

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		+13.7a		+12.5a	
Enlightenment about happiness		+0.8 +3.9	+3.2	-2.9	
Goal-setting training		+13.4/+10.4c +2.9	+11.9/+10.4c	+8.6/+9.5c +0.5a	-2.3a 0
		+3.6 +5.1a -1.3	+1.1 +1.6a	+4.3 0 0	
			+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 +4.6	+5.0 +5.6 +17.6	+8.0	-0.7 +16.7
		+18.0 +8.7		-0.6 +18.0 +9.0	
Novelty trying		+3.6a	+1.1 a	0	0
Life-review exercise					-0.9/-4.6/0
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 +13.7 +4.0	+7.0	-0.4 +12.5 +5.0	-2.9
• Count blessings and curses	+6.5 0	+0.7 +2.4a	+1.5		
	-3.3				
• Gratitude training	+12.3 -3.3a +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 +3.0	+3.5 +1.5a	+4.0 +3.3	
		+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 +6.7 +13.9 +30.8 +15.8 +29.0^b +8.3 +3.4 +27.9^b +10.4
 +3.7 +3.6 +7.8 +0.4 +10.4
 +5.9 +15.2/+14.8^c +8.5 +23.8/+23.4^b -10.8
 +11.8/+14.8^c +23.4/+25.4^b

• Enlightenment + exercises

+4.0 +7.8/+19.6^c +3.9
 +8.7/+10.9/+18.5^c
 +3.6/+3.0/+10.1^c
 +21.6/+46.1^b

Participants and results*

All studies

Nr of studies (n) 8 (630) 39 (3,539) 22 (2,126) 31 (3,562^d) 14 (1,664^d)

Mean change +5.6% +6.0% +7.7% +4.7% +1.8%

Voluntary

Nr of studies (n) 7 (500) 24 (1,991) 15 (1,245) 17 (2,023^d) 10 (1,440^d)

Mean change +6.8% +6.4% +7.8% +4.0% +1.2%

Paid/study credit

Nr of studies (n) 0 5 (122) 2 (49) 5 (253^d) 2 (95^d)

Mean change +4.4% +16.7% +6.1% +8.1%

Mandatory

Nr of studies (n) 1 (130) 10 (1,426) 5 (832) 9 (1,286^d) 2 (129^d)

Mean change -3.3% +5.7% +3.9% +5.2% -1.6%

Table 4 with mode of happiness training indicated in colors. Numbers denote % change on scale range and link to a finding page in [World Database of Happiness](#). Click percentages change in upper part of the table to view the page. a: Not included in calculation of mean because study appears twice in table. b: Not included in calculation of mean because of huge decline in happiness in control group (treated as outliers). c: Average value of multiple measures/multiple comparison groups used in calculation of mean. d: Numbers of participants and controls added up. *For detailed information on mean/median/range of sample size (see [Supplementary Material](#)).