

Abstract

The present study investigated the effectiveness of happiness intervention among college students in Hong Kong. One hundred and one college students completed the intervention and questionnaires. They were randomly assigned into one control group and two experimental groups, receiving basic and enhanced happiness intervention, respectively. Pre-test and post-test happiness questionnaire, which assessed general perception of happiness, authentic happiness, life satisfaction and depression, was administered before and after the six-week experimental period. Based on the ANCOVA results, the basic and enhanced happiness interventions were no more effective than the control in enhancing happiness. However, evidence was obtained for a positive effect of the happiness interventions but the effect was generally weak. Participants with lower pre-test level of happiness were found to achieve greater improvement in happiness after interventions. Further improvement to the happiness intervention is needed to increase its effectiveness. Pre-screening on happiness may be useful in selecting people who can benefit more from the happiness intervention. The present study was one of the first attempts to adopt a happiness program for Chinese with a socially oriented paradigm and could form the basis for future related studies.