

The European Social Survey Round 12 Question Module Design Teams (QDT) Stage 2 Application

Applications **MUST** be submitted by 17:00 (UK time) on Friday 14th October 2022

Applications should be emailed to ess@city.ac.uk

Is this application for a new or a repeat module

New module

Repeat module X

Proposed title for the Module

Personal and social wellbeing

Abstract (Max 250 words)

Wellbeing is one of the most dynamic domains of both contemporary public policy and academic scholarship, with an increasing number of governments collecting information on subjective and psychological well-being to understand better how citizens are doing, and to use that data to promote a more sustainable and equal society. Subjective wellbeing has also been shown to predict objective outcomes like health, work and social success as well as voting behavior, while social wellbeing has been identified as a crucial resilience factor for nations, especially in collective emergencies.

ESS has been at the forefront of this development with two subjective wellbeing modules fielded in 2006 and 2012. However, wellbeing public policy and survey design has taken several major steps since the last wellbeing module. Thus, it would be timely to repeat the module to examine longitudinal developments, while also refining certain items and introducing new to capture current understanding of the key dimensions of individual and collective wellbeing. In particular, given that the community items from the last round have been found to not perform well, we propose to amend them with items that better capture people's sense of inclusion, solidarity, and social cohesion, including also measures of social cohesion online. Furthermore, harmony and balance have emerged as previously neglected wellbeing dimensions, and we propose to include them in the new module, along with new items on mindfulness and compassion.

Our interdisciplinary team has wide experience on working with large-scale social surveys and include expertise from psychology, sociology, economics, and philosophy.

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Please refer to the application checklist on the reverse before submitting your application.

Checklist for Stage 2 applications for Round 12 QDTs

Please ensure that your application includes:

- A completed Stage 2 application cover sheet - Mark on the cover sheet whether you are applying for a new or repeat module
- The main body of the application (max. 20 sides A4) including sections covering:
 - The rationale for fielding the module on the ESS in 2025
 - How the module can be implemented on the ESS
 - Team expertise and experience
 - Dissemination plans
- Bibliographic references (max. 3 sides A4)
- CVs (max. 2 sides A4 each) for up to five proposed QDT members, including contact details

Please also ensure that:

- Your application is in PDF format (other formats will NOT be accepted)
- It is written in Arial font size 11 pt
- Page margins are at least 2cm
- All pages are numbered
- All sections of your application are combined into a single document
- The proposed team includes people from at least three ESS countries (including an ESS ERIC member or observer country)

Personal and social wellbeing

Proposal for a repeat wellbeing module in the European Social Survey 2025

Team:

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Rationale

Wellbeing is one of the most dynamic domains of both contemporary public policy and academic scholarship (Schui & Krampen 2010, Dominko & Verbič 2019). Governments have traditionally monitored tangible indicators of wellbeing like health, income, and political rights, but now an increasing number of governments are also collecting information on psychological variables like life satisfaction, emotions, basic psychological needs, and feelings of meaning and purpose. Besides being intrinsically valuable as indicators of life going well, such psychological variables are associated with better health outcomes, higher productivity at work, and better social relationships (De Neve et al. 2013; Lyubomirsky, King, & Diener, 2005). They also predict behaviour, such as voting for opposition parties and more identitarian political candidates (Ward, 2020). Indicators of wellbeing are thus important in understanding and addressing the current crisis of democracy felt across Europe. More broadly, social dimensions of wellbeing, such as trust, solidarity, and social cohesion are crucial for effective national responses to collective emergencies like the COVID-19 pandemic (Martela et al. 2021). Given the social isolation and other changes related to the pandemic, it is also important to examine the long-term consequences for wellbeing of such an event, especially as regards the social dimensions of wellbeing. These facts underscore that better understanding how citizen wellbeing is developing is valuable for the flourishing of European nations.

The European Social Survey (ESS) has been at the vanguard of measuring national wellbeing, with satisfaction questions featuring in every wave of the survey since its inception, and broader wellbeing modules fielded in 2006 and 2012. A repeat of this broader wellbeing module in 2025 would enrich the value of the ESS, allowing it to integrate advances in the theory and measurement of wellbeing and contribute to its increasing application in policy spaces. The availability of rich wellbeing data would facilitate the evaluation of the impact of complex events on European wellbeing, such as Brexit, potential wars and energy crises, and the ongoing refugee and climate crises, and would help to identify especially vulnerable groups in need of public support.

Wellbeing public policy has taken several major steps since the last wellbeing module in 2012. Two key guidelines for how governments should measure subjective wellbeing – the *OECD Guidelines on Measuring Subjective Well-being* (OECD 2013) and the US National Academy of Sciences' Research Council's report – were published in 2013. Wales introduced its Well-Being of Future Generations Act in 2015. New Zealand announced its first wellbeing budget in 2019. Iceland started monitoring 39 wellbeing indicators and setting governmental wellbeing priorities in 2019. The Australian Capital Territory wellbeing framework was developed through 2019–2020. And the Wellbeing Guidance for Appraisal

utilised by HM Treasury in the UK was published in 2021, the same year the Nordic Council of Ministers released their plan to move 'Towards a Nordic Wellbeing Economy'.

This greater role for wellbeing is driven in part by a sense that the emphasis on material growth that characterised 20th century thinking about wellbeing is played out and a broader conceptualisation of human flourishing is needed to undergird public policy (Diener & Seligman 2004). Having rich wellbeing data available at scale would allow policymakers to consider the ends economic growth serves, rather than seeing growth as an end in itself. It would also make it possible to examine inequalities in the distribution of wellbeing, which can help to identify particularly vulnerable groups. For example, Graham (2017) shows that despair in America identified and explained the support for Trump in places that seemed to be faring well based on traditional objective indicators like GDP. Measuring wellbeing is thus a key part of any agenda to promote a more sustainable and equal society.

What wellbeing is and how it should be measured is not a settled issue among scholars, even within psychology, let alone across disciplines. To date, wellbeing data collection in high profile social surveys has focused overwhelmingly on life satisfaction and affective states like stress, happiness, and anxiety. Yet many scholars emphasise the importance of a range of other wellbeing variables. These include, self-esteem, optimism, harmony, the satisfaction of basic psychological needs for autonomy, competence, and relatedness, and meaning in life (Huppert & So, 2013; Martela & Ryan, 2021; Martela & Sheldon, 2019). Scholars have generated validated scales for measuring each of these variables. Besides being independently important subjects of research among wellbeing scholars, these variables are increasingly utilised as predictors to explain life satisfaction and mood. Incorporating them into social surveys would greatly assist this research, as the socio-economic variables currently available struggle to explain more than 15% of the variance in life satisfaction across respondents (Clark et al. 2018). Such measures also make it possible to examine wellbeing profiles of different countries - data from previous ESS wellbeing module has been used to show that two countries equally high on life satisfaction might differ markedly on their scores for other wellbeing variables, one being high on optimism and positive relationships, the other on meaning and sense of competence, for example (Huppert & So, 2013; Ruggeri et al. 2021; see also Martela et al. 2022). More comprehensive wellbeing assessment thus allows for enriched understanding of specific wellbeing profiles of nations - but also regions, demographic groups, and individuals.

The ESS was a pioneer in collecting data on multidimensional aspects of wellbeing but has not done so since 2012. The 2006 and 2012 wellbeing modules distinguished the ESS from other long running social surveys like the British Household Panel Survey (BHPS), German Socio-Economic Panel (SOEP), and Household and Income Dynamics of Australia (HILDA) survey, which are limited to questions about satisfaction with life and its various domains. Furthermore, while the Midlife in the United States (MIDUS) survey and now discontinued Gallup Daily Poll included a range of wellbeing questions, the ESS wellbeing modules are longer, age-representative, and more thorough. This allows for greater confidence in the variables available, more detailed sub-group analyses, and a wider range of research questions to be addressed.

Utilisation of the previous wellbeing module in research: Given its unique position as regards providing nationally representative measures for many important wellbeing related constructs, the previous wellbeing modules have been widely utilised in research, examining, for example, the relationship between wellbeing and social capital (Hooghe & Vanhoutte, 2011), religiosity and income inequality (Joshani & Weijers, 2016), physical activity (Marques et al. 2016), and levels of education (Jongbloed, 2018), as well as how social integration of religious minorities impacts depression (Schnittker, 2020), and how the satisfaction of basic psychological needs for autonomy, competence, and relatedness is related to happiness, meaning, and depression (Martela et al. 2022). Furthermore, the ESS wellbeing modules have been used to compare the between-nation and within-nation

correlates on citizen wellbeing (Burns, 2019), and to examine wellbeing among persons with disabilities (van Campen & van Santvoort, 2013), entrepreneurs (Nikolaev et al. 2019), the self-employed (Bujacz et al. 2020), and the oldest old (Donisi et al. 2021). A paper on 'flourishing' in Europe utilising a multidimensional conceptualisation of wellbeing that can only be operationalised using the ESS wellbeing modules has been cited more than 1500 times (Huppert & So, 2013). These publications cover social, political, health and psychological research, and a number focus on implications for policy makers and governments. It is noteworthy that the utilisation of the wellbeing module has been increasing in the last few years, attesting to the growing interest in national level examinations of a variety of wellbeing variables beyond life satisfaction.

A repeat wellbeing module in the ESS would ensure that the survey remains at the forefront of wellbeing research and that scholars are able to study wellbeing over time and in its full richness. It would provide new data on how the understanding and potential for application of basic psychological needs, optimism, meaning in life, depression, and other wellbeing variables have developed since the last module. It would also allow for the introduction of some new wellbeing questions that can take into consideration recent scientific advances. This might include the following, depending on advice from the ESS board, suitability constraints, and the recommendations of academic peer reviewers: social cohesion and inclusion, harmony, mindfulness, compassion, and safety. We discuss these questions in further detail below.

Theoretical approach

Wellbeing at a national level has been approached from various disciplinary angles including psychology, sociology, economics, developmental studies, and philosophy. While this interdisciplinarity has ensured a rich conversation, it has led to much conceptual confusion and a range of different approaches. Recent years have seen several high-profile attempts to integrate wellbeing science into an internally consistent framework (e.g. Fabian 2022). Some of these efforts have focused on integrations *within* disciplines, such as efforts to reconcile hedonic and eudaimonic conceptions of wellbeing in psychology (Marsh et al. 2020, Martela & Sheldon 2019), while others have focused on integration *across* disciplines, such as efforts to integrate economic theories of wellbeing with psychology (Fabian & Dold 2022). In line with these efforts, we aim to present an integrated framework for understanding wellbeing. However, acknowledging that several conceptual debates exist within wellbeing science, our ambition with this proposal is not to resolve extant debates in the field or define controversial terms once and for all. Our desire in making this proposal is to see a wide of range of wellbeing variables that are currently not collected in large social surveys like the ESS made more widely available to researchers, while proposing one potential way of integrating them into one framework. This will be invaluable for taking the science of wellbeing and related policy initiatives further.

In measures of wellbeing, a key dividing line has been between objective and subjective approaches to wellbeing. Neoclassical economic approaches tend to reduce wellbeing to preference satisfaction constrained by the individual's budget, thus putting substantial emphasis on GDP, income, and productivity growth as indicators of national wellbeing. Others, notably development studies, see this as too narrow, arguing that we should focus on the actual capability of the individuals to have their needs and preferences satisfied, which is not only dependent on money but on factors such as the quality of political institutions and the services provided by the government (Robeyns 2017). Here the focus lies on various individual, social, political, and other resources that have been deemed central for wellbeing. Nonetheless, these resources, like income, are objective.

In contrast, other approaches argue that we can't omit the individuals' own perception of their wellbeing. The most prominent perspective in this regard is **perceived wellbeing**, most

often called 'subjective wellbeing' (SWB), which found its origins in hedonic psychology and happiness economics (Kahneman et al. 1999) but has rapidly spread to all social science disciplines. This body of scholarship defines wellbeing in terms of 'evaluations and experiences of life', thus being about how people perceive their own wellbeing. It is especially associated with scaled measures of life satisfaction (**evaluative wellbeing**) and self-reports of mood states (**affective wellbeing**), though is becoming more open to other evaluations and experiences as well, notably optimism (Graham 2017), meaning in life (Martela & Steger 2016), and harmony (Delle Fave et al. 2011, 2016). Perhaps owing to its influence among economists and sociologists, the preferred measures of SWB scholars are overwhelmingly the most common psychological items included in wellbeing surveys, with the investigation of life satisfaction in particular becoming a standard question in most large scale social surveys.

However, SWB is by no means an uncontroversial construct. Even just within psychology, SWB's definition and operationalisation of 'wellbeing' have been criticised for being too narrow, starting with Ryff's development of a different though complementary wellbeing model (Ryff, 1989). There are two common concerns among SWB critics within psychology. The first is that SWB is not grounded in an evolutionary understanding of the human organism. These critics argue that there is such a thing as healthy **psychological functioning** (Doyal & Gough 1991) with certain specific psychological factors and experiences being so important for human well-being as to deserve to be studied as independent indicators of well-being as such. Thus, besides perceived wellbeing, we need to measure key indicators of psychological functioning for a deeper understanding of wellbeing. Perhaps the most prominent account of psychological functioning was elaborated by Ryan and Deci (2017), who developed and operationalized self-determination theory, providing a strong empirical case for the existence of at least three **basic psychological needs**: Autonomy as a sense of volition and self-direction; competence as a sense of mastery, efficacy and accomplishment; and relatedness as a sense of mutually caring relationships. Research in self-determination theory has shown that satisfaction of basic psychological needs is associated with indicators of good psychological functioning, such as a preponderance of positive over negative affect, life satisfaction, and vitality, while the frustration of basic needs is associated with indicators of poor psychological functioning such as depression, anxiety, boredom, low mood, irritability, and psychopathology (reviewed in Ryan & Deci, 2017). Self-determination theory thus argues that basic psychological needs are fundamental to wellbeing as such and should be measured directly (Martela & Ryan, 2021).

The second common concern among critics of SWB is that, in their opinion, wellbeing is multidimensional and is not reducible to a single 'global' item like satisfaction with life (Huppert & So 2013). These critics commonly argue for a range of variables that together constitute wellbeing, including, in some cases, items like prosociality, a sense of belonging, resilience, and self-esteem (Marsh et al. 2020, VanderWeele 2017, Seligman 2011). This critique is shared with scholars beyond psychology, especially philosophers (Robeyns 2017). Personal well-being thus arguably includes a number of key attitudes and ways of approaching one's situation that have been theoretically argued to be central dimensions for what human flourishing is and empirically have been shown to be highly predictive of indicators of evaluative and affective wellbeing such as life satisfaction. Key factors here are a number of **mental resources** such as resilience, mindfulness, self-compassion, and optimism, each having independently been shown as central to wellbeing.

We see that indicators of psychological functioning and mental resources are important in two respects: First, they are important as such, as definitional parts of what it means for human beings to have high levels of wellbeing psychologically. While life evaluations and feelings focus on general and context-free experiences of well-being, psychological functioning and mental resources are about well-doing in the sense of how well the person is psychologically operating (Huppert et al. 2009; Martela & Sheldon 2019). Indicators of

psychological functioning as well as mental resources are thus each important in their own right, tapping into one important aspect of human psychological well-doing, together providing a richer picture of it. Second, as key mediating and moderating factors between various environmental conditions and life satisfaction and positive feeling indicators, they provide more context and detail than mere indicators of life satisfaction, starting to answer the question of why a person's wellbeing is high or low, which is crucial information for any intervention aiming to improve wellbeing.

Another shortcoming of SWB is its focus on the individual. Human existence is essentially social. As members of families, communities, and societies, within which our life conditions are to a large degree shaped, we humans are dependent on each other for our survival and thriving. Therefore, besides **personal** wellbeing, it is crucial to understand **social** wellbeing – how people get along with each other and how much compassion, solidarity, and trust they experience towards each other. For humans as social animals, individual wellbeing is related to the wellbeing of the people around them and vice versa. We therefore need indicators of interrelations between people to get a fuller view of the wellbeing of a nation. Key indicators of social wellbeing include social cohesion, interpersonal trust, respect and lack of discrimination, sense of safety, and loneliness. The key characteristic of these indicators is that they focus on how people relate to each other, over and above direct interactions within personal relationships. The functioning of democracy, the frictionless operation of the economy, wellbeing of individual people, and the health of communities are all much dependent on how high this social, interpersonal wellbeing is. Thus, more comprehensive measuring of wellbeing, especially on national levels, needs to include key indicators of social wellbeing.

Accordingly, taking into account these distinctions between personal and social wellbeing, and between perceived wellbeing and psychological functioning, we offer the following integrated framework of the dimensions of wellbeing as a subjective experience (Figure 1). It is intended as a guiding framework that helps to understand the various conceptual backgrounds and theoretical rationales behind the different types of indicators that have been proposed to be key indicators of wellbeing across the literature. To develop further such guiding frameworks, we need high-quality cross-national data, especially on wellbeing variables traditionally understudied at the national level - something this proposal aims to remedy. For a variety of reasons, high profile social surveys have historically collected data mostly on traditional objective wellbeing variables like income and health and, more recently, on perceived wellbeing variables like life satisfaction. Many of the key indicators of a more comprehensive account of well-being emphasised here have gotten scarce attention in international surveys. For example, the ESS wellbeing module has been the only large social survey to have ever collected data on the satisfaction of basic psychological needs. Accordingly, to allow the field of wellbeing science to progress, we need surveys that allow for the simultaneous examination of a wider range of suggested key indicators of wellbeing, as lack of these variables inhibits the scholarship from progressing beyond its current, arguably too narrow, focus (Martela & Sheldon 2019, Fabian 2022). As such, it would be to everybody's benefit to have these variables available alongside traditional objective wellbeing and SWB variables in large, representative, high quality social surveys like the ESS, thus allowing for the examination of the relations among these variables to advance knowledge on both the antecedents of wellbeing and its conceptualization.

Wellbeing as subjective experience

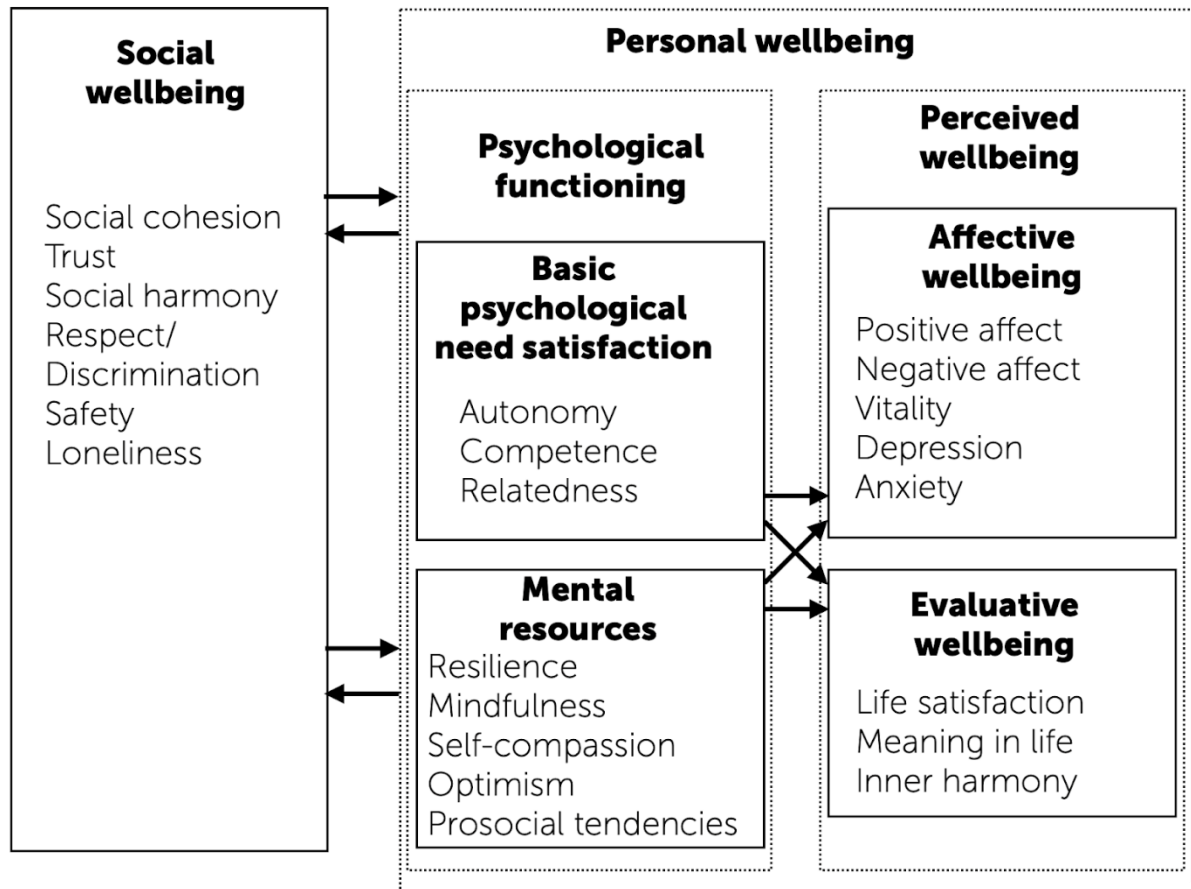


Figure 1 The theoretical model of wellbeing as subjective experience

Implementation

We propose to repeat many items from the previous ESS wellbeing modules. The validity and suitability of these was deemed sufficient at that time. Between the first and the second module, the items were rigorously examined based on non-response rates, floor or ceiling effects, and other psychometric considerations, thus those retained for the second module had already demonstrated satisfactory psychometric properties across Europe. Thus we suggest retaining most items from the previous round. However, we will consider whether refinements are worthwhile given developments in how certain constructs are conceptualised and measured. Any such changes will have to be weighed against the usefulness of being able to field identical questions for longitudinal analysis.

In addition, based on developments in wellbeing scholarship, we propose to include a few new constructs with novel items to measure them. Any new items proposed will be drawn from well-validated, short-form psychometric scales to ensure their validity, suitability, and feasibility across European countries and across data collection methods (i.e., face-to-face, web, paper). The items we are considering focus on relatively universal emotions and experiences that have already been studied across nations. They should therefore be understandable to people across cultural, demographic, and linguistic groups.

Affective wellbeing

Positive and negative affect

Affect is any experience of feeling or emotion. It is commonly operationalised in social surveys using items from the profile of mood states including happy, sad, enthusiastic, stressed, energetic, bored, etc. Affect is closely related to 'affective wellbeing', one of the traditional components of 'subjective wellbeing' in hedonic psychology (OECD 2013). Given the centrality of affect in human wellbeing and psychology, it is important that affective measures be included in the ESS wellbeing module. However, common surveys for assessing affect tend to be quite long as each affective state requires a separate question. For the sake of parsimony, we propose that the measures used for depression and anxiety below constitute a sufficient array of negative affect measures for the purposes of this wellbeing module. As regards positive affect, an important distinction is often made between high arousal and low arousal affects (e.g., Yik et al. 1999), with joy and vitality representing high arousal positive affects, while calmness and serenity represent low arousal positive affects. To cover both aspects of positive affect, we propose to repeat the following four items as a measure of general sense of positive affect:

- How much of the time during the past week...
 - ... you were happy?
 - ... you enjoyed life?
 - ... you felt calm and peaceful?
 - ... you had a lot of energy?

For general sense of negative affect, we propose to repeat the following item that is also part of the depression scale described below:

- How much of the time during the past week...
 - ... you felt sad?

Vitality

Vitality is about the experience of having positive energy available to oneself (Ryan & Frederick 1997), thus being about a sense of aliveness, energy, enthusiasm, and spirit. Research on positive emotions tend to make a crucial distinction between high-activation and low-activation dimensions, and vitality taps into the former, thus complementing more general measures of positive affect, with its focus on an energising subjective state associated with various positive outcomes as regards wellbeing and objective health indicators (Hirsch et al. 2014). Accordingly, while the following question can be used also as an indicator of high-arousal positive affect (see above), we propose to repeat the following question also as a more direct measure of vitality:

- How much of the time during the past week you had a lot of energy?

Depression

Depression is a significant mortality risk and the second leading cause of years lived with disability globally (Ferrari et al. 2013). Previous rotating ESS modules on personal wellbeing (Rounds 3 & 6) and health (Rounds 7 & 11) have included eight items from the CES-D depression scale. This internationally validated scale (e.g., has been widely used in surveys such as health and retirement surveys and is among the most widely used health and wellbeing outcomes in ESS-based studies (see, e.g., Van de Velde et al. 2010, Karim et al. 2014). The items also lend themselves as markers of other constructs of wellbeing such as positive and negative affect (see above) and loneliness (see below) (e.g., Huppert et al. 2009). For continuity and given its wide-use, we, therefore, propose to repeat all eight items of the CES-D depression scale. However, given that this scale is also utilised in the *Social inequalities in health and their determinants* module, we are open to discuss using a shorter version of it, to avoid overlap.

- How much of the time during the past week...
 - ... you felt depressed?
 - ... you felt that everything you did was an effort?
 - ... your sleep was restless?
 - ... you were happy?
 - ... you felt lonely?
 - ... you enjoyed life?
 - ... you felt sad?
 - ... you could not get going?

Anxiety

Anxiety is an emotion which is characterised by an unpleasant state of inner turmoil and tension, and tends to include feelings of dread over anticipated events or a more generalised sense of threat. It is closely linked to depression and negative affect (Watson et al. 1988). To provide a brief assessment of the level of anxiety, we propose to repeat the following measure:

- please tell me how much of the time during the past week...
 - ... you felt anxious?

Evaluative well-being

Life satisfaction

Life satisfaction is a key measure of evaluative subjective wellbeing (OECD 2013). It asks respondents to assess their overall life circumstances and, as such, take into account all aspects of their lives - both material and non-material conditions, as well as life goals and aspirations. The important point about life evaluation is that it requires a cognitive effort from respondents to rate their overall living conditions across life domains. Life satisfaction measures correlate strongly with income and are highly predictive of people's future behaviours, which makes them valuable sources of data for the social science disciplines (OECD 2013). Therefore, we propose to use the following ESS question from the core module as an indicator of life satisfaction:

- All things considered, how satisfied are you with your life as a whole nowadays?
Please answer using this card, where 0 means extremely dissatisfied and 10 means extremely satisfied.

Meaning in life

Meaning in life is about how valuable and worth living in general a person finds their life to be and is often considered a key indicator of human flourishing (Martela & Steger 2016). A person high in meaning evaluates their life as having much value, significance, and a sense of purpose in it. Sense of meaning and purpose has been shown to predict many positive outcomes including longevity (Cohen et al. 2016) and is often included in multidimensional accounts of wellbeing (OECD 2013, Marsh et al. 2013, VanderWeele 2017). Accordingly, we see it as crucial to include indicators of meaning in broader assessment of wellbeing, and propose to repeat the following question from the previous wellbeing module:

- I generally feel that what I do in my life is valuable and worthwhile.

The previous round involved a second question for meaning ("To what extent do you feel that you have a sense of direction in your life?"), but its psychometric properties were not satisfactory, and thus meaning was measured only with the above item in a recent publication utilising data from the wellbeing module (Martela et al. 2022). Thus, we propose

to replace that with a new question, which we will test and modify before use to ensure that it functions appropriately, focused on a more general sense of meaning in life:

- I experience much meaning in my life

Inner harmony

In Western and Eastern cultural traditions, philosophers have conceptualised harmony and balance as ideal conditions at both the individual and social levels, closely related to wellbeing and a good quality of life. Psychology has substantially neglected these dimensions until the last decade, when researchers started questioning the *sustainability* of happiness, as it was conceptualised and operationalised in the various wellbeing models previously developed. At the individual level, in a mixed-method study involving adults from six Western countries (Australia, Croatia, Germany, Italy, Portugal, Spain), as well as South African citizens of European descent, when asked to provide a definition of happiness participants primarily referred to “harmony” and “balance”, both as an inner condition of peace, serenity and acceptance, and a social condition of reciprocity and mutuality (Delle Fave et al., 2011). These findings were further confirmed in a broader study, involving a larger group of countries from five continents (Delle Fave et al., 2016).

Other researchers have developed quantitative scales to assess this dimension and related ones at the individual level, such as the “Peace of Mind Scale” (POM, Bell et al., 2014) and the “Harmony in Life Scale” (Kjell et al., 2016). Harmony was also introduced as a new dimension in the last wave of the Gallup World Poll.

Therefore we suggest to add the following item, which is closely connected with one item of the POM, and with the item on balance of the Gallup Poll:

- In general, I experience balance and harmony in my life
Rated from 1 - not at all to 5 - all the time.

Basic psychological need satisfaction

Self-determination theory posits basic psychological need satisfaction as a core element of good psychological functioning. Empirical work, including a study utilising the 2012 wellbeing module of the ESS (Martela et al. 2022), identifies basic psychological need satisfaction as strongly and cross-culturally associated with psychological health, development, and various definitions of well-being (Deci & Ryan 2017, Martela & Ryan 2021). Self-determination theory has developed clear inclusion criteria for what counts as a psychological need and identified three such needs: autonomy, competence, and relatedness. A common finding is that the frustration of these needs is associated with negative outcomes like depression, while the satisfaction of these needs is associated with positive outcomes such as more life satisfaction and meaning in life, with the needs mediating the wellbeing effects of various environmental conditions (Ryan & Deci, 2017). We outline each basic psychological need in more detail below and comment on appropriate survey questions for measuring them.

Autonomy

Autonomy is about a sense of volition, self-endorsement, and an internal locus of causality. A person high in autonomy feels in charge of their own life and able to make life choices based on their own values and interests. Both political and economic conditions and cultural norms can significantly diminish citizen autonomy by restricting how one is able to live one’s life and thus the importance of autonomy as a basic human need has been recognized by other key need theorists besides SDT (Doyal & Gough, 1991). The importance of autonomy for wellbeing has also been confirmed cross-culturally. For example, a meta-analysis of 36 samples found that there was no difference in the size of correlation between autonomy and

indicators of wellbeing in US and East Asian countries (Yu et al. 2018). Drawing on this work, we propose to repeat the following two autonomy questions from the 2012 wellbeing module:

- Are you free to decide how to live your life?
- To what extent do you make time to do the things you really want to do?

Competence

Competence is about a sense of effectance, efficacy, and mastery. A person high on competence feels capable and able to accomplish challenging tasks. Lack of mastery and losing a sense of control easily passivates an individual. Competence is thus an important factor for motivation, task commitment, and wellbeing in various areas of life from work contexts to exercise. We propose to repeat the following three questions from the previous wellbeing module:

- Most days I feel a sense of accomplishment from what I do.
- In my daily life I get very little chance to show how capable I am.
- There are lots of things I feel I am good at.

Relatedness

Relatedness is about having caring relationships with close others. A person high in relatedness feels connected to, and cared for, by others they care about. Social isolation and being ostracised has been shown to be detrimental for both mental and physical health, underscoring the importance of relatedness for human wellbeing. We propose to repeat the following relatedness question from the 2012 wellbeing module:

- Do you receive help and support from people you are close to?

In addition, the following questions from the core module can be used as indicators of relatedness:

- How many people, if any, are there with whom you can discuss intimate and personal matters?
- Do you take part in social activities compared with others of same age?
- How often do you meet socially with friends, relatives or colleagues?

Mental resources

Resilience

Psychological resilience is broadly defined as the preservation of good mental health under adverse circumstances, through the mobilisation of personal and relational resources. According to the most recent conceptualizations, resilience is not simply a coping strategy allowing individuals to “bounce back” to previous psychosocial conditions after facing an adverse event, rather representing a developmental process of “bouncing forward” or “building back better”, reinforcing and acquiring resources through learning and change, and achieving a successful adaptation despite adversities (Friborg et al., 2003). It is therefore a complex dynamic process, resulting from the interaction between individual features (innate and epigenetic ones) and environmental protective vs risk factors (e.g. presence vs absence of family and social support, community networks, public services).

The previous ESS module included the item “When things go wrong in my life, it generally takes me a long time to get back to normal”. In order to better reflect the “bouncing forward”

dimension of resilience, we propose to modify it as follows (according to one item from the Resilience Scale for Adults, Friborg et al., 2003):

- “When things go wrong in my life, I generally find something good that helps me thrive”.

Mindfulness

The practice of mindfulness makes us aware of our thoughts, emotions, and body sensations, and this awareness helps us to manage difficult experiences and savour pleasant ones. Evidence shows that this ability improves health and wellbeing, as well as reducing anxiety, stress, and depression (Keng et al. 2011). Integral to mindfulness is being kind and compassionate towards oneself. Mindfulness is sometimes thought to be selfish, but evidence shows that mindfulness training improves relationships and increases prosocial behaviour (Donald et al. 2019). Mindfulness also reduces race and age bias (Leuke & Gibson 2016) and helps us act in accordance with our values (Christie et al. 2017).

Two of the most important aspects of mindfulness are being aware of ongoing experience and being non-reactive. The previous ESS module includes an item about awareness, and we propose to repeat that item:

- On a typical day, how often do you take notice of and appreciate your surroundings?

Non-reactivity is the other aspect of mindfulness, which means taking time to respond to experiences rather than reacting automatically. Non-reactivity to difficult thoughts and feelings is a valuable skill for people with mental health problems or symptoms of anxiety and depression, and invaluable for interpersonal relationships. To assess also this dimension of mindfulness, we propose the following novel item, which comes from the Five Factor Mindfulness Scale (FFMQ; Baer et al., 2006):

- In difficult situations, I can pause without immediately reacting.

Self-compassion

Self-compassion means a tendency to be caring and understanding towards ourselves, and has been argued to be a more healthy way to feel good about oneself than the more vulnerable self-esteem. It has been shown to increase intrinsic motivation to change for the better (Breines & Chen 2012), and a one-week self-compassion program boosted happiness for up to 6 months (Shapira & Mongrain 2010). Patients with recurrent depression who learned to be self-compassionate were less likely to have a depression relapse over the next 60 weeks (Kuyken et al. 2015). To assess self-compassion, we propose the following two novel items taken from the Self-Compassion Scale Short Form of Raes et al. (2011):

- I try to see my failings as part of the human condition.
- When I’m going through a very hard time, I give myself the caring and tenderness I need.

Optimism

Optimism refers to the mental attitude of holding generalised favourable expectancies for one’s future, and is seen as an important psychological resource (Carver et al. 2010). More optimistic individuals are more likely to invest in their futures and also have longer life expectancy (O’Connor and Graham, 2019). Optimism is related to future aspirations and related answers to survey questions can be informed by past experiences. The ESS is one of the few international surveys with a reliable measure of optimism. It is therefore important to keep getting insights into people’s optimism and how it determines their aspirations and

behaviours. Therefore, we propose to repeat the following ESS question from the core module:

- Optimism: Using this card, please say how much you agree or disagree with each of the following statements.
 - I'm always optimistic about my future

Prosocial tendencies

Prosocial behaviour has been shown to be an important source of wellbeing for the giver (Hui et al. 2020; Martela & Ryan 2016). Prosocial behaviour and a mutual sense of care and compassion also build communities and help to uphold democracies. In times of crisis, these social features tend to strengthen communities and function as an important source of resilience (Drury 2018). Prosociality can be indicated either by beliefs or behaviours, i.e., positive beliefs and motivational dispositions to care about others or on positive behaviours towards others. We propose to repeat the two items measuring prosocial behaviour from the previous round:

- “In the past 12 months, how often did you get involved in work for voluntary or charitable organisations?”
- “To what extent do you provide help and support to people you are close to when they need it?”

Prosociality also involves acting with kindness and compassion which acknowledges vulnerability and common humanity, and leads to greater acceptance, understanding and co-operation between individuals and between groups, focusing on what we have in common rather than what divides us. Therefore, we propose to include a new item from the *Compassionate Love Scale*:

- When I hear about someone going through a difficult time, I feel a great deal of compassion for them.

Social wellbeing

Social cohesion - in local area and online

Social cohesion may be conceived as a societal quality which is experienced by individuals in their daily lives and forms an integral part of the quality of life of the individuals belonging to that society (Berger-Schmitt 2002). In empirical work, it tends to be operationalised through measures of general trust and the existence and/or quality of social relationships. The Core modules of ESS include a range of measures that enable us to operationalise this construct generally but they lack items that focus on individuals' social relationships with the people in their (local) area. As the local area is a key context in which social interactions take place and where the social glue that holds societies together takes its form, we propose to repeat the two items from the ESS6 Wellbeing module:

- You feel that people in your local area help one another?
- I feel close to the people in my local area

However, as societies are becoming increasingly digital and more public services are being shifted online, there is an increased awareness that Internet and social media use has effects on personal and social wellbeing. While items on whether or not a person uses the Internet / social media included in general social surveys have facilitated analyses of the effect of Internet/social media use on wellbeing, such coarse measures will become increasingly less powerful as Internet use reaches universality. Already before the pandemic, European societies have reported Internet user rates of up to 95%. Unfortunately, we do not have any measures of how well people fare in the digital world in the ESS or in other

surveys. The time is ripe to work on this. Our current thinking on this is that items that measure people's social wellbeing and/or their relatedness online might be good candidates to complement the local area related social cohesion questions of the previous personal and social wellbeing module of the ESS. Accordingly, we propose the addition of the following new item, subject to be tested and further refined before use:

- How much social support do you receive on social media and online more generally?

Trust

Trust is a key interpersonal dimension of how people relate to each other, having shown to be predictive of many positive national-level outcomes, including national levels of life satisfaction (Helliwell et al. 2018). Fortunately, the ESS core module includes three items that we propose should be used as measures of trust:

- Would you say that most people can be trusted, or that you can't be too careful in dealing with people?
- Do you think that most people would try to take advantage of you if they got the chance, or would they try to be fair?
- Would you say that most of the time people try to be helpful or that they are mostly looking out for themselves?

Social Harmony

Mutual cooperation is an indispensable resource for human survival; nevertheless, the means and strategies to achieve it can vary across countries and cultures. One of the strategies investigated by social scientists is the promotion and protection of social harmony, understood as interdependence and reciprocal commitment among members of a community. Social harmony has been investigated in relation to socio-economic indicators, such as social-economic security, social inclusion and cohesion, and empowerment of individual potential (Ho & Chan, 2009). The Harmony Index (Bell & Mo, 2014) was defined as a condition of peaceful order and respect for diversity referring to four different levels of social interactions: within the family, within a society or country, between countries, and between humans and nature. The application of the Harmony Index to a broad group of countries highlighted interesting divergences from the country rankings based on GDP, government features, and individualism/collectivism. Accordingly, to explore social harmony we propose to add an item derived from Vignoles et al., (2016), originally rated on a 7-point response scale, from 1 - completely disagree to 7 - completely agree:

- It is important to maintain harmony within my society.

Respect/Discrimination

The importance of being respected by others and not being discriminated against has been increasingly recognized as a crucial concern, as such feelings of being an outsider can seriously undermine one's attachment to the community and society, and be a cause of various forms of ill-being (Simon & Grabow, 2012). The examination of these issues is especially crucial right now in Europe as it taps into the experience of a large number of immigrants and traditionally marginalized groups. For example, the two items that we propose below have been used as a discrimination index in previous research utilising data from previous ESS wellbeing module to examine the effect of discrimination on depression of religious minorities in Europe (Schnittker 2020). First, we propose to use the following question from the core module as an indicator of discrimination:

- Would you describe yourself as being a member of a group that is discriminated against in this country?

Furthermore, as a more direct indicator of respect, we propose to repeat the following item from the ESS6 Wellbeing module:

- To what extent you feel that people treat you with respect?

Safety

It has been suggested that a basic sense of safety and security is important, with a lack of safety associated with increased illbeing and people feeling threatened, which often has detrimental consequences. Objective indicators of safety such as crime rate tend to be positively but not strongly correlated with subjective sense of safety, emphasising the importance of including subjective indicators of safety. Cross-cultural research has demonstrated the importance of subjective sense of safety for wellbeing, even when controlling for other factors such as psychological needs (Tay & Diener, 2011). Accordingly, to measure a general sense of safety, we propose to include the following novel question to the wellbeing module, which we will test and modify before use to ensure that it functions appropriately as an index of general sense of safety:

- I feel safe and protected against various threats in my life.

Loneliness

Even before COVID, there was widespread commentary concerning a loneliness ‘epidemic’ in developed nations. Loneliness can be defined as subjective distress resulting from a discrepancy between desired and perceived social relations. Hawkley & Cacioppo (2010) provide a thorough review of the health and wellbeing consequences of loneliness. It is associated with worse physical and mental health, impaired cognitive functioning, and greater mortality risk. Furthermore, lonely people exhibit heightened feelings of vulnerability and hyper-vigilance for social threat which can contribute to identitarian political preferences. Notably, according to data from *Australia Talks*, a representative survey of more than 50 000 Australians, 9 out of 10 supporters of the right wing, nativist-populist *One Nation* party report feeling lonely “all the time”. We propose to repeat the loneliness item from previous wellbeing modules, namely:

- How much of the time in the past week have you...felt lonely?

While these are our current proposals for what items to repeat and what novel items to create, they should be treated as tentative. If our application is successful, we would expect not to take final decisions about which items to include before undergoing a thorough process of review, testing and development.

Team expertise and experience

Our diverse team is very well-placed to deliver a scientifically rigorous and innovative wellbeing module that integrates with European research priorities and complementary datasets. We have expertise across multiple disciplines involved in wellbeing scholarship. Frank Martela and Antonella Delle Fave focus on the psychology of wellbeing. Frank also has a background in philosophy, while Antonella was trained as a physician before later specialising in clinical and health psychology. Milena Nikolova is an economist. Gundi Knies is an interdisciplinary social scientist with expertise in economics, sociology, social policy and survey methodology. And Mark Fabian is a policy specialist with formal training in philosophy and economics.

The team is gender-balanced and reflects a diversity of European countries – Finland (Frank), Italy (Antonella), Germany (Gundi), the Netherlands and Eastern Europe (Milena),

and the UK (Mark). The team also comprises scholars at a range of career stages. Frank and Mark have only recently started tenure-track positions. Milena and Gundi are mid-career. And Antonella is a senior professor. The team features the current Editor-in-Chief of the Journal of Happiness Studies (Antonella), and one of the former Journal's Associate Editors for Economics (Milena). JoHS is a top tier academic journal (5-year impact factor: 4.73, H-index: 73) and the leading journal in interdisciplinary wellbeing studies. Finally, the team has worked with most major wellbeing social surveys, including, the ESS, HILDA, SOEP, BHPS, Gallup Daily Poll, World Values Survey, and Eurobarometer. As a member of the design and implementation teams of the SOEP (2000-2007), the UK Household Longitudinal Study (2007-2021) and the new European cohort Growing-up in Digital Europe (since 2018), Gundi has more than 20 years of intimate experience working with and developing high quality large-scale social surveys. Frank was the lead author of a recently published study in *Social Psychological and Personality Science* that utilised data from ESS's previous wellbeing module to study psychological need satisfaction and wellbeing (Martela et al. 2022).

Professor Felicia Huppert, the principal applicant of the 2012 personal and social wellbeing module that we are now repeating, acts as an advisor of the current team, having had a key role in gathering the current team and providing her insights and feedback in the crafting of the proposal.

Of course, an important consideration with respect to team expertise is the calibre of the publications. All five team members have published extensively on wellbeing and happiness in top journals across multiple fields, including with respect to policy applications of wellbeing science. Among others, Frank has published in *Nature Human Behaviour*, *Review of General Psychology*, *Social Psychological and Personality Science*, *European Review of Social Psychology*, and *Journal of Positive Psychology*. Antonella has published in *American Psychologist*, *European Psychologist*, and *Social Indicators Research*. Milena's wellbeing papers have appeared in *Labour Economics*, *Journal of Economic Behaviour and Organisation*, and *World Development*. Gundi's papers have appeared in *Urban Studies*, *British Journal of Sociology*, and *European Sociological Review*. And Mark has published in *Perspectives on Psychological Science*, *European Journal for the Philosophy of Science*, and his first book was recently published with *Oxford University Press*. Please see our attached resumes for more detail.

Dissemination

The intention with this module is not to get data for one specific project but rather to make a range of variables of interest to wellbeing scholars more widely available. Our goal is to make these variables available and spread the word about them to ensure that interested researchers know about them, with most of the research activity anticipated to take place independently of us by various research groups around the world. That said, here is our own plan for dissemination, with the general aim of increasing the engagement of the research community with this ESS wellbeing module:

Main events in timeline:

2022-2024: Testing and finalizing the module items.

2025: Round 12 of European Social Survey with the wellbeing module.

2025: Submission of a study design article

2026-2028: Preparation and submission of other scientific articles by the research group utilizing the wellbeing module data.

2027-2029: Symposiums, special sessions, and presentations at target conferences and other events.

2028: Special issue in selected journal inviting research studies utilizing data from the wellbeing module

2030: Potential design of the next wellbeing module

First, our dissemination plan includes engaging with the scientific community through writing scientific articles that utilise the data available in the Well-being module. We aim to publish a study design article exploring the determinants and causal properties of the items and constructs included in the Wellbeing module. The study design article of the original wellbeing module was published in *Social Indicators Research* (Huppert et al. 2009) and has been cited 470 times on Google Scholar, and we aim for a similar high-level publication. Furthermore, we will aim to publish more targeted articles around the topics where we have previous publishing experience, such as basic psychological needs, harmony, and social cohesion. We will also utilise the richness of the wellbeing indicators included to identify various wellbeing profiles (using latent profile analysis) at the national, regional, and individual level, to identify different ways in which people can be high or low on wellbeing. We will publish our results in scientific journals that will also have associated open-access discussion papers. The target journals will include high-quality peer-reviewed outlets, such as the *Journal of Happiness Studies*, *Social Indicators Research*, *The Journal of Economic Behavior and Organization*, *Philosophical Psychology*, *Journal of Positive Psychology*, *Nature Human Behaviour*, and *European Sociological Review*, in which our team members have much publishing experience.

We will also produce analysis for ESS Topline Findings series and collaborate with ESS for other reporting and presenting opportunities. Furthermore, we are planning a special issue in some high-ranked journal, such as the *Journal of Happiness Studies*, that would focus on empirical research utilising the wellbeing module, which would encourage the usage of the data, and the visibility of results obtained with that data.

Second, we will also engage with the scientific beneficiaries and disseminate the findings to them through presentations at conferences and scientific symposia. Opportune venues for this include the International Society for Quality of Life Studies Conference, the Oxford Wellbeing and Policy Conference, the European and World Conferences of Positive Psychology, the Biannual Luxembourg Wellbeing and Policy Conference, and the annual Institute for Economic Methodology Conference, as well as seminars organized by ESS, OECD, European Commission, European Policy Center, and ESS CST. We plan to organise a special session at these conferences, where feasible, that will draw attention to the Wellbeing module, and gather together researchers utilising and interested in it. Members of our team are regular attendees at these events.

Third, we plan to engage with policymakers and society through providing non-technical summaries of the key findings via policy-relevant reports, data descriptions, methods papers, op-eds in newspapers, and blog posts. A key platform for this will be the *What Works Wellbeing Centre* in the United Kingdom and the *Centre on Well-being, Inclusion, Sustainability and Equal Opportunity (WISE)* at the OECD. These two knowledge brokering organisations have very large audiences in the policy community and members of the proposal team have existing relationships with each of them. Additionally, our team member Gundi plans to connect ESS data on wellbeing with linked geographical data (e.g., from the new European Rural Observatory) in her new research project (Horizon Europe GRANULAR) on wellbeing in rural areas. The project is expected to raise awareness of correlates of wellbeing across Europe in the DG-AGRI, national and regional rural policy communities, and raise awareness of the possibility of connecting wellbeing data with geographical data, which opens up new research avenues.

Finally, the research team will utilise its existing social media accounts (i.e., Twitter, LinkedIn and Researchgate) and contact networks to promote the availability of the data and encourage researchers to use it to address extant questions in the field. We will leverage our own accounts for this as well as those of our universities, research institutes, and journals.

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Selected research affiliations and positions:	<ul style="list-style-type: none">• Post-doctoral researcher, Aalto University, School of Science, 3/2018-12/2021.• Post-doctoral researcher, University of Helsinki, Faculty of Theology, 1/2015-12/2017.• Visiting scholar, Institute for Positive Psychology and Education, Australian Catholic University, 2/2017-3/2017.• Visiting scholar, University of Rochester, Department of Clinical and Social Sciences in Psychology, Human Motivations Research Group, 1/2013-5/2014.
Education:	<ul style="list-style-type: none">• Title of Docent, Psychology of Well-being, Department of Psychology, Faculty of Social Sciences, University of Tampere, 2019• Doctor of Social Sciences, University of Helsinki. Year of completion: 2019 Faculty of Social Sciences, Discipline of Practical Philosophy• Doctor of Philosophy, Aalto University. Year of completion: 2012. Department of Industrial Engineering and Management
Research output	<ul style="list-style-type: none">• Total citations: 4394 (Google Scholar), 973 (ISI Web of Science)• H-index: 28 (Google Scholar), 13 (ISI Web of Science)
Selected publications:	<ul style="list-style-type: none">• Martela, F., Lehmus-Sun, A., Parker, P. D., Pessi, A. B., & Ryan, R. M. (2022). Needs and Well-Being Across Europe: Basic Psychological Needs Are Closely Connected With Well-Being, Meaning, and Symptoms of Depression in 27 European Countries. <i>Social Psychological and Personality Science</i>, Advance Online Publication.• Martela, F. (2022). The social ontology of purpose—How organizations can have goals and intentions without having a mind. <i>Academy of Management Review</i>, In Press• Kim, J., Holte, P., Martela, F., Shanahan, C., Li, Z., Zhang, H., Eisenbeck, N., Carreno, D. F., Schlegel, R. J., & Hicks, J. A. (2022). Experiential appreciation as a pathway to meaning in life. <i>Nature Human Behaviour</i>, Advance Online Publication.• Martela, F., & Steger, M. F. (2022). The role of significance relative to the other dimensions of meaning in life – an examination utilizing the three-dimensional meaning in life scale (3DM). <i>The Journal of Positive Psychology</i>, In Press• Sheldon, K. M., & Martela, F. (2022). A modest proposal: Free will is real. <i>The Journal of Positive Psychology</i>, 17(2), 271–280.• Legate, N., Ngyuen, T., Weinstein, N., Moller, A., Legault, L., Vally, Z., Tajchman, Z., Zsido, A. N., Zrimsek, M., et al. (2022). A global experiment on motivating social distancing during the COVID-19 pandemic. <i>Proceedings of the National Academy of Sciences</i>, 119(22).• Martela, F. (forthcoming). Self-determination theory as the science of eudaimonia and good living – Promoting the better side of human nature. In <i>Oxford Handbook of Self-Determination Theory</i> (Ed. Richard Ryan). Oxford University Press.• Martela, F., Gómez, M., Unanue, W., Araya, S., Bravo, D., & Espejo, A. (2021). What makes work meaningful? Longitudinal evidence for the importance of autonomy and beneficence for meaningful work. <i>Journal of Vocational Behavior</i>, 131(103631), 1–15.• Martela, F., & Ryan, R. M. (2021). In selecting measures for a comprehensive assessment of well-being, it is essential to include indicators of psychological need satisfaction. <i>Preventive Medicine Reports</i>, 23(101474), 1–3

	<ul style="list-style-type: none"> • Martela, F. & Ryan, R. M. (2021). If Giving Money to Red Cross Increases Well-Being, Does Taking Money From the Red Cross Increase Ill-Being? – Evidence From Three Experiments. <i>Journal of Research in Personality</i>, 93(104114), 1-10. • Martela, F., Hankonen, N., Ryan, R. M., & Vansteenkiste, M. (2021). Motivating Voluntary Compliance to Behavioural Restrictions: Self-Determination Theory–Based Checklist of Principles for COVID-19 and Other Emergency Communications. <i>European Review of Social Psychology</i>, 32(2), 305-347. • Martela, F., & Ryan, R. M. (2020). Distinguishing between basic psychological needs and basic wellness enhancers: The case of beneficence as a candidate psychological need. <i>Motivation and Emotion</i>, 44, 116–133. • Martela, F., Greve, B., Rothstein, B., & Saari, J. (2020). The Nordic Exceptionalism: What Explains Why the Nordic Countries are Constantly Among the Happiest in the World. In J. F. Helliwell, R. Layard, J. Sachs, & J.-E. De Neve (Eds.), <i>World Happiness Report 2020</i> (pp. 129–146). Sustainable Development Solutions Network. • Martela, Frank & Kennon Sheldon (2019): Clarifying the concept of well-being: Psychological need-satisfaction as the common core connecting, eudaimonic and subjective well-being. <i>Review of General Psychology</i>, 23 (4), 458-474 • Martela, Frank, Richard Ryan & Michael F. Steger (2018): Meaningfulness as satisfaction of autonomy, competence, relatedness, and beneficence: Comparing the four satisfactions and positive affect as predictors of meaning in life. <i>Journal of Happiness Studies</i>, 19(5), 1261-1282 • Martela, Frank & Richard Ryan (2016): The benefits of benevolence: Basic psychological needs, beneficence and the enhancement of well-being. <i>Journal of Personality</i>, 84(6), 750-764. • Martela, Frank & Richard Ryan (2016): Prosocial behaviour increases well-being and vitality even without contact with the beneficiary: Causal and behavioral evidence. <i>Motivation & Emotion</i>, 40(3), 351-357. • Martela, Frank & Michael F. Steger (2016): The three meanings of meaning in life: Distinguishing coherence, purpose and significance. <i>Journal of Positive Psychology</i>, 11(5), 531-545.
Selected awards and recognitions	<ul style="list-style-type: none"> • The article The Meaning of Meaning in Life (Martela & Steger, 2016) received Clarivate Web of Science “Highly Cited Paper” (top 1% of the academic field of Psychiatry/Psychology) in 2020.
Publications intended for the general public:	<ul style="list-style-type: none"> • Martela, Frank (2020): <i>A Wonderful Life – Insights on Finding a Meaningful Existence</i>. Harper Design, An Imprint of HarperCollins. <ul style="list-style-type: none"> ○ Translation rights sold to 29 languages including Germany, France, Spain, Portugal, Italy, the Netherlands, Norway, South Korea, Japan, Russia, Taiwan, Indonesia, and Egypt
Invited lectures:	<ul style="list-style-type: none"> • Studium Generale lecture, 11.4.2022, Maastricht University, Maastricht, Netherlands. • Invited panelist 14.4.2021, Social Psychology Conference 2021, Helsinki. • Keynote speech 22.5.2019, Self-Determination Theory Conference, Amsterdam, NL. • Invited speech 19.4.2019, Meaning of Life Conference, Harvard University, US • Invited speech, 1.12.2018, Compassion in the Age of Disruption Summit, University of Edinburgh, Edinburgh, UK • Invited speech, 3.4.2017, Motivation in Educational Research Lab, National Institute of Education, Singapore • Invited speech, 15.3.2017, Institute for Positive Psychology and Education, Australian Catholic University, Strathfield, NSW, Australia • Invited speech, 13.1.2017, Department of Psychology, Simon Fraser University, Burnaby, B.C., Canada • Invited speech, 24.1.2017, CoPassion CoWorking Symposium, Stanford University, Ca.

CURRICULUM VITAE

ANTONELLA DELLE FAVE

University of Milano

Department of Pathophysiology and Transplantation

Via Commenda 16, 20122 Milano Italy

antonella.dellefave@unimi.it

Employment

1992-2000: Assistant professor, IULM University, Milano

2001-2005: Associate professor of Psychology, Medical School University of Milano

2005 – present: Professor of Psychology, Medical School University of Milano

Research interests and activities

- Investigation of flow experience and psychological selection, through extensive data collection across cultures and among participants differing in age, health conditions, SES, education level, occupation.
- Development and implementation of the Eudaimonic and Hedonic Happiness Investigation project (EHHI) with partners from 18 countries, to explore cultural and regional variations in the conceptualization of happiness, goals, and sources of meaning in life
- Exploration of well-being, mental health, individual and relational resources among persons with chronic diseases and disabilities, their caregivers, and health professionals

International academic collaborations:

- *Europe*: University do Minho, Braga, and University of Lisbon, Portugal; University of Rijeka, Croatia; University of Zurich, Switzerland; University of Malaga, Spain; Aarhus University, Denmark; University of Oslo, Norway; University of Latvia, Riga
- *Americas*: University of Chicago, USA; Claremont Graduate University, California, USA; University of Sao Paulo, Brazil
- *India*: Indian Institute of Technology (IIT), New Delhi; Amrita Vishwa Vidyapeetham, Kerala; Anugraha Institute of Social Sciences, Madurai Kamaraj University, Tamil Nadu
- *South africa*: North-Western University, Potchefsroom Campus

Fundings:

- 2012-2014: EU Comenius Project “PositivitiES – Promoting Positive Education in European Schools”. aimed at designing a Training Course for teachers in collaboration with Fundacion Fluir (Barcelona, Spain) and Aarhus University (Denmark).
- 2017-2020: Bilateral Italy-India cooperation project IN17MO04 “An integrated approach to the treatment of Duchenne Muscular Dystrophy and Spinal Muscular Atrophy”, with Amrita University.
- 2019-2023: EU Project “MindBot - Mental Health promotion of cobot Workers in Industry 4.0” (Call H2020-SC1-BHC-2018-2020 - Better Health and care, economic growth and sustainable health systems)
- 2020-2023: ERA PerMed EU Cofund JTC2019: “A Multimodal Approach to Personalized Tracking of Evolving State-Of Consciousness in Brain-Injured Patients (PerBrain)”
- 2012-present: financial support for research projects with the Italian Scientific Institutes IRCCS “E.Medea” and IRCCS “Fondazione Don Carlo Gnocchi”, both specialized in treatment, rehabilitation and social integration of persons diagnosed with complex psychophysical syndromes through a multidisciplinary approach to disability. Funded projects, based on national multicentric findings, concern the investigation of the psychosocial resources developed by patients and their caregivers in coping with disease
- 2013-2019: financial support for research projects by Fondazione Paracelso (Italian Association of people with hemophilia) and the Italian Multiple Sclerosis Foundation (FISM). Funded projects are aimed at investigating well-being indicators, coping strategies and resource mobilization of patients and caregivers based on national multicentric findings.
- 2019-2026: collaboration with Istituti Milanesi Martinitt e Stelline e Pio Albergo Trivulzio, to conduct research and intervention projects aimed at improving organizational climate, work engagement and job satisfaction among healthcare professionals, as well as wellbeing of patients and residents in the geriatric divisions of the institution.

Editorial roles

- 2010-present Editor in Chief - Journal of Happiness Studies - Springer
- 2010-present: Book Series Director “Cross-Cultural advancements in Positive Psychology” – Springer
- 2012-present: Book Series Director “Happiness Studies” – Springer

Scientific Associations

- 2006-2010 President of the European Network of Positive Psychology (ENPP)
- 2009-2011 President of the International Positive Psychology Association (IPPA)
- 2015-present Fellow of the International Positive Psychology Association (IPPA)
- 2012-present Member of the International Society for Quality of Life Studies (ISQOLS)

Teaching and training activities:

- 1992-2001 IULM University: General and Cross-Cultural Psychology in undergraduate and master courses
- 2001-present, University of Milano: General and Health Psychology in undergraduate and master courses, medical specialization programs, PhD programs, refreshing courses for health professionals
- 2010, 2013, 2014, University of Oslo: Oslo Summer School in Comparative Social Sciences, full-time course in Positive Psychology
- 2012, 2013, 2015, University of Lisbon: invited lecturer for the Master of Applied Positive Psychology

Education and research training

1985 MD Degree, University of Milano

1987/88 Visiting researcher University of Chicago, Department of Psychology

1988 Specialization in Medical Psychology, University of Milano

Recent publications of interest for the proposal

Carlquist E., Ulleberg P., Delle Fave A., Nafstad H.E., & Blakar R.M. (2017). Everyday understandings of happiness, good life, and satisfaction: three different facets of well-being. *Applied Research in Quality of Life*, 12, 481-505.

Delle Fave A., Negri L. (2018). Mental health: multiple perspectives for an evolving concept. In C.R. Snyder, S.J. Lopez, L.M. Edwards & S.C. Marques (eds), *Oxford Handbook of Positive Psychology, 3rd Edition*. New York: Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199396511.013.6>

Negri L., Bassi M., Delle Fave A. (2019). Italian Validation of the Meaning in Life Questionnaire: Factor Structure, Reliability, Convergent and Discriminant Validity. *Psychological Reports*, <https://doi.org/10.1177/0033294118821302>

Delle Fave, A. (2020). Meaning in Life: Structure, sources, and relations with mental and physical health. *Acta Philosophica*, 29, 19-32.

Monacis L., Limone P., Dambrun M., Delle Fave A., Sinatra M. (2021). Measuring and assessing fluctuating and durable happiness in Italian samples. *International Journal of Environmental Research and Public Health*, 18: 1602. <https://doi.org/10.3390/ijerph18041602>

Schutte, L., Negri, L., Delle Fave, A. & Wissing, M.P. (2021). Rasch analysis of the Satisfaction with Life Scale across countries: Findings from South Africa and Italy. *Current Psychology*, 40, 4908–4917. <https://doi.org/10.1007/s12144-019-00424-5>

Bassi M., Negri L., Delle Fave A., Accardi R. (2021). The relationship between post-traumatic stress and positive mental health symptoms among health workers during COVID-19 pandemic in Lombardy, Italy. *Journal of Affective Disorders*, 280, 1-6. <https://doi.org/10.1016/j.jad.2020.11.065>

Bassi, M. Carissoli, C., Tonelli, Trombetta, L., Magenta M., Delle Fave A. & Cogliati C. (2021). Stress and mental health of COVID-19 survivors and their families after hospital discharge: relationship with perceived healthcare staff empathy. *Psychology, Health & Medicine*, <https://doi.org/10.1080/13548506.2021.2019811>

Delle Fave A. (2021) Eudaimonic and Hedonic Happiness. In: Maggino F. (eds) *Encyclopedia of Quality of Life and Well-Being Research*. Springer, Cham. https://doi.org/10.1007/978-3-319-69909-7_3778-2

Delle Fave, A., Wissing, M.P., Brdar, I. (2022). The investigation of harmony in psychological research. In C. Li & D. During (Eds.), *The Virtue of Harmony* (pp.253-276). NY: Oxford University Press.

Mangialavori, S., Riva, F., Froidi, M., Carabelli, S., Caimi, B., Rossi, P., Delle Fave, A., & Calicchio, G. (2022). Psychological distress and resilience among Italian healthcare workers of geriatric services during the COVID-19 pandemic. *Geriatric Nursing*, 46, <https://doi.org/10.1016/j.gerinurse.2022.05.012>

Curriculum Vitae

Gundi Knies (gundi.knies@thuenen.de)

orcid.org/0000-0002-0251-2865

H-index: 21

Institute for Rural Studies, Thünen-Institute, Bundesallee 64, 38116 Braunschweig, Germany

Areas of research

Quality of life research (income, deprivation and life satisfaction)

Neighbourhood effects

Survey methods (particularly administrative and geographical data linkage)

Eurocohort / Growing Up in Digital Europe (GUIDE)

Qualifications

2007 PhD in Economics (University of Bristol)

2002 M.Sc. in Social Policy and Planning (London School of Economics)

2001 BA equivalent in Sociology (Free University of Berlin)

Stipends

2004- 2007 PhD scholarship CMPO, University of Bristol

2004–2006 Research scholarship DIW Berlin

1999- 2003 University scholarship Friedrich Ebert Stiftung

Professional history

2021-	Senior Social Scientist, Thünen-Institute
2013-2021	Research Fellow, ISER University of Essex
2007-2013	Senior Research Officer, ISER University of Essex
2007	Researcher, DIW Berlin, SOEP, and University of Bristol, Centre for Market and Public Organisation.
2002	Research Assistant, London School of Economics, Centre for Analysis of Social Exclusion, London
2000-2007	Researcher, DIW Berlin, SOEP

Current and selected completed research projects

Horizon Europe. 10/2022-09/2026. Giving Rural Actors Novel data and re-Useable tools to Lead public Action in Rural areas (GRANULAR). Principal Investigator (PI) Thünen-Institute.

EC-Horizon 2020. 05/2021-04/2025. COhort cOmmunity Research and Development Infrastructure Network for Access Throughout Europe (COORDINATE). Co-PI Essex / Subcontractor at Thünen-Institute.

Nuffield Foundation. 01/2018-08/2020. Investigating People-Place Effects in the UK using Linked Longitudinal Survey and Administrative Data. PI

ESRC. 2019-2022. Understanding Society: The UK Household Longitudinal Study. Named researcher.

EC-Horizon 2020. 01/2018-12/2019. European Cohort Development Programme. Co-Investigator (Co-I).

NCRM. 11/2012-04/2014. Understanding Non-response on Understanding Society. Co-I.

ESRC. 04/2013-09/2014. Life Transitions and Transport Behaviour. Co-I.

Selected publications:

Marquez, Katsantonis, Sellers, Knies (2022). Life satisfaction and mental health from age 17 to 21 years in a general population sample. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03685-9>

Knies & Kumari (2022). Multimorbidity is associated with the income, education, employment and health domains of area-level deprivation in adult residents in the UK. *Scientific Reports*, **12**: 7280. <https://doi.org/10.1038/s41598-022-11310-9>

Knies (2021). "Effects of Income and Material Deprivation on Children's Life Satisfaction: Evidence from Longitudinal Data for England (2009–2018)." *Journal of Happiness Studies* 24: 1469–1492. <https://doi.org/10.1007/s10902-021-00457-3>

Knies, Melo, Zhang (2020). Neighborhood Deprivation, Life Satisfaction, and Earnings: Comparative Analyses of Neighborhood Effects at Bespoke Scales, *Urban Studies* 58(13):2640-2659. <https://doi.org/10.1177/0042098020956930>

Platt, Knies, Luthra, Nandi & Benzeval (2020). Understanding Society at 10 Years, *European Sociological Review* 36(6): 976-988. <https://doi.org/10.1093/esr/jcaa031>

Knies, Nandi, Platt (2016): Life Satisfaction, Ethnicity and Neighbourhoods: Is There an Effect of Neighbourhood Ethnic Composition on Life Satisfaction? *Social Science Research* 60: 110-124. <http://www.sciencedirect.com/science/article/pii/S0049089X16302095>.

Knies (2013): Neighbourhood social ties: How much do residential, physical and virtual mobility matter? *British Journal of Sociology* 64(3):425-452. <https://onlinelibrary.wiley.com/doi/full/10.1111/1468-4446.12026>.

Knies (2012): Income Comparisons among Neighbours and Satisfaction in East and West Germany, *Social Indicators Research* 106(3): 471-489. <https://link.springer.com/article/10.1007/s11205-011-9818-5>.

Scientific roles and posts (selected)

Scientific advisor. Leibnitz University Campus University of Bielefeld, SOEPRegio Hub. (PI: Prof Stefan Liebig, Free University of Berlin) (since 2022).

Scientific lead for neighbourhoods in the longitudinal household panel study Understanding Society (2017-2021)

Associate editor of 'Sociology' – the journal of the British Sociological Association (2016-2019)

Deputy lead of the Understanding Society data training programme (2014-2021)

Date: 11.10.2022

CURRICULUM VITAE MILENA VESELINOVA NIKOLOVA

Website: www.milena-nikolova.com

EDUCATION

- 2014 *Ph.D. in Policy Studies/International Development*, University of Maryland, School of Public Policy, College Park, MD
- 2011 *Master of Public Policy*, The American University, School of Public Policy, Washington, DC
- 2008 *B.A. in Economics (summa cum laude, honours)*, Gettysburg College, Gettysburg, PA

PROFESSIONAL CAREER

- 2020-present *Associate Professor and Rosalind Franklin Fellow*, University of Groningen, Faculty of Economics and Business, Global Economics and Management
- 2018-2020 *Assistant Professor*, University of Groningen, Faculty of Economics and Business, Global Economics and Management
- 2014-2018 *Research Associate*, Institute for Labor Economics (IZA), Bonn, Germany
- 2012-2014 *Nonresident Researcher*, Global Economy and Development Program, The Brookings Institution, Washington, DC
- 2010-2011 *Emerging Scholar*, Center on Nonprofits and Philanthropy, The Urban Institute, Washington, DC
- 2008-2009 *Policy Analyst*, Applied Public Policy Research Institute for Study and Evaluation, Princeton, NJ

SELECTED ADDITIONAL POSITIONS AND AFFILIATIONS

- 2019-present *Member*, Young Academy Groningen
- 2022-present *Editor*, Journal of Population Economics
- 2019-2022 *Co-Editor*, Journal of Happiness Studies
- 2019-present *Section Editor*, Welfare, Well-being and Happiness, Springer Handbook of Labor, Human Resources and Population Economics, Editor: K.F. Zimmermann
- 2018-present *Research Fellow*, Institute for Labor Economics (IZA), Bonn
- 2014-present *Nonresident Fellow*, The Brookings Institution, Washington, DC
- 2020-present *Nonresident Fellow*, Bruegel
- 2020-present *Policy Cluster Leader*, Economics of Happiness, The Global Labor Organization (GLO)

SELECT SCHOLARSHIPS, GRANTS, PRIZES

- 2021 *Research Fellow Award*, International Society for Quality of Life Studies
- 2020-2024 *Participant, responsible for one task: H2020 Project "Growing Inequality: a Novel Integration of technological, globalization and migration transformations research (GI-NI)"*, 2021-2024, RUG funding (€380,000)
- 2020-2024 *Funding from the Young Academy Groningen for an Interdisciplinary Ph.D. student position (worth €105,000)*
- 2019 *Research Fellowship, IOS*, Regensburg, €1,500 + Accommodation
- 2012 *Emerging Scholar Award*, Association for Research on Nonprofit Organizations and Voluntary Action, €1,200

FIVE RELEVANT OUTPUTS

CURRICULUM VITAE MILENA VESELINOVA NIKOLOVA

Website: www.milena-nikolova.com

- 2022 **Nikolova, M.,** & Graham, C. (2022). The Economics of Happiness. In K. F. Zimmermann (Ed.), *Handbook of Labor, Human Resources and Population Economics* (pp. 1-33). Cham: Springer International Publishing.
- 2020 **Nikolova, M.,** & Cnossen, F. (2020). What makes work meaningful and why economists should care about it. *Labour Economics*, 65, 101847. doi:<https://doi.org/10.1016/j.labeco.2020.101847>
- 2017 **Nikolova, M.,** Roman, M., & Zimmermann, K. F. Left behind but doing good? Civic engagement in two post-socialist countries. *Journal of Comparative Economics*, 45(3), 658-684
- 2017 **Nikolova, M.,** & Nikolaev, B. (2017). Does joining the EU make you happy? Evidence from Eastern Europe. *Journal of Happiness Studies*, 18(6), 1593-1623.
- 2016 **Nikolova, M.** Minding the happiness gap: Political institutions and perceived quality of life in transition. *European Journal of Political Economy*, 45, 129-148.

Dr MARK FABIAN — Curriculum Vitae

mark.fabian@warwick.ac.uk

Twitter: @MarkFabian_PAIS



PROFESSIONAL EXPERIENCE

2022 – present: Assistant Professor of Public Policy, University of Warwick

2022: Senior Lecturer, Political Science, University of Tasmania

- Deputy Director, Institute for Social Change

2020 – 2021: Postdoc, Bennett Institute for Public Policy, University of Cambridge

- Many Dimensions of Well-Being Project (UKRI funded grant)

2019 – 2020: Fulbright Postdoctoral Research Fellow, The Brookings Institution

- Collaborated with Professor Carol Graham on subjective well-being and public policy

EDUCATION

2019: PhD, Economics, Crawford School of Public Policy, ANU

2014: Master of International and Development Economics, ANU

2010: Bachelor of Arts (honours in philosophy), ANU

PUBLICATIONS

Books

Fabian, M. (2022). *A Theory of Subjective Wellbeing*. Oxford University Press

Fabian, M. and Breunig, R. (2018). *Hybrid Public Policy Innovations: Contemporary Policy Beyond Ideology*. Routledge.

Journal Articles

Fabian, M., Breunig, R. & De Neve, J. (2022). Bowling with Trump: Economic Anxiety, Racial Identification, and Wellbeing in the 2016 Election. Forthcoming at *European Journal of Social Psychology*.

Fabian, M., Alexandrova, A., Coyle, D., Agarwala, M., and Felici, M. Respecting the Subject in Subjective Wellbeing Public Policy: Moving Away from the Social Planner Perspective. Online first at *Journal of European Public Policy*.

Fabian, M. & Dold, M. Agentic Preferences: A Foundation for Nudging When Preferences Are Endogenous. Online first at *Behavioural Public Policy*.

Fabian, M. A Psychologically-Enriched Version of Tiberius' Theory of Wellbeing as Value-Fulfilment. Online first at *Philosophical Psychology*.

Alexandrova, A. & Fabian, M. (2022). Democratising Measurement: or Why Thick Concepts Call for Coproduction. *European Journal for Philosophy of Science*, vol. 12, no. 7, pp. 1–23.

Foa, R., Fabian, M. & Gilbert, S. (2021). Subjective Well-Being During the 2020–21 Coronavirus Pandemic: Evidence from High Frequency Time Series Data. *PLOS One*, vol. 17, no. 2, e0163570.

Fabian, M. (2021) Scale Norming Makes Welfare Analysis with Life Satisfaction Data Difficult. *Journal of Happiness Studies*, vol. 23, no. 4, pp. 1509–1541.

Fabian, M. & Pykett, J. (2021). Be Happy: Navigating Normative Issues in Behavioural and Wellbeing Public Policy. *Perspectives on Psychological Science*, vol. 17, no. 1, pp. 169–182.

Fabian, M. (2021). DevSim: A PowerPoint-Based Simulator Game for Teaching Economic Development. *Journal of Economics Teaching*, vol. 6, no. 2.

Fabian, M. (2021). Improving Interdisciplinary Research in Well-Being – A Review, with Further Comments, of Bishop's *The Good Life: Unifying the Philosophy and Psychology of Well-Being*. *Journal of Happiness Studies*, vol. 22, no. 6, pp. 2829–2844.

Fabian, M. (2020) The Coalescence of Being: A Model of the Self-Actualization Process. *Journal of Happiness Studies*, vol. 21, no. 4, pp. 1487 - 1508.

Fabian, M. & Breunig, R. (2019). Long Work-Hours and Job Satisfaction: Do Overworkers Get Trapped in Bad Jobs? *Social Science Quarterly*, vol. 100, no. 5, pp. 1932 - 1956.

Fabian, M. (2018). Racing from Subjective Well-Being to Public Policy: A Review of The Origins of Happiness. *Journal of Happiness Studies*, vol. 20, no. 6, pp. 2011 - 2026.

INVITED CONFERENCE/SEMINAR PRESENTATIONS

- Centre for Economic Performance, London School of Economics, 2022
- Human Behaviour Group, Paris School of Economics, 2022
- Workshop on Paternalism and Groups, Oxford University 2022
- Global Priorities Institute Oxford University Summer Workshop 2022
- STATEC Wellbeing Conference Luxembourg 2022
- Oxford University Wellbeing Conference 2022
- Oxford-Cambridge-LSE Rebooting Welfare Economics Conference 2022
- University of East Anglia Business School Seminar Series 2022
- University of Birmingham Wellbeing Policy Seminar Series, 2022
- International Institute of Islamic Thought, 2022
- Melbourne Graduate School of Education, 2021
- Philosophy, Politics, and Economics Society Annual Meeting, 2020, 2021
- International Network for Economic Methodology Annual Conference 2021
- Association for Psychological Science 2021
- Durham University Philosophy of Science Seminar 2021
- Human Development and Capabilities Association Seminar 2021
- Society for Personality and Social Psychology Annual Meeting 2021
- Gordon College, 2020
- Eudaimonia Institute, Wake Forest University, 2020
- London School of Economics, Centre for Economic Performance 2020
- Oxford University, Well-Being Research Centre, 2020
- International Society for Quality of Life Studies Conference, 2020
- 3rd International Conference on Well-Being, Wellington, New Zealand, 2018