



For Better.
For Good.

Evaluation of the Online Science of Happiness

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for Health Research

The Science of Happiness

Starting Wednesday 10 October 2018

Victoria Rooms, 1 – 2 pm

Join Professor Bruce Hood on a ten-week course to explore what makes us happy and put his suggested strategies to live a more satisfying life into practice.

This course is open to all students

 University of
BRISTOL
Bristol Futures
Sustainable Futures

Bristol.ac.uk/science-of-happiness



Course Requirements

1. Open to 1st year students
2. No graded exams - pass/fail assessment
3. Attendance at “happiness hubs” led by mentor
4. Engagement in “happiness hacks”
5. Happiness hub joint effort final reflective project

Happiness Hacks

Savouring - taking time to savour the things you enjoy

Gratitude - expressing gratitude for the people and things

Social Connection - strengthening connections

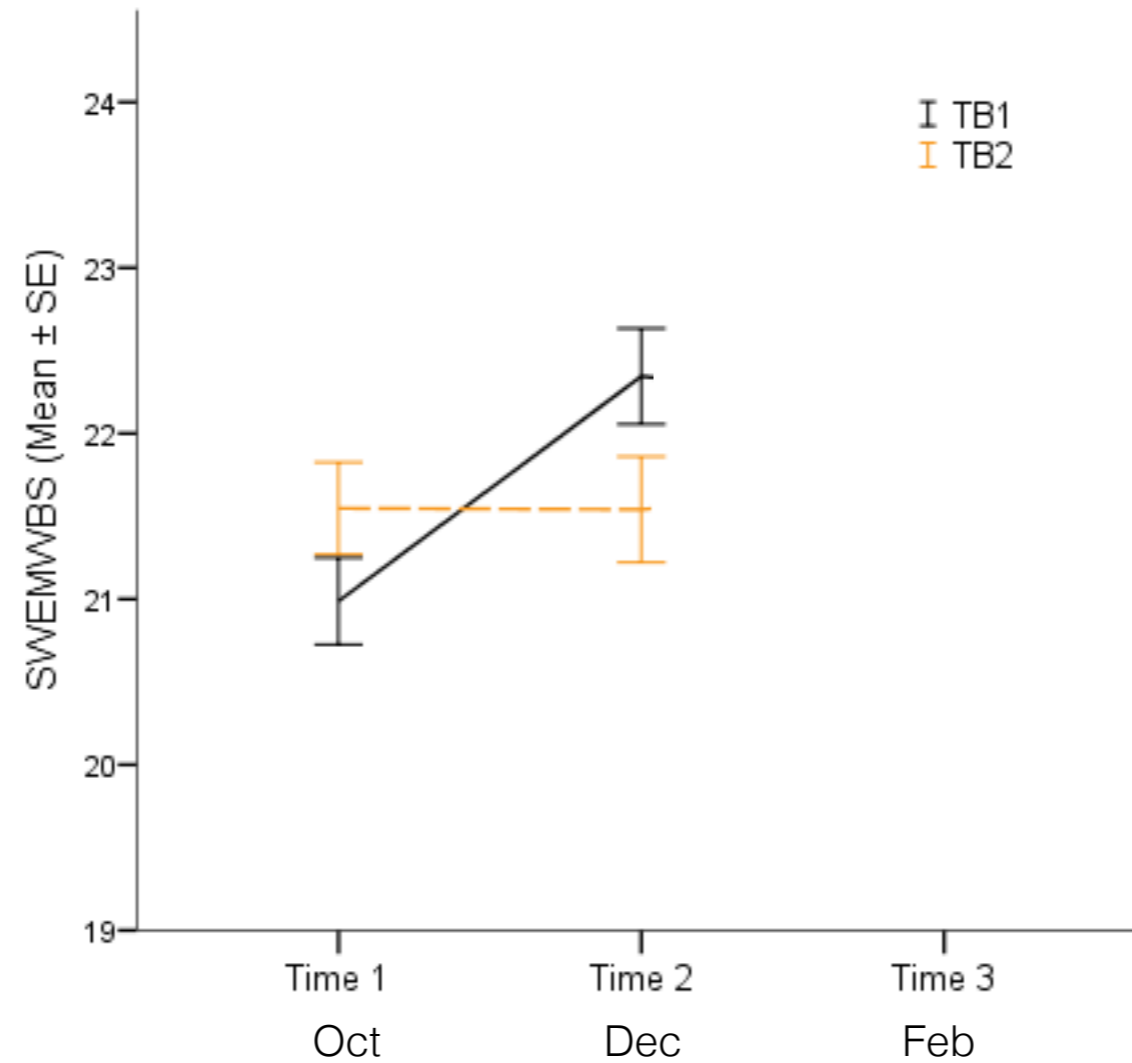
Kindness - acts of kindness for others

Exercise - maintaining your physical activity

Attention - combat mind wandering

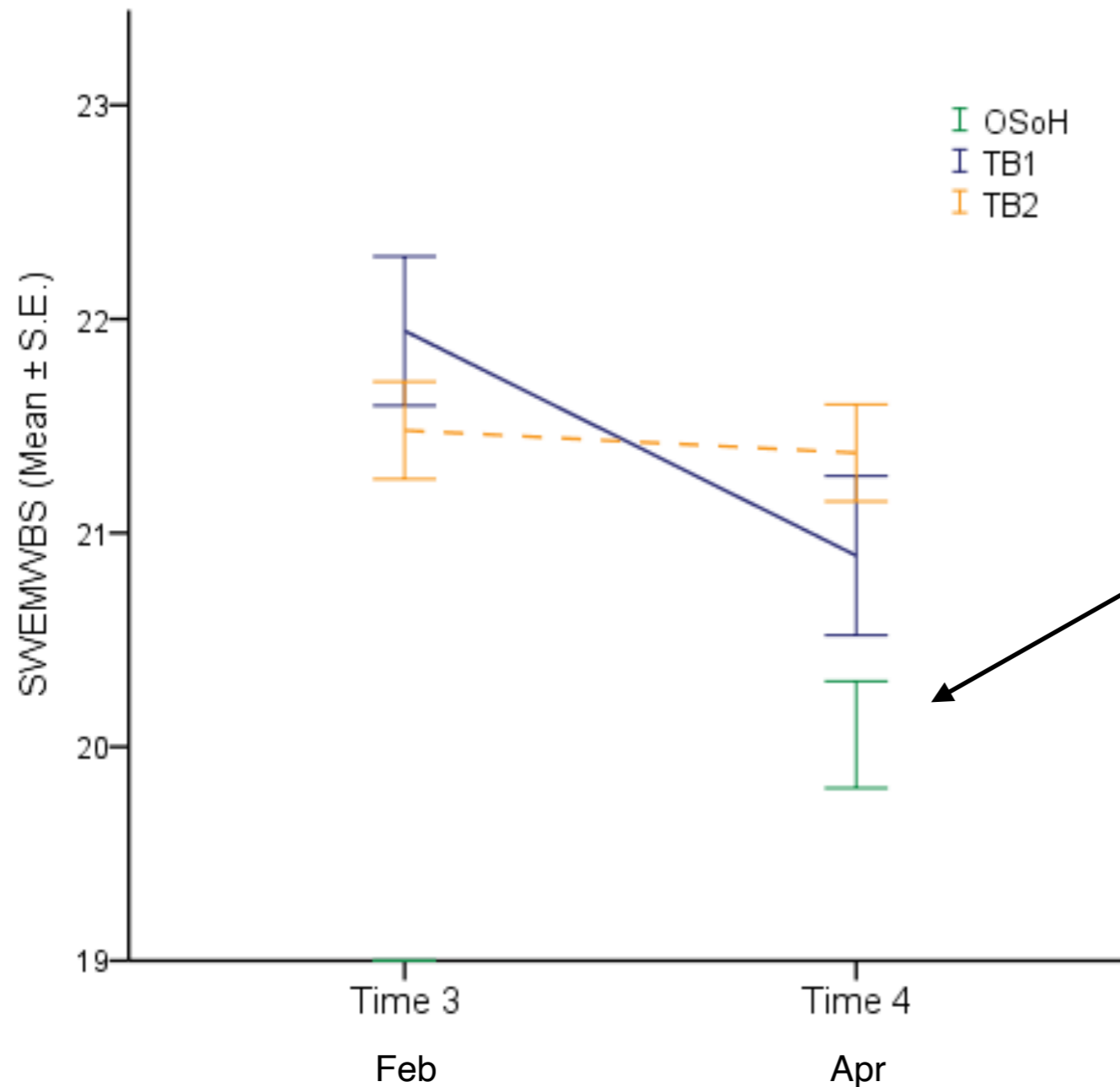
Sleep - making sure you sleep at least 7 hours a night

Change in Mental Well-Being



Oct - Dec ($F(1, 235) = 20.74, p < .001, \eta_p^2 = .08$)

Change in Subjective Well-Being (Feb - Apr)



TB1 group score significantly lower over this period!

BUT Both groups scored significantly higher than 1st Year students who had not taken the course at all.

TB1 group ($F(1,255) = 4.70, p < .05, \eta_p^2 = .02$)

Lockdown Online Course

1. Week 1: Introduction - “happiness hacks”
 - Week 2: Dealing with Adversity - change the way you think
 - Week 3: Restful Minds - mind control
 - Week 4: Self Control - achieving your goals
2. Before and after self-assessments of well-being
3. Weekly journaling activities

Participants in OSoH

704 staff & students registered for the course

501 completed pre-course assessments (limited by Collaborate)

192 completed pre- & post-course assessments

Change in Outcome Measures from Pre- to Post- Online Course Assessments

	Time 4		Time 5		Change	<i>F</i>	<i>p</i> <	η_p^2	<i>n</i>
	Mean	(<i>sd</i>)	Mean	(<i>sd</i>)					
<i>Mental Well-being</i>									
SWEMWBS	20.50	(2.83)	22.36	(2.94)	1.86	15.83	.001	0.078	192
Subjective Happiness Scale	17.88	(5.20)	18.77	(5.00)	0.89	7.18	.01	0.044	159
<i>ONS4 Personal Well-being</i>									
Life Satisfaction	6.04	(1.73)	6.85	(1.53)	0.81	43.56	.001	0.187	192
Worthwhile	6.23	(1.84)	6.99	(1.55)	0.76	31.76	.001	0.144	192
Anxious yesterday	4.92	(2.58)	3.97	(2.69)	-0.95	9.5	.01	0.048	192

But: sample bias

- selective
- motivated
- mixture of students & staff



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Are previously observed well-being benefits for SOH also found in the online version?

Are any benefits observed sustained beyond the duration of the unit?

Is there any evidence of impact on exam attendance in Jan?

Are there particular sub-groups of students that do or do not benefit from the OSoH course, and other predictors of outcome?