

## ASSESSMENT

# HOW HAPPY ARE YOU?

(Page 33, *Eat Yourself Healthy*, Dr Megan Rossi)

This questionnaire is the short version of the famous Oxford Happiness Questionnaire developed by the brilliant duo, Hills and Argyle. There is no right or wrong answer when it comes to completing this, just whichever feels right for you at the time. This is a great questionnaire to repeat after a few months of nurturing your gut using the strategies outlined in the book.

Some of the questions are phrased negatively, others positively, so you'll need to read through each one carefully (researchers often reverse questions like this so you don't just circle all one column and instead really think about each question). Circle one number per question.

	Strongly disagree	Moderately disagree	Slightly disagree	Slightly agree	Moderately agree	Strongly agree
1. I don't feel particularly pleased with the way I am.	6	5	4	3	2	1
2. I feel that life is very rewarding.	1	2	3	4	5	6
3. I am well satisfied about everything in my life.	1	2	3	4	5	6
4. I don't think I look attractive.	6	5	4	3	2	1
5. I find beauty in some things.	1	2	3	4	5	6
6. I can fit in everything I want to.	1	2	3	4	5	6
7. I feel fully mentally alert.	1	2	3	4	5	6
8. I do not have particularly happy memories of the past.	6	5	4	3	2	1

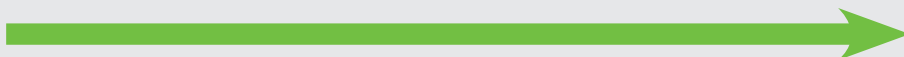
**Tally your score:** \_\_\_\_\_

### Score interpretation:

Very low levels of happiness

Super-happy

**6 points**



**48 points**

Surprised by your score? If it is lower than you'd like, I don't want you to instantly blame your gut microbiota (GM), because, like most things, there are many factors at play. That said, ensuring you're hitting your gut health nutrition targets has been shown to up your spirits. If your score is below 10, it's worth going to see your GP for a chat. The worst thing you can do is keep it all bottled up and not tell anyone you're unhappy. I promise: people do care; I know I do. There are many support groups that can really help, check out [www.mind.org.uk](http://www.mind.org.uk) or [www.beyondblue.org.au](http://www.beyondblue.org.au).