

Target group: Country and year	N	Happiness training		Type of happiness measure ^a	Source ^b
		Named in WDH	Named by author		
Patients					
Depressed adults, UK, 2009	55	Goal setting training	Self-help, positive goal-focused intervention	Affect balance Life-satisfaction	Coote & Macleod, 2012
Medical patients with neuromuscular disease, USA, 1998	65	Gratitude training	Happiness training; gratitude exercises	Affect balance Feel happy	Emmons & McCullough, 2003
Poor-health participants in a course of mind-body therapies, Sweden, 2000–2001	152	Meditation, mindfulness	Health self-management course	Affect balance	Fernros et al. 2008
Home-bound elderly, USA, 1982	51	Life-review exercise	Life-review program	Affect balance	Haight, 1988
Distressed adults, Netherlands, 2005	57	Meditation, mindfulness	Mindfulness based stress reduction	Affect balance	Nyklícek & Kuijpers, 2008
Patients on a waiting list for psychological treatment, Australia, 2012	48	1) Gratitude training 2) Kindness training	Gratitude and kindness interventions	Feel happy Affect balance	Kerr et al. 2015
Students					
Psychology students, USA, 2005	180	Life-review exercise	Positive reminiscence training	Feel happy	Bryant et al. 2005
Students, USA and South Korea, 2007	218	Kindness training	Performing acts of kindness with or without and autonomy support	Affect balance	Della Porta, 2013
Students, USA, 1998	166	Gratitude training	Count blessings, thinking about five hassles, social comparison	Affect balance	Emmons & McCullough, 2003
Students in well-being course, USA, 2003	192	(1) Gratitude training (2) Life-review exercise	Count blessings		
University students, Turkey, 2015	72	Practice retrospective sources of happiness	Increasing activities and engagement	Affect balance	Eryilmaz, 2015
Students, USA, 1972	202	Training for multiple mental skills	Happiness training	Feel happy	Fordyce, 1977
University students, USA, 1980	57	Training for multiple mental skills	Program to increase personal happiness, aiming to change 14 fundamental behaviors	Feel happy	Fordyce, 1983
	71				
	98				
	57				
	69	Happiness education			
Students, Italy, 2001	92	Training for multiple mental skills	Subjective well-being training course	Feel happy	Goldwurm et al. 2003
Psychotherapy students, Italy, 2004?	80	Cognitive reframing	Subjective wellbeing training	Feel happy	Goldwurm et al. 2006
Student participants in a savoring exercise, USA, 2011	193	Savoring training	Recalling positive events in the past week	Affect balance	Hurley & Kwon, 2012
Students, United Arab Emirates, 2015	267	Training for multiple mental skills	PPI program	Affect balance	Lambert et al. 2019

Students participating in happiness training,USA, 2014	139	Lifestyle awareness training	Time scarcity training	Affect balance	Layous, et al. 2018
Psychology students,New Zealand, 1978	48	(1) Self-awareness training (2) Positive thinking training	Cognitive retraining	Affect balance	Lichter et al. 1980
Psychology students, Germany, 2014	349	Mood tracking	Use of Happiness Analyzer	Affect balance Feel happy Life satisfaction	Ludwigs et al. 2018
Students,USA, 2006	96	Life-review exercise	Writing, talking, and thinking about life's triumphs and defeats	Affect balance	Lyubomirsky et al. 2006
Students and people from local education center, UK, 2008	64	Goal setting training	Goal setting and planning training	Affect balance	MacLeod et al. 2008
Psychology students, Spain, 2010	105	Gratitude training	Gratitude writing intervention	Feel happy	Martinez-Marti 2010
University students, South Korea, 2009	50	(1) Goal setting training (2) Practice one's values	Well-being training	Affect balance	Nelson et al. 2014
Psychology students, USA, 2009	62	Practice one's values	Self-affirmation	Affect balance	Nelson et al, 2014
Students, USA, 2004	360	Training for multiple mental skills	Positive psychotherapy training	Life satisfaction	Parks, 2004
Student participants in a happiness training, USA, 2007–2008	267	Training for multiple mental skills	Positive psychotherapy training	Life satisfaction	Parks 2009
Psychology students, USA, 2000	90	Goal-setting training	Goal training intervention, growth training	Affect balance	Sheldon et al. 2002
School children					
Middle school students, Netherlands, 2009	631	Training for multiple mental skills	Lessons in happiness	Feel happy	Boerefijn & Bergsma 2011
School children aged 9–11, UK, 2014	606	Positive thinking training	Positive psychology intervention	Feel happy	Carter, 2016
Students aged 12–17, USA, 2006	221	Gratitude training	Gratitude increasing intervention	Life satisfaction	Froh et al. 2008
Pupils of a parochial school aged 8–19, USA	89	Gratitude training	Gratitude intervention	Affect balance	Froh et al. 2009
Children aged 9–12, Netherlands, 2012	183	Training for multiple mental skills	Happiness lessons	Feel happy	Leeuw, 2012
School children aged 10–12, USA, 2008	55	Positive thinking training	Wellness program	Affect balance	Suldo et al 2014
Self-selected users of happiness trainings					
Meditation trainees, Oman, 2001	45	Meditation, mindfulness	Meditation course	Feel happy	AlHusani, 2001
Users of the “Happiness Indicator” self-help website	5411	Comparison with the happiness of similar people	Happiness comparer	Feel happy	Bakker et al. 2020
Participants in a mindfulness meditation course, USA, 2008	69	Mood awareness training Meditation, mindfulness	Happiness diary Mindfulness training	Life-satisfaction combined with Affect balance	Brown et al. 2009

Long-term meditators, Netherlands, 2009	20	Meditation, mindfulness	Long-term meditation	Affect balance	Choi, 2011
Participants in a 9-day meditation retreat, Netherlands, 2009	26	Meditation, mindfulness	9-day vipassana meditation retreat	Affect balance Feel happy combined with life-satisfaction	
Healthy adult volunteers, USA, 2005	73	Meditation, mindfulness	Sacred moments intervention	Affect balance	Goldstein, 2007
Users of an online training, 35 nations, 2012	270	Training for multiple mental skills	Psycho-education course on positive psychology	Affect balance	Haecck, et al. 2016
Participants in a gratitude training, Poland, 2016	58	Gratitude training	Gratitude exercise	Affect balance	Krejtz et al. 2016
Adult volunteers, New Zealand, 1978	33	Multiple kinds of happiness trainings	Course on happiness and positive mental health	Life satisfaction Feel happy	Lichter et al. 1980
Participants in a savoring training, Spain, 2017	150	Savoring training	Appreciation of beauty	Affect balance	Martinez-Marti et al. 2018
Users of a mood-tracking website, USA, 2010	5952	Mood awareness training	Frequent use of mood tracker	Affect balance	Moodscope, 2010
Participants in a happiness training, USA, 2004	37	Training for multiple mental skills	Positive psychotherapy training	Life satisfaction	Parks, 2004
Users of online self-help program, USA, 2007	327	Training for multiple mental skills	"Live happy" online self-help program	Affect balance	Parks et al 2012
Participants in a 4-week psychological training, Canada, 2011	65	(1) Gratitude training (2) Life-review exercise	Gratitude inducing exercises	Affect balance	Rash et al. 2011
Participants in a happiness training, USA, 2011	79	(1) Novelty training (2) Goal setting training	Hedonic adaptation prevention	Affect balance	Sheldon et al, 2013
Participants in a happiness training, USA, 2004	113	List and practice perceived ways to happiness	Change your actions not your circumstances	Affect balance	Sheldon & Lyubomirsky, 2009
Participants in a yoga course, Australia, 2007	88	Meditation, mindfulness	Laughter yoga	Life satisfaction	Weinberg et al, 2014
Miscellaneous groups					
School teachers, Hong Kong, 2007	89	Gratitude training	Gratitude intervention program	Affect balance	Chan 2010
Young adults, Spain, 201?	78	Lifestyle awareness training	Best possible self-Intervention	Affect balance	Enrique et al. 2018
Self-selected employees, Germany, 2012	147	Training for multiple mental skills	7-week web-based happiness training	Life satisfaction Feel happy	Feicht et al. 2013
Managers participating in personality development course, Germany, 2000	99	Empowerment training	Goal-setting training	Affect balance	Kehr, 2003
Self-selected older adults, UK, 2014	88	Savoring training	Gratitude intervention	Affect balance	Killen & Macaskill, 2015
Employee well-being trainees, Australia, 2009	31	Training for multiple mental skills	Well-being training program	Affect balance	Page & Vella-Brodrick, 2013

^aClick linked text to find the specific happiness measure used in the [World Database of Happiness](#). ^bClick linked text to find the excerpt of the study in the [World Database of Happiness](#).