

The Genuine Happiness Scale: Preliminary Results

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Abstract : We provide initial findings on the development and validation of the Genuine Happiness Scale (GHS). Based on the Buddhist view of happiness, genuine happiness can be described as an unlimited, everlasting inner joy and peace that gives a person the inner resources to deal with whatever comes his or her way in life. The sample consisted of 678 young adults, with 432 adults participating twice, approximately six weeks apart. Exploratory and confirmatory factor analysis supported a unidimensional factor structure of the GHS. Hierarchical regression analysis revealed that caring for bliss, mindfulness, and compassion predicted genuine happiness longitudinally above and beyond genuine happiness at baseline. We discuss the usefulness of the GHS as an outcome measure for evaluating mindfulness- and compassion-based intervention programs.

Keywords : happiness, bliss, well-being, caring for bliss, mindfulness, compassion

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