

INEQUALITY-ADJUSTED HAPPINESS IN 131 NATIONS 2000-2008**How well nations combine level and differences in happiness**[Top/bottom](#)[Full list](#)[Technical details](#)[Cite as](#)

Top/bottom

<i>Top</i> > 70		<i>Middle range</i> ± 50		<i>Bottom</i> < 36	
Iceland	79	Estonia	51	Iraq	35
Denmark	77	Iran	51	Belarus	35
Switzerland	75	India	51	Togo	34
Colombia	73	South Africa	50	Zimbabwe	24
Austria	71	Portugal	50	Tanzania	20

Full list, alphabetic

nation	<i>level of life satisfaction mean 0-10¹</i>	<i>inequality in life-satisfaction standard deviation²</i>	<i>inequality-adjusted lifesatisfaction index 0-100³</i>
Afghanistan	47	2,2	40
Albania	4,6	2,50	38
Algeria	5,2	3,18	41
Angola	4,9	2,36	42
Argentina	7,5	2,32	67
Armenia	4,9	2,47	41
Australia	7,7	2,02	70
Austria	7,9	2,12	71
Azerbaijan	5,4	2,25	47

Bangladesh	5,3	2,42	45
Belarus	4,2	2,46	35
Belize	6,9	na	65
Belgium	7,3	2,29	70
Benin	4,3	2,28	36
Bolivia	5,9	2,37	51
Bosnia	5,3	2,66	44
Botswana	5,3	2,52	45
Brazil	7,4	2,33	66
Bulgaria	4,4	2,77	35
Burkina Faso	5,1	2,42	43
Burundi	5,0	2,15	43
Cambodia	4,4	2,30	37
Cameroon	4,6	2,40	39
Canada	7,6	2,06	69
Central African Republic	5,1	na	na
Chad	4,2	na	na
Chile	6,8	2,33	60
China	6,3	2,71	54
Colombia	8,1	2,16	73
Congo (Kinshasa)	4,9	na	51
Costa Rica	7,3	2,54	64
Croatia	6,1	2,59	52
Cyprus	7,3	2,20	65
Czechia	6,4	2,17	57
Denmark	8,4	2,02	77

Djibouti	5,6	na	na
Dominican Republic	5,7	3,04	47
Ecuador	5,7	2,65	48
Egypt	5,1	3,36	40
El Salvador	7,2	2,60	63
Estonia	5,9	2,43	51
Ethiopia	4,3	2,23	36
Finland	7,8	1,91	71
France	6,5	2,19	58
Georgia	4,4	2,45	36
Germany	7,2	1,99	65
Ghana	5,7	2,92	47
Greece	6,4	2,43	56
Guatemala	7,0	2,52	61
Guinea	5,0	na	na
Guyana	6,4	na	na
Haiti	4,5	2,39	38
Honduras	6,5	2,87	55
Hong Kong	6,0	2,14	53
Hungary	5,5	2,71	46
Iceland	8,5	1,77	79
India	5,9	2,54	51
Indonesia	6,6	2,34	58
Iran	6,0	2,68	51
Iraq	4,3	2,69	35
Ireland	7,5	2,01	68

Israel	6,7	2,41	59
Italy	6,8	2,14	61
Ivory Coast	5,9	na	na
Jamaica	6,6	2,43	58
Japan	6,4	2,10	57
Jordan	6,0	3,01	50
Kazakhstan	6,0	2,37	52
Kenya	5,2	2,31	45
Kosovo	5,5	2,45	47
Kuwait	6,7	2,28	59
Kyrgezigstan	6,1	2,86	51
Laos	5,7	1,85	51
Latvia	5,1	2,66	42
Lebanon	5,6	2,62	47
Liberia	4,8	na	na
Lithuania	4,9	2,93	39
Luxembourg	7,7	2,06	70
Macedonia	4,6	3,02	36
Madagascar	4,7	2,16	41
Malawi	4,8	2,54	40
Malaysia	6,5	2,25	57
Mali	5,7	2,88	47
Malta	7,0	1,80	64
Mauretania	5,7	2,44	49
Mexico	8,0	2,48	71
Moldova	4,9	2,54	41

Mongolia	5,2	na	na
Montenegro	5,2	2,66	43
Morocco	5,2	2,42	44
Mozambique	5,2	2,36	45
Namibia	5,5	na	na
Nepal	5,2	2,23	45
Netherlands	7,5	1,48	70
New Zealand	7,3	2,07	66
Nicaragua	5,4	2,86	44
Niger	4,5	2,26	38
Nigeria	6,5	2,58	56
Norway	7,7	2,26	69
Pakistan	4,3	1,62	39
Palestina	5,4	2,65	45
Panama	6,6	2,66	57
Paraguay	5,5	2,45	47
Peru	6,4	2,58	55
Philippines	6,3	2,82	53
Poland	6,4	2,53	55
Portugal	5,7	2,18	50
Romania	5,5	2,87	45
Russia	5,4	2,78	45
Rwanda	4,4	2,34	37
Saudi Arabia	7,0	2,52	61
Senegal	5,5	2,20	48
Serbia	5,6	2,53	48

Sierra Leone	4,6	2,36	39
Singapore	6,8	1,91	62
Slovakia	5,6	2,47	48
Slovenia	6,8	2,28	60
South-Africa	6,0	2,84	50
South-Korea	5,9	2,37	51
Spain	7,2	1,90	66
Sri Lanka	5,0	2,35	43
Sudan	5,3	na	na
Sweden	7,7	1,92	70
Switzerland	8,1	1,76	75
Taiwan	6,2	2,29	54
Tajikistan	5,4	2,24	47
Tanzania	3,2	3,58	20
Thailand	6,9	2,01	62
Togo	4,1	2,33	34
Trinidad-Tabago	7,0	2,40	62
Tunesia ⁴	5,9	na	na
Turkey	5,5	2,80	46
Uganda	5,1	2,74	42
Ukraine	4,8	2,76	39
United Arab Emirates	7,1	2,41	63
United Kingdom (Britain)	7,1	1,98	64
United States of America (USA)	7,0	1,98	63
Uruguay	6,1	2,64	52
Uzbekistan	6,1	2,45	53

Venezuela	7,2	2,78	62
Vietnam	6,5	2,20	58
Yemen ⁴	5,2	2,44	44
Zambia	5,6	2,78	47
Zimbabwe	3,3	3,04	24

Technical details

1. Happiness assessed by means of surveys in general public samples.
 - This list is based on responses to a single question on life-satisfaction.
 - Data on *average* happiness in nations are taken from [RankReport 2009-1c](#).
 - Data on *standard deviation* of happiness in nations are taken from [RankReport 2009-3b](#)

2. In this ranking the focus is not only on the *level* of happiness in the country, but also on *inequality* in happiness among citizens.
 - Inequality in happiness can be measured by the dispersion of responses to survey-questions. The degree of dispersion can be expressed statistically in the standard deviation.
 - This method is explained in more detail in Kalmijn, W. & Veenhoven, R, [Measuring Inequality of Happiness in Nations. In Search for Proper Statistics](#) in: Journal of Happiness Studies, 2005, vol. 6, pp. 357-396

3. Inequality-Adjusted-Happiness is measured as a linear combination of the mean and the standard deviation of the distribution of happiness in a nation.
 - This index is expressed in the following formula: $IAH = 9.60(m - 0.414s) + 4$, where m is the mean response to a question on happiness in a nation and s is the sample standard deviation of the responses, happiness being measured with a 0 to 10 scale ranging from most unhappy (0) to most happy (10).
 - On this index a score of 100 means that everybody is completely happy; e.g. that all respondents in the sample rated their happiness 10 on a 0 to 10 scale. A score of 0 would represent the worst possible society with respect to both level and equality of happiness. Intermediate scores may either mean that the the average is high in spite of sizable inequality or that happiness is low on average but equally so in the country.
 - This measure was first presented at the conference of the International Society for Quality Of Life Studies (ISQOLS) in Frankfurt, July 2003. It is presented in more detail in Veenhoven, R. & Kalmijn, W. [Inequality-Adjusted Happiness \(IAH\) in Nations. Egalitarianism and Utilitarianism Married in a New Index of Societal Performance](#).
in: Journal of Happiness Studies, 2005, vol. 6, pp. 421-455
 - The above values are computed with a program in MsExcel named [IAH-calculator](#)

4. This list is included in SPSS datafile [States of Nations](#) as variable IAH_2000-2006.

Cite as:

Veenhoven, R., *Inequality-Adjusted Happiness in 131 nations 2000-2008*, World Database of Happiness, Rank Report 2009-4a, Internet: worlddatabaseofhappiness.eur.nl