages: Columbia (Spanish); Ethiopia (Afan Oromo); Italy (Italian); Japan (Japanese); Kosovo (Albanian); Lebanon (Arabic); and Tunisia (Arabic). In each country approximately ten people were interviewed, selected as differing on a range of key demographics, including: geography (five rural, five urban); gender (five female, five male); income (four low-, three middle-, and three upper-); age (three 18-29 years old, four 30-44, and three 45+); and employment status (five employed full time, two self-employed full time, and three out of the workforce). Following analysis of the cognitive interviews, some items were refined, after which further pre-test interviews took place (in the same countries as the cognitive interviews, using the same demographic spread). Then, after analysis of the pre-test interview, final item phrasings were agreed upon.

World Happiness Report 2022

Insights from the first global survey of balance and harmony

2. Factors for balance / harmony

An interesting analytical question is to ask what factors predict people's experiences of balance / harmony? What conditions - both individual (e.g., age) and systemic (e.g., environment) - are associated with responses to these items. In that respect, Appendix Table 1 below shows prevalence ratios for the associations between each balance / harmony item and key demographic characteristics. These are of course not the only potential factors, as discussed further in the conclusion, but are nevertheless likely to be among the most salient.

Appendix Table 1: Cross-sectional associations between balance / harmony and sociodemographic characteristics[i]

Table 4.

Characteristics	Balance	Peace	Calm
	RR (log(RR), SE)	RR (log(RR), SE)	RR (log(RR), SE)
Preference for calmness (vs. excitement)	1.02* (0.02, 0.01)	1.01 (0.01, 0.00)	1.03*** (0.03, 0.01)
Focus on others (vs. self)	0.99* (-0.01, 0.01)	0.98*** (-0.02, 0.00)	0.99 (-0.01, 0.01)
Age (younger)	0.99 (-0.01, 0.01)	0.98*** (-0.02, 0.01)	0.97*** (-0.03, 0.01)
Age (older)	1.08*** (0.07, 0.01)	1.04*** (0.04, 0.01)	1.05*** (0.05, 0.01)
Education (attending college)	1.01** (0.01, 0.01)	1.00 (0.00, 0.00)	0.99 (-0.01, 0.00)
Marital status (married or 'as married')	1.06*** (0.06, 0.01)	1.04*** (0.04, 0.01)	1.00 (0.00, 0.01)
Marital status (separated, divorced, or widowed)	1.00 (0.00, 0.01)	0.98** (-0.02, 0.01)	1.01 (0.01, 0.01)
Immigration status (born abroad)	0.97* (-0.03, 0.01)	1.00 (0.00, 0.01)	1.00 (0.00, 0.01)
Household income	1.01*** (0.01, 0.00)	1.01*** (0.01, 0.00)	1.00* (0.00, 0.00)
Health problems	0.94*** (-0.06, 0.01)	0.96*** (-0.05, 0.01)	1.00 (0.00, 0.01)

Appendix 6

World Happiness Report 2022
Insights from the first global survey of balance and harmony

Perceived corruption	0.99 (-0.01, 0.01)	1.00 (0.00, 0.01)	1.01* (0.01, 0.01)
Friend support	1.13*** (0.12, 0.01)	1.11*** (0.11, 0.01)	1.04*** (0.04, 0.01)
Freedom	1.27*** (0.24, 0.01)	1.25*** (0.23, 0.01)	1.08*** (0.08, 0.01)
Generosity (donating to charity)	1.05*** (0.05, 0.01)	1.03*** (0.03, 0.00)	1.01 (0.01, 0.01)
Sex (female)	1.03*** (0.03, 0.01)	1.02*** (0.02, 0.00)	0.96*** (-0.04, 0.00)
Employment status (unemployed)	0.90*** (-0.11, 0.01)	0.94*** (-0.06, 0.01)	0.99 (-0.01, 0.01)
Institutional trust	1.08*** (0.07, 0.01)	1.06*** (0.06, 0.00)	1.02*** (0.02, 0.01)
Worry	0.93*** (-0.07, 0.01)	0.95*** (-0.05, 0.00)	0.96*** (-0.04, 0.01)
Sadness	0.91*** (-0.09, 0.01)	0.91*** (-0.09, 0.01)	0.95*** (-0.05, 0.01)
Stress	0.94*** (-0.07, 0.01)	0.94*** (-0.06, 0.00)	0.90*** (-0.11, 0.01)
Anger	0.95*** (-0.06, 0.01)	0.94*** (-0.07, 0.01)	0.86*** (-0.15, 0.01)
Enjoyment	1.11*** (0.10, 0.01)	1.08*** (0.08, 0.01)	1.22*** (0.20, 0.01)
Laughter	1.08*** (0.08, 0.01)	1.07*** (0.07, 0.01)	1.14*** (0.13, 0.01)
Interest	1.03*** (0.03, 0.01)	1.03*** (0.03, 0.00)	1.02*** (0.02, 0.00)

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[i] Country fixed effects (i.e., country dummies) were introduced in the regression models, and survey weights and robust standard errors were used. For definitions of variables please see Chapter 2 and its statistical appendix.