

## Trend Report Average Happiness in Nations 1946-2021

Changes in how much people like the life they live

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This report draws on the [World Database of Happiness](#), Collection [Happiness in Nations](#). Links in this text lead to standardized descriptions of research findings in that [Finding Archive](#). Data taken from that source were entered in the datafile *TrendsInNations\_2022* a version in Excel can be downloaded from <https://worlddatabaseofhappiness.eur.nl/related-sources/data-set-trends-in-nations/what-is-this-data-file-trends-in-nations/>

This report is based on responses to questions about happiness representative surveys of the general population in nations. The report limits to questions on happiness in the sense of 'the [subjective enjoyment of one's life as a whole](#) that have passed a [check](#) for fit with that concept.

This report limits to timeseries that cover at least 20 years and involve minimally 10 datapoints.

Trend data are presented in two ways:

1. On [Table 1](#) we present difference between first and last observation in points on numerical scale 0-10.
2. On [Table 2](#) we express the trend in a linear regression unstandardized coefficient, which can be interpreted as % rise or decline per year.

This report encompasses findings reported in earlier trend reports over the years [1946-2006](#), [1946-2008](#), [1946-2010](#) and [1946-2015](#)

**Cite** this report as: Veenhoven, R & Kegel, S (2022) Trend report Average Happiness in Nations 1946-2021, World Database of Happiness, Erasmus happiness Economics Research Organization EHERO, Erasmus University Rotterdam, Netherlands. Assessed at (date) on [https://worlddatabaseofhappiness.eur.nl/wp-content/uploads/2020/07TrendReport\\_AverageHappiness\\_1946-2019.pdf](https://worlddatabaseofhappiness.eur.nl/wp-content/uploads/2020/07TrendReport_AverageHappiness_1946-2019.pdf)

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Table 1

**Change average happiness expressed in points on scale 0-10.**

Difference between first and last assessment

<i>Rise</i>				<i>Decline</i>			
<b>Nation</b>	<b>Measure</b>	<b>Period</b>	<b>Change</b>	<b>Nation</b>	<b>Measure</b>	<b>Period</b>	<b>Change</b>
<a href="#">Argentina</a>	ls4	1997-2018	+0,10	<a href="#">Belgium</a>	ls4	1973-2019	-0,59
<a href="#">Austria</a>	ls4	1995-2019	+0,05		ls11	1975-2018	-0,28
<a href="#">Brazil</a>	ls11	1960-2019	+1,89	<a href="#">Bolivia</a>	ls4	1997-2018	-0,18
<a href="#">Canada</a>	bw11	1975-2019	+0,11	<a href="#">Canada</a>	ls10	1982-2020	-0,98
<a href="#">China</a>	bw11	1999-2019	+1,03	<a href="#">Chile</a>	ls4	1997-2018	-1,08
<a href="#">Colombia</a>	ls4	1997-2018	+0,36	<a href="#">Costa Rica</a>	ls4	1990-2018	-1,34
<a href="#">Croatia</a>	ls10+11	1995-2018	+0,54	<a href="#">El Salvador</a>	ls4	1991-2018	-1,55
<a href="#">Denmark</a>	ls4	1973-2019	+0,70	<a href="#">Egypt</a>	bw11	1960-2019	-1,20
	ls11	1975-2018	+0,24	<a href="#">Greece</a>	ls4	1981-2019	-0,42
<a href="#">Ecuador</a>	ls4	1997-2018	+0,33	<a href="#">Ireland</a>	ls4	1973-2019	-0,40
<a href="#">Finland</a>	ls4	1990-2019	+0,59		ls11	1975-2018	-0,07
<a href="#">France</a>	ls4	1973-2019	+0,30	<a href="#">Luxembourg</a>	hl3	1975-2008	-0,07
	hl3	1946-1986	+2,05		ls10+11	1975-2018	-0,07
	ls11	1975-2018	+0,65	<a href="#">Mexico</a>	ls4	1997-2018	-0,20
<a href="#">Germany</a>	ls11	1990-2018	+0,35	<a href="#">Nicaragua</a>	ls4	1991-2018	-0,94
	ls4	1990-2019	+0,46	<a href="#">Nigeria</a>	bw11	1963-2019	-0,43
<a href="#">Honduras</a>	ls4	1997-2018	+0,62	<a href="#">Netherlands</a>	ls5	1974-2012	-1,02
<a href="#">Hungary</a>	ls11	1992-2018	+0,37	<a href="#">Paraguay</a>	ls4	1996-2018	-2,02
<a href="#">India</a>	bw11	1962-2019	+0,48	<a href="#">South Africa</a>	ls5	1983-2015	-0,02
<a href="#">Italy</a>	ls4	1973-2019	+0,20		ls10+11	1981-2013	-0,13
	hl3	1965-1986	+0,24	<a href="#">Sweden</a>	ls11	1999-2018	-0,01
	bw11	1975-2019	+0,86		ls10	1982-2017	-0,41
	ls11	1975-2018	+0,77	<a href="#">United Kingdom</a>	hl3	1965-1986	-1,1
<a href="#">Japan</a>	ls10+11	1958-2013	+0,35		ls11	1971-2018	-0,49

	ls4	1958-2013	+0,41	<a href="#">USA</a>	hl3	1946-2010	-0,24				
	ls5	1978-2005	+0,80		hl4	1946-2017	-0,07				
	bw11	1962-2019	+0,71		ls10+11	1959-2017	-0,68				
<a href="#">Korea (South)</a>	bw11	1981-2019	+1,64		bw11	1955-2019	-0,12				
<a href="#">Luxembourg</a>	ls4	1973-2019	+0,09	<a href="#">Uruguay</a>	ls4	1997-2018	-0,47				
<a href="#">Mexico</a>	bw11	1975-2019	+0,22	<a href="#">Venezuela</a>	ls4	1997-2018	-0,89				
<a href="#">Netherlands</a>	ls4	1973-2019	+0,60								
	ls10	1981-2019	+0,27								
	ls11	1974-2018	+0,26								
<a href="#">Norway</a>	ls10+11	1981-2018	+0,19								
	hl4	1981-2018	+0,32								
<a href="#">Panama</a>	ls4	1997-2018	+0,56								
	bw11	1962-2019	+1,27								
<a href="#">Peru</a>	ls4	1997-2018	+1,15								
<a href="#">Philippines</a>	bw11	1959-2019	+1,37								
<a href="#">Poland</a>	bw11	1962-2019	+1,81								
<a href="#">Portugal</a>	ls4	1985-2019	+0,79								
<a href="#">Romania</a>	ls4	1998-2019	+0,97								
	ls10+11	1990-2018	+1,81								
<a href="#">Russia</a>	ls10+11	1990-2017	+1,13								
<a href="#">South Africa</a>	hl5	1983-2015	+0,16								
<a href="#">Spain</a>	ls4	1985-2019	+0,62								
	ls10+11	1981-2018	+1,08								
<a href="#">Sweden</a>	ls4	1995-2019	+0,21								
<a href="#">Switzerland</a>	ls11	1976-2018	+0,03								
<a href="#">United Kingdom</a>	ls4	1973-2019	+0,46								
<b>Number rise</b>			<b>50</b>					<b>Number decline</b>			<b>30</b>
<b>Average rise</b>			<b>+0,652</b>					<b>Average decline</b>			<b>-0,582</b>

### Technical details

1. The years 2020 and 2021 are left out in this comparison because of the COVID-19 pandemic, which lowered average happiness substantially in most nations (up to one point). Since score for these years are not available for all countries, comparison would flaw
2. Measure codes refer to a equivalent of survey questions on happiness:  
[Best-Worst possible life](#)  
Bw11 question on how one rated one's current life on a numerical scale ranging from best possible to worst possible

#### [Happiness](#)

- h14 question on happiness answer rated on 4-step verbal response scale
- h15 question on happiness answer rated on 5-step verbal response scale
- h13 question on happiness answer rated on 3-step verbal response scale

#### [Life-satisfaction](#)

- ls4 question on life-satisfaction answer rated on 4-step verbal response scale
- ls5 question on life-satisfaction answer rated on 5-step verbal response scale
- ls10 question on life-satisfaction answer rated on 10-step numeral response scale
- ls11 question on life-satisfaction answer rated on 11-step numeral response scale
- ls10+11 question on life-satisfaction answer rated on 10 and 11-step numeral response scale

3. Scores on questions using verbal response options on range 5 or less were transformed to numerical scales on range 0-10 using linear transformation. This procedure is explained in [chapter 6](#) of the introductory text to the collection of happiness measures section 6.1.1.
4. Within series of responses to *equivalent* questions not all questions are fully *identical*, variations in wording being indicated with a, b, c ... at the end of the measure code. See [chapter 5](#) of the introductory text to the collection of happiness measures, scheme 5. When assessing the difference between the first and last score of questions using verbal response scales, we limited to identical questions, since differences in wording can bias the trend. In the case of responses to 10 and 11-step numerical rating scales we accepted equivalent questions, assuming that respondents will have focused on scale numbers, rather than on the verbal labels of scale extremes.
5. Data were rounded up to three decimal places.

Table 2

## Change average happiness expressed in average annual increase/decline 1946-2021

Change expressed in linear regression coefficients

Nation	Measure	Years	Trend average happiness			
			Up to 2019		Including COVID years 2020-2021	
			<i>Trend over time</i>	<i>95% confidence interval</i>	<i>Trend over time</i>	<i>95% confidence interval</i>
<b>Since 1940s</b>						
<a href="#">France</a>	hl3	1946-1986	<b>+0,046</b>	+0,028 - +0,065		
<a href="#">USA</a>	hl3	1946-2010	+0,002	-0,002 - +0,006		
<a href="#">USA</a>	hl4	1946-2017	+0,001	-0,004 - +0,006		
<i>N rise</i>			1			
<i>N decline</i>			0			
<i>N no change</i>			2			
<i>Net change: average + minus -</i>			+0,016	-0,0128 - +0,045		
<i>Total change; average irrespective of + or -</i>			+0,016	-0,01287 - +0,045		
<b>Since 1950s</b>						
<a href="#">Japan</a>	ls4	1958-2013	+0,004	0,000 - +0,008		
<a href="#">Philippines</a>	bw11	1959-2020	+0,014	-0,004 - +0,031	+0,013	-0,004 - +0,029
<a href="#">USA</a>	hl3	1952-2010	+0,001	-0,003 - +0,006		
<a href="#">USA</a>	hl4	1952-2017	-0,001	0,008 - +0,006		
<a href="#">USA</a>	ls10+11	1959-2017	<b>-0,011</b>	-0,021 - -0,001		
<a href="#">USA</a>	bw11	1955-2021	<b>+0,013</b>	+0,009 - +0,017	<b>+0,012</b>	+0,009 - +0,016
<i>N rise</i>			1		1	
<i>N decline</i>			1		0	
<i>N no change</i>			4		1	

Net change: average + minus -			+0,003	-0,004 - +0,010	<b>+0,013</b>	+0,012 - +0,013
Total change; average irrespective of + or -			<b>+0,007</b>	+0,003 - +0,012	0,013	+0,012 - +0,013
<b>Since 1960s</b>						
<a href="#">Brazil</a>	bw11	1960-2020	<b>+0,028</b>	+0,014 - +0,042	<b>+0,026</b>	+0,011 - +0,04
<a href="#">Egypt</a>	bw11	1960-2020	<b>-0,029</b>	-0,055 - -0,004	<b>-0,029</b>	-0,053 - -0,005
<a href="#">India</a>	bw11	1962-2020	+0,009	-0,015 - +0,033	+0,008	-0,015 - +0,030
<a href="#">Italy</a>	hl3	1965-1986	+0,020	-0,003 - +0,042		
<a href="#">Japan</a>	bw11	1962-2020	<b>+0,010</b>	+0,002 - +0,018	<b>+0,010</b>	+0,002 - +0,018
<a href="#">Japan</a>	ls4	1961-2013	+0,001	-0,002 - +0,003		
<a href="#">Nigeria</a>	bw11	1963-2020	+0,002	-0,015 - +0,019	+0,004	-0,012 - +0,02
<a href="#">Panama</a>	bw11	1962-2019	<b>+0,029</b>	+0,008 - +0,051		
<a href="#">Poland</a>	bw11	1962-2020	<b>+0,033</b>	+0,025 - +0,041	<b>+0,033</b>	+0,025 - +0,041
<a href="#">UK</a>	hl3	1965-1986	-0,031	-0,071 - +0,009		
<a href="#">USA</a>	hl3	1963-2010	+0,005	0,000 - +0,010		
	bw11	1964-2021	<b>+0,015</b>	+0,011 - +0,019	<b>+0,014</b>	+0,010 - +0,019
N rise			5		4	
N decline			1		1	
N no change			6		2	
Net change: average + minus -			<b>+0,008</b>	-+0,004 - +0,011	+0,009	-0,004 - +0,023
Total change; average irrespective of + or -			<b>+0,018</b>	+0,011 - +0,025	+0,018	-0,005 -+ 0,024
<b>Since 1970</b>						
<a href="#">Belgium</a>	ls4	1973-2021	-0,003	-0,010 - +0,004	-0,003	-0,009 - +0,004
	ls11	1975-2018	-0,004	-0,014 - +0,006		
<a href="#">Brazil</a>	bw11	1975-2020	+0,009	-0,009 - +0,027	+0,006	-0,013 - +0,024
<a href="#">Canada</a>	bw11	1975-2020	+0,006	-0,004 - +0,017	+0,004	-0,006 - +0,015
<a href="#">Denmark</a>	ls4	1973-2021	<b>+0,013</b>	+0,010- +0,016	<b>+0,013</b>	+0,010 - +0,016
	ls11	1975-2018	+0,011	-0,002 - +0,025		
<a href="#">Finland</a>	ls11	1976-2018	<b>+0,011</b>	+0,007 - +0,015		

<a href="#">France</a>	ls4	1973-2021	<b>+0,017</b>	+0,013 - +0,020	<b>+0,017</b>	+0,013 - +0,020
	ls11	1975-2018	+0,014	-0,005 - +0,034		
	bw11	1975-2020	<b>+0,015</b>	+0,002 - +0,029	<b>+0,015</b>	+0,002 - +0,028
<a href="#">India</a>	bw11	1975-2020	-0,001	-0,037 - +0,036	-0,037	-0,037 - +0,032
<a href="#">Ireland</a>	ls4	1973-2021	<b>+0,007</b>	+0,001 - +0,014	+0,006	0,000 - +0,012
	ls11	1975-2018	-0,012	-0,036 - +0,012		
<a href="#">Italy</a>	ls11	1975-2018	<b>+0,013</b>	+0,001 - +0,025		
	ls4	1973-2021	+0,003	-0,004 - +0,010	+0,002	-0,004 - +0,009
	bw11	1975-2020	+0,008	-0,011 - +0,027	+0,009	-0,009 - +0,027
<a href="#">Japan</a>	bw11	1975-2020	+0,001	-0,010 - +0,012	+0,002	-0,008 - +0,012
	ls4	1970-2013	+0,012	0,000 - +0,024		
	ls5	1978-2005	-0,002	-0,013 - +0,026		
	ls10+11	1975-2019	+0,012	0,000 - +0,024		
<a href="#">Luxembourg</a>	ls4	1973-2021	<b>+0,007</b>	+0,003 - +0,01	+0,004	0,000 - +0,008
	hl3	1975-2008	-0,001	-0,018 - +0,016		
	ls10+11	1975-2018	+0,003	-0,006 - +0,011		
<a href="#">Mexico</a>	bw11	1975-2020	+0,008	-0,011 - +0,027	-0,002	-0,031 - +0,026
<a href="#">Netherlands</a>	ls4	1973-2021	<b>+0,010</b>	+0,007 - +0,014	<b>+0,010</b>	+0,007 - +0,013
	ls5	1974-2012	0,0	-0,010 - +0,010		
	ls11	1974-2018	+0,004	-0,004 - +0,012		
	hl5	1977-2019	<b>-0,010</b>	-0,015 - -0,004		
<a href="#">Switzerland</a>	ls11	1976-2018	+0,001	-0,006 - +0,007		
<a href="#">UK</a>	ls11	1971-2018	-0,006	-0,012 - 0,000		
	ls4	1973-2020	<b>+0,014</b>	+0,01 - +0,017	<b>+0,013</b>	+0,010 - +0,016
<a href="#">USA</a>	hl3	1970-2010	<b>+0,007</b>	+0,001 - +0,013		
	hl4	1974-2017	+0,003	-0,010 - +0,016		
	ls10+11	1974-2017	-0,013	-0,025 - 0,000		
	bw11	1971-2021	<b>+0,017</b>	+0,013 - +0,021	<b>+0,016</b>	+0,013 - +0,020
<i>N significant rise</i>			11		6	
<i>N significant decline</i>			1		0	
<i>N significant no change</i>			23		10	
<i>Net change: average + minus -</i>			<b>+0,005</b>	+0,002 - +0,008	+0,005	-0,002 - +0,012

Total change, average irrespective of + or -			<b>+0,008</b>	+0,006 - + 0,010	<b>+0,013</b>	+0,006 - +0,014
<b>Since 1980s</b>						
<a href="#">Belgium</a>	ls4	1980-2021	<b>+0,008</b>	+0,001 - +0,015	+0,007	0,000 - +0,014
	ls11	1981-2018	-0,001	-0,013 - +0,012		
<a href="#">Denmark</a>	ls4	1980-2021	<b>+0,014</b>	+0,011 - +0,017	<b>+0,011</b>	+0,008 - +0,015
	ls11	1983-2018	<b>+0,022</b>	+0,004 - +0,040		
<a href="#">France</a>	ls4	1980-2021	<b>+0,019</b>	+0,015 - +0,024	<b>+0,019</b>	+0,015 - +0,023
	ls11	1983-2018	<b>+0,033</b>	+0,013 - +0,052		
<a href="#">Canada</a>	ls10	1982-2020	+0,003	-0,018 +0,023	-0,015	-0,041 - +0,012
<a href="#">Greece</a>	ls4	1981-2021	<b>-0,032</b>	-0,044 - -0,020	<b>-0,026</b>	-0,038 - -0,014
<a href="#">Ireland</a>	ls4	1980-2021	<b>+0,015</b>	+0,008 - +0,022	<b>+0,012</b>	+0,006 - +0,019
	ls11	1980-2018	+0,003	-0,030 - +0,036		
<a href="#">Italy</a>	ls11	1983-2018	+0,009	-0,013 - +0,030		
	ls4	1980-2021	-0,006	-0,014 - +0,001	-0,006	-0,013 - 0,000
	ls10+11	1981-2019	+0,029	-0,005 - +0,028		
<a href="#">Japan</a>	ls4	1980-2013	-0,003	-0,008 - +0,003		
	ls5	1981-2005	-0,006	-0,046 - +0,034		
	ls10+11	1981-2019	+0,029	-0,005 - +0,028		
<a href="#">Korea (South)</a>	bw11	1981-2020	<b>+0,046</b>	+0,015 - +0,076	-0,015	-0,4601 - +0,012
<a href="#">Luxembourg</a>	ls4	1980-2021	+0,003	-0,001 - +0,007	0,0	-0,005 - +0,004
	hl3	1982-2008	-0,013	-0,035 +0,009		
	ls10+11	1983-2018	+0,008	-0,004 - +0,019		
<a href="#">Netherlands</a>	ls10	1981-2019	+0,002	-0,006 - +0,011	<b>+0,043</b>	+0,014 - +0,072
	ls4	1980-2021	<b>+0,011</b>	+0,007 - +0,016	<b>+0,011</b>	+0,007 - +0,014
	ls5	1980-2012	-0,005	-0,018 +0,008		
	ls11	1983-2018	+0,004	-0,010 - +0,017		



	hl5	1980-2019	-0,005	-0,018 +0,008		
<a href="#">Norway</a>	ls10+11	1981-2018	+0,008	-0,003 - +0,019	+0,002	-0,006 - +0,011
	hl4	1981-2018	0,0	-0,020 - +0,021		
<a href="#">Portugal</a>	ls4	1985-2021	<b>-0,016</b>	-0,030 - -0,001	<b>-0,015</b>	-0,029 - -0,001
<a href="#">South Africa</a>	hl5	1983-2015	-0,006	-0,039 - +0,026		
	ls5	1983-2015	-0,015	-0,048 - +0,018		
	ls10+11	1981-2013	+0,009	-0,026 - +0,043		
<a href="#">Spain</a>	ls4	1985-2021	+0,002	-0,008 - +0,012	+0,005	-0,004 - +0,014
	ls10+11	1981-2018	<b>+0,024</b>	+0,007 - +0,041		
<a href="#">Sweden</a>	ls10	1982-2017	+0,001	-0,010 - +0,012		
<a href="#">UK</a>	ls11	1983-2018	<b>+0,010</b>	+0,003 - +0,016		
	ls4	1980-2020	<b>+0,016</b>	+0,012 - +0,021	<b>+0,015</b>	+0,011 - +0,019
<a href="#">USA</a>	ls10+11	1981-2017	-0,018	-0,037 - +0,001		
	bw11	1980-2021	<b>+0,018</b>	+0,011 - +0,025	<b>+0,016</b>	+0,010 - +0,023
	hl3	1980-2010	+0,007	-0,003 - +0,018		
	hl4	1981-2017	-0,004	-0,019 - +0,011		
<i>N significant rise</i>			12		7	
<i>N significant decline</i>			2		2	
<i>N no significant change</i>			25		7	
<i>Net change: average + minus -</i>			+0,005	-0,001 - +0,013	+0,004	-0,004 - 0,012
<i>Total change; average irrespective of + or -</i>			<b>+0,012</b>	+0,008 - +0,015	<b>+0,014</b>	+0,009 - +0,019
<b>Since 1990s</b>						
<a href="#">Argentina</a>	ls4	1997-2020	<b>+0,018</b>	0.0 - +0,037	+0,012	-0,006 - +0,030
<a href="#">Austria</a>	ls4	1995-2021	+0,005	-0,010 - +0,021	+0,005	-0,008 - +0,019
<a href="#">Belgium</a>	ls4	1990-2021	+0,008	-0,002 - +0,018	+0,007	-0,003 - +0,017
	ls11	1990-2018	<b>-0,013</b>	-0,028 - +0,001		
<a href="#">Bolivia</a>	ls4	1997-2020	-0,014	-0,055 - +0,028	-0,010	-0,046 - +0,027
<a href="#">Brazil</a>	ls4	1997-2020	-0,047	-0,116 - +0,023	-0,043	-0,104 - +0,018
<a href="#">Canada</a>	ls10	1990-2020	+0,004	-0,032 - +0,039	-0,026	-0,064 - +0,012
<a href="#">Chile</a>	ls4	1997-2020	<b>-0,031</b>	-0,059 - -0,003	<b>-0,031</b>	-0,056 - -0,006
<a href="#">China</a>	bw11	1999-2020	<b>+0,034</b>	+0,002 - +0,066	<b>+0,040</b>	+0,010 - +0,070

<a href="#">Colombia</a>	ls4	1997-2020	+0,024	-0,004 - +0,051	+0,022	-0,002 - +0,046
<a href="#">Costa Rica</a>	ls4	1990-2020	-0,020	-0,051 - +0,011	-0,018	-0,046 - +0,010
<a href="#">Croatia</a>	ls10+11	1995-2018	+0,027	-0,009 - +0,063		
<a href="#">Denmark</a>	ls4	1990-2021	<b>+0,011</b>	+0,008 - +0,014	<b>+0,007</b>	+0,002 - +0,013
<a href="#">Ecuador</a>	ls4	1997-2020	+0,018	-0,023 - +0,06	+0,022	-0,002 - +0,046
<a href="#">El Salvador</a>	ls4	1991-2020	<b>-0,042</b>	-0,073 - -0,011	-0,030	-0,061 - +0,001
<a href="#">Finland</a>	ls4	1990-2021	<b>+0,016</b>	+0,009 - +0,023	+0,021	-0,015 - +0,057
<a href="#">France</a>	ls4	1990-2021	<b>+0,024</b>	+0,018 - +0,030	<b>+0,023</b>	+0,017 - +0,028
<a href="#">Germany</a>	ls4	1990-2021	<b>+0,027</b>	+0,016 - +0,039	<b>+0,011</b>	+0,003 - +0,019
	ls11	1990-2018	+0,006	-0,014 - +0,026	<b>+0,029</b>	+0,019 - +0,039
<a href="#">Greece</a>	ls4	1990-2021	<b>-0,038</b>	-0,057 - -0,019	<b>-0,028</b>	-0,047 - -0,009
<a href="#">Honduras</a>	ls4	1997-2020	-0,005	-0,045 - +0,036	-0,002	-0,037 - +0,034
<a href="#">Hungary</a>	ls11	1992-2018	+0,012	-0,005 - +0,028	-0,002	-0,037 - +0,034
<a href="#">Ireland</a>	ls4	1990-2021	+0,009	-0,001 - +0,019	+0,005	-0,004 - +0,015
	ls11	1990-2018	+0,001	-0,067 +0,070		
<a href="#">Italy</a>	ls11	1991-2018	-0,012	-0,032 - +0,008		
	ls4	1990-2021	<b>-0,026</b>	-0,035 - -0,018	<b>-0,024</b>	-0,032 - -0,016
<a href="#">Japan</a>	ls10+11	1990-2019	+0,014	-0,012 - +0,039		
	ls4	1990-2013	-0,011	-0,025 - +0,003		
<a href="#">Luxembourg</a>	ls4	1990-2021	-0,001	-0,008 - +0,005	-0,006	-0,013 - +0,001
<a href="#">Mexico</a>	ls4	1997-2020	-0,003	-0,032 - +0,025	0,000	-0,025 - +0,026
<a href="#">Netherlands</a>	ls4	1990-2021	<b>+0,013</b>	+0,007 - +0,020	<b>+0,012</b>	+0,006 - +0,017
	ls5	1990-2012	<b>-0,023</b>	-0,043 - -0,003		
	ls11	1991-2018	-0,008	-0,024 - +0,008		
	hl5	1990-2019	<b>-0,016</b>	-0,023 - -0,008		
	ls10	1990-2019	+0,001	-0,011 - +0,014		
<a href="#">Nicaragua</a>	ls4	1991-2020	-0,011	-0,038 - +0,016	-0,005	-0,030 - +0,020
<a href="#">Norway</a>	ls10+11	1990-2018	+0,008	-0,008 - +0,024		
	hl4	1990-2018	+0,021	-0,010 - +0,052		
<a href="#">Panama</a>	ls4	1997-2020	<b>+0,046</b>	+0,007 - +0,086	<b>+0,040</b>	+0,004 - +0,075
<a href="#">Paraguay</a>	ls4	1996-2020	<b>-0,056</b>	-0,093 - -0,019	<b>-0,049</b>	-0,083 - -0,015
<a href="#">Peru</a>	ls4	1997-2020	<b>+0,056</b>	+0,024 - +0,088	<b>+0,040</b>	+0,004 - +0,075

<a href="#">Poland</a>	hl4	1990-2017	+0,032	-0,004 - +0,068		
	bw11	1991-2020	<b>+0,041</b>	+0,028 - +0,053	<b>+0,040</b>	+0,029 - +0,052
	ls10+11	1990-2018	<b>+0,055</b>	+0,033 - +0,077		
<a href="#">Portugal</a>	ls4	1990-2021	<b>-0,020</b>	-0,038 - -0,001	-0,018	-0,036 - +0,001
<a href="#">Romania</a>	hl4	1990-2018	+0,042	-0,004 - +0,089		
	ls4	1998-2021	<b>+0,065</b>	+0,04 - +0,089	<b>+0,059</b>	+0,031 - +0,087
	ls10+11	1990-2018	<b>+0,096</b>	+0,045 - +0,148		
<a href="#">Russia</a>	ls10+11	1990-2017	<b>+0,050</b>	+0,013 - +0,086		
<a href="#">South Africa</a>	hl5	1994-2015	0,0	-0,049 - +0,050		
	ls5	1994-2015	-0,012	-0,064 - +0,041		
	ls10+11	1990-2013	+0,023	-0,028 - +0,074		
<a href="#">Spain</a>	ls4	1990-2021	+0,002	-0,011 - +0,015		
	ls10+11	1990-2018	+0,021	-0,003 - +0,045		
<a href="#">Sweden</a>	ls11	1999-2018	+0,001	-0,010 - +0,012		
	ls4	1995-2021	<b>+0,017</b>	+0,011 - +0,024	<b>+0,012</b>	+0,004 - +0,019
<a href="#">UK</a>	ls4	1990-2020	<b>+0,025</b>	+0,021 - +0,030	<b>+0,023</b>	+0,018 - +0,028
	ls4	1990-2020	<b>+0,025</b>	+0,021 - +0,030	<b>+0,023</b>	+0,018 - +0,028
<a href="#">USA</a>	hl3	1990-2010	-0,007	-0,016 - +0,030		
	hl4	1990-2017	-0,007	-0,026 - +0,013		
	ls10+11	1990-2017	-0,016	-0,049 - +0,018		
	bw11	1998-2021	+0,003	-0,012 - +0,018	+0,002	-0,011 - +0,014
<a href="#">Uruguay</a>	ls4	1997-2020	+0,001	-0,031 - +0,034	+0,008	-0,021 - +0,038
<a href="#">Venezuela</a>	ls4	1997-2020	<b>-0,075</b>	-0,120 - -0,029	<b>-0,074</b>	-0,113 - -0,034
<i>N significant rise</i>			17		13	
<i>N significant decline</i>			10		5	
<i>N no significant change</i>			37		20	
<i>Net change: average + minus -</i>			+0,006	-0,001 - +0,013	+0,003	-0,006 - +0,011
<i>Total change; average irrespective of + or -</i>			<b>+0,022</b>	+0,017 - +0,027	<b>+0,022</b>	+0,016 - +0,022
<b>Since 2000s</b>						
<a href="#">Argentina</a>	ls4	2000-2020	<b>+0,023</b>	+0,002 - +0,044	+0,015	-0,006 - +0,035
<a href="#">Austria</a>	ls4	2000-2021	<b>+0,022</b>	+0,001 - +0,042	<b>+0,019</b>	+0,002 - +0,036

<a href="#">Belgium</a>	ls4	2000-2021	+0,018	0,0 - +0,036	<b>+0,014</b>	-0,002 - +0,031
<a href="#">Bolivia</a>	ls4	2000-2020	-0,001	-0,051 - +0,049	+0,003	-0,041 - +0,046
<a href="#">Brazil</a>	ls4	2000-2020	-0,039	-0,120 - +0,042	-0,036	-0,106 - +0,034
<a href="#">Canada</a>	bw11	2000-2020	-0,002	-0,024 - +0,019	-0,008	-0,027 - +0,012
<a href="#">Chile</a>	ls4	2000-2020	-0,025	-0,057 - +0,007	-0,026	-0,054 - +0,002
<a href="#">China</a>	bw11	2000-2020	+0,020	-0,015 - +0,055	+0,029	-0,004 - +0,062
<a href="#">Colombia</a>	ls4	2000-2020	+0,024	-0,008 - +0,056	+0,022	-0,005 - +0,050
<a href="#">Costa Rica</a>	ls4	2000-2020	-0,009	-0,023 - +0,005	-0,008	-0,020 - +0,004
<a href="#">Croatia</a>	ls4	2004-2021	+0,004	-0,008 - +0,016	<b>+0,018</b>	+0,003 - +0,032
<a href="#">Denmark</a>	ls4	2000-2021	<b>+0,021</b>	+0,017 - +0,025	+0,011	0,000 - +0,023
<a href="#">Ecuador</a>	ls4	2000-2020	+0,019	-0,029 - +0,066	<b>+0,021</b>	-0,020 - +0,063
<a href="#">El Salvador</a>	ls4	2000-2020	-0,013	-0,060 - +0,034	+0,003	-0,042 - +0,048
<a href="#">Estonia</a>	ls4	2001-2021	<b>+0,064</b>	+0,045 - +0,083	<b>+0,055</b>	+0,038 - +0,072
<a href="#">Finland</a>	ls4	2000-2021	<b>+0,029</b>	+0,016 - +0,042	+0,013	-0,004 - +0,030
<a href="#">France</a>	ls4	2000-2021	<b>+0,018</b>	+0,007 - +0,028	<b>+0,016</b>	+0,007 - +0,025
<a href="#">Germany</a>	ls4	2000-2021	<b>+0,056</b>	+0,047 - +0,065	<b>+0,053</b>	+0,045 - +0,061
<a href="#">Greece</a>	ls4	2000-2021	<b>-0,078</b>	-0,113 - -0,042	<b>-0,049</b>	-0,086 - -0,011
<a href="#">Honduras</a>	ls4	2000-2020	-0,011	-0,058 - +0,036	-0,007	-0,048 - +0,034
<a href="#">Hungary</a>	ls4	2000-2021	+0,035	0,000 - +0,069	<b>+0,050</b>	+0,019 - +0,081
<a href="#">Ireland</a>	ls4	2000-2021	+0,016	-0,007 - +0,038	+0,007	-0,013 - +0,027
<a href="#">Italy</a>	ls4	2000-2021	<b>-0,039</b>	-0,056 - -0,020	<b>-0,031</b>	-0,046 - -0,015
<a href="#">Japan</a>	bw11	2000-2020	-0,018	-0,039 - +0,003	-0,013	-0,033 - +0,006
<a href="#">Latvia</a>	ls4	2001-2021	<b>+0,058</b>	+0,043 - +0,072	<b>+0,055</b>	+0,038 - +0,072
<a href="#">Luxembourg</a>	ls4	2000-2021	+0,003	-0,009 - +0,015	-0,009	-0,023 - +0,005
<a href="#">Mexico</a>	ls4	2000-2020	+0,006	-0,025 - +0,038	+0,009	-0,018 - +0,037
<a href="#">Netherlands</a>	ls4	2000-2021	<b>+0,028</b>	+0,018 - +0,038	<b>+0,022</b>	+0,012 - +0,032
<a href="#">Nicaragua</a>	ls4	2000-2020	+0,023	-0,017 - +0,062	+0,027	-0,006 - +0,061
<a href="#">Panama</a>	ls4	2000-2020	<b>+0,050</b>	+0,004 - +0,097	<b>+0,042</b>	+0,001 - +0,083
<a href="#">Paraguay</a>	ls4	2000-2020	-0,024	-0,060 - +0,013	-0,018	-0,051 - +0,014
<a href="#">Peru</a>	ls4	2000-2020	<b>+0,064</b>	+0,027 - +0,100	<b>+0,066</b>	+0,035 - +0,098
<a href="#">Poland</a>	ls4	2001-2021	<b>+0,052</b>	+0,041 - +0,063	<b>+0,051</b>	+0,042 - +0,060
<a href="#">Portugal</a>	ls4	2000-2021	+0,003	-0,038 - +0,045	+0,003	-0,035 - +0,041

<a href="#">Romania</a>	ls4	2000-2021	<b>+0,061</b>	+0,035 - +0,087	+0,008	-0,002 - +0,018
<a href="#">Spain</a>	ls4	2000-2021	<b>-0,015</b>	-0,041 - +0,011	-0,003	-0,027 - +0,020
<a href="#">Sweden</a>	ls4	2000-2021	<b>+0,016</b>	+0,007 - +0,025	+0,008	-0,002 - +0,018
<a href="#">UK</a>	ls4	2000-2020	<b>+0,034</b>	+0,027 - +0,041	<b>+0,028</b>	+0,019 - +0,038
<a href="#">Uruguay</a>	ls4	2000-2020	+0,014	-0,021 - +0,048	+0,020	-0,011 - +0,051
<a href="#">USA</a>	bw11	2001-2021	+0,005	-0,012 - +0,022	+0,003	-0,011 - +0,017
<a href="#">Venezuela</a>	ls4	2000-2020	<b>-0,044</b>	-0,146 - -0,061	<b>-0,098</b>	-0,135 - -0,061
<i>N significant rise</i>			15		14	
<i>N significant decline</i>			4		3	
<i>N no significant change</i>			22		24	
<i>Net change: average + minus -</i>			<b>+0,011</b>	+0,002 - +0,011	+0,009	0,000 - +0,019
<i>Total change; average irrespective of + or -</i>			<b>+0,027</b>	+0,021 - +0,033	<b>+0,024</b>	+0,018 - +0,031
<b>Changes over all years together</b>						
<b>Significant rise</b>						
• <i>Number of trends</i>			<b>62</b>		<b>45</b>	
• <i>Number of nations</i>			<b>26</b>		<b>22</b>	
• <i>Average rise</i>			<b>+0,028</b>		<b>+0,025</b>	
<b>Significant decline</b>						
• <i>Number of trends</i>			<b>19</b>		<b>11</b>	
• <i>Number of nations</i>			<b>11</b>		<b>7</b>	
• <i>Average decline</i>			<b>-0,028</b>		<b>-0,038</b>	
<b>No significant change</b>						
• <i>Number of trends</i>			<b>119</b>		<b>64</b>	
• <i>Number of nations</i>			<b>35</b>		<b>33</b>	
<b>Net change: average = minus -</b>			<b>+0,007</b>	+0,004 - +0,010	<b>+0,006</b>	+0,001- +0,011
<b>Total change; average irrespective of + or -</b>			<b>+0,016</b>	+0,015 - +0,020	<b>+0,020</b>	+0,0165 - +0,023

**Technical details:**

1. Happiness assessed by means of surveys in general public samples. This list is based on standard surveys that used the same question over the years.
2. The trend lines in this report are based on slightly different questions. Measure codes refer to an equivalent of survey questions on happiness.

[Best-Worst possible life](#)

Bw11 question on how one rated one's current life on a numerical scale ranging from best possible to worst possible

[Happiness](#)

hl4 question on happiness answer rated on 4-step verbal response scale  
hl5 question on happiness answer rated on 5-step verbal response scale  
hl3 question on happiness answer rated on 3-step verbal response scale

[Life-satisfaction](#)

ls4 question on life-satisfaction answer rated on 4-step verbal response scale  
ls5 question on life-satisfaction answer rated on 5-step verbal response scale  
ls10 question on life-satisfaction answer rated on 10-step numeral response scale  
ls11 question on life-satisfaction answer rated on 11-step numeral response scale  
ls10+11 question on life-satisfaction answer rated on 10 and 11-step numeral response scale

3. The original scores on these questions were transformed to a comparable 0-10 scale. See section /3.3.3 of the introductory text to this collection of distributional findings on happiness in nations, [chapter 7](#) how the data were homogenized.
4. Mean scores were taken from the country tables in this collection of [distributional findings on happiness in nations](#). In the nation reports look into: 'Methodological notes', 'All distributional findings on happiness by measure and year in ...' (right bottom of the screen).
5. When happiness was assessed more than once in a year in a country, the average of the mean scores is used.
6. The variables used here are also described in the codebook of the data file 'Trend in nations', [variable trend average happiness in nations](#)
7. The average annual change is expressed in a regression coefficient that stands for the size of the slope of the linear regression line through the dots (averages) in the time charts. A positive coefficient denotes an average increase in average happiness, and a negative coefficient a decline. A regression coefficient of +.01 means 0.01-point increase on this 0-10 happiness scale per year, which implies that a one-point rise of happiness would take one hundred years at this pace of change.
8. The observed regression coefficient is based on a sample of assessments of happiness during this era and the coefficient in this sample may differ from the 'true' coefficient. The confidence interval gives an estimated range in which this true coefficient is likely to be included

with 95% probability.

9. This report restricts to time series of at least 20 years involving 10 or more comparable data points.
10. Coefficients were rounded up to three decimal points.
11. More than one measure of happiness has been used in some nations and in some of these cases the trends are not identical, such as in the USA, where life-satisfaction declined but responses to the question on best-worst possible life rose.