

Nature of happiness training	Method of investigation				
	Cross-sectional had training versus did not have training	Longitudinal before versus after training			
		Change in treated 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		+5.1	+1.6	+0.5	-2.3
Cognitive reframing		+13.7		+12.5	
Enlightenment about happiness		+0.8 +3.9	+3.2	-2.9	
Goal-setting training		+13.4/+10.4c	+11.9/+10.4c	+8.6/+9.5c	-2.3a 0
		+2.9 +3.6	+1.1 +1.6a	+0.5a +4.3 0 0	
		+5.1a -1.3	+3.6		
Laughter yoga		+8.6		+8.6	
List and practice perceived ways to happiness		+0.6/+7.2c			
Practice retrospective sources of happiness		+12.5		+12.5	
Live up to one's values		+1.0 +4.0	+2.5	+5.0 +7.8	+5.8
Meditation, mindfulness	+2.9	+4.1 +13.2	+5.0 +5.6	+8.0	-0.7 +16.7
		+4.6 +18.0	+17.6	-0.6 +18.0	
		+8.7		+9.0	
Novelty trying		+3.6a	+1.1a	0	0
Life-review exercise					-0.9/-4.6/0c
Mood awareness training		+3.9/+3.7/+0.7c	+4.2/+3.7/+1.2c	+2.0/+4.0/+0.7c	+0.4/+1.1/+1.1c
			+18.9/+23.2c		
Positive thinking training		+2.4 +13.7a	+7.0	-0.4 +12.5a	-2.9
		+4.0		+5.0	
• Count blessings and curses		+6.5 0	+0.7 +2.4a	+1.5	
		-3.3a			

• Gratitude training	+12.3	−3.3	+14.0/+7.9c	+5.4	+1.5	+2.4	−0.7	−0.8	−0.2	
• Kindness training			+13.3/+6.0c		+0.6/−2.9c			+3.6/−4.0c		
• Recall of positive events					+1.9	+0.7a	+3.5	+1.5a	+4.0	+3.3
					+3.0	+4.9				
Savoring training					+1.3		+0.3	+1.6/+1.1c	−0.2/−0.1c	
Multiple kinds combined										
Training of multiple mental skills					+19.5	+10.0	+13.9	+30.8	+29.0b	+8.3
					+6.7	+3.7	+3.6		+3.4	+10.4
					+7.8	+5.9		+8.5	+2.0	+3.5
					+15.2/+14.8c		+11.8/+14.8c		+23.8/+23.4b	+23.4/+25.4b
• Enlightenment + exercises					+4.0			+3.9		
					+7.8/+19.6c			+8.7/+10.9/+18.5c		
								+3.6/+3.0/+10.1c		
								+21.6/+46.1b		

Number of studies and participants

Number of studies	8	39	22	31	14
Participants (n)	630	3,539	2,126	3,562d	1,664d
Mean n	79	91	97	115	119
Median n; range	61; 3–192	43; 10–606	53; 10–606	73; 23–631	89; 37–360

Results

Mean change	+5.6%	+6.0%	+7.7%	+4.7%	+1.8%
Median change	+6.0%	+4.0%	+4.3%	+3.9%	−0.1%

Numbers denote % change on scale range and link to a finding page in [World Database of Happiness](#). Use control+click to view the page. a: Not included in calculation of mean/median because study appears twice in a column. b: Not included in calculation of mean/median because of a huge decline in happiness in the control group (treated as outliers). c: Average value of multiple measures/multiple comparison groups used in calculation of mean/median. d: Numbers of participants and controls added up.