

| Nature of happiness training | Cross-sectional had training versus did not have training | Longitudinal before versus after training | | | |
|---|---|---|-----------------|---|-----------------|
| | | Change in treatment group only | | Difference with change in control group | |
| | | Post-intervention | After follow-up | Post-intervention | After follow-up |
| Single kind of training | | | | | |
| Best possible self-exercise | | + | + | + | - |
| Cognitive reframing | | + | | + | |
| Comparison with similar people | | + | | | |
| Enlightenment about happiness | | ++ | + | - | |
| Goal-setting training | | +/- + - ++ | +/+ +++ | +/+ ++ 0 0 | - 0 |
| Laughter yoga | | + | | + | |
| List and practice perceived ways to happiness | | +/+ | | | |
| Practice retrospective sources of happiness | | + | | + | |
| Live up to one's values | | ++ | + | ++ | + |
| Meditation, mindfulness | +/- | +++++ | +++ | + - ++ | - + |
| Novelty trying | | + | + | 0 | 0 |
| Lifestyle awareness training | | + | + | + | + |
| Life-review exercise | | + | | + | -/-/0 |
| Mood awareness training | | + +/+/+ | +/+ +/+/+ | +/+/+ | +/+/+ |
| Positive thinking training | | +++ | + | - ++ | - |
| • Count blessings and curses | +/0 + 0 - | +++ | + | + | |
| • Gratitude training | + - +/+ + | +++ | - | - + | - |
| • Kindness training | +/+ | +/- | | +/- | |
| • Recall of positive events | | ++++ | ++ | ++ | |
| Savoring training | | + | + | +/+ | -/- |
| Multiple kinds combined | | | | | |
| Training of multiple mental skills | +/0 | ++++++ +/+ | +++++ +/+ | +++++ +/+ | +++ - +/+ |
| • Enlightenment + exercises | | + +/+ | | + +/+ +/+ +/+ | |
| <hr/> | | | | | |
| % independent studies positive | | | | | |
| - all positive | 56% | 96% | 96% | 87% | 47% |
| - positive and significant (p < 0.05) | 11% | 49% | 52% | 37% | 29% |

Signs link to finding page in [World Database of Happiness](#). Click linked sign to view the page. Signs indicate observed differences. + = positive difference, significant. + = positive difference, not significant. 0 = no difference. - = negative difference, not significant. .- = negative difference, significant.