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Happiness varies greatly from person to person – 5th May 2025

Level 4

We all want happiness. However, happiness varies greatly from person to person. A study shows that how happy we are depends on many factors. A psychology professor in California led the study. It could help to provide better treatments for people with depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in a journal.

The professor suggested that happiness comes from external circumstances or internal feelings. She described three models of happiness. The first is "bottom-up". This is based on factors like wealth, jobs and relationships. The second is a "top-down" model. With this, happiness comes from our attitudes towards life. People can control this through meditation or therapy. The final model is one where the bottom-up and top-down models interact.

Level 5

Happiness is something we all want. However, happiness varies greatly from person to person. A new study shows that how happy we are depends on a wide variety of factors. An assistant professor of psychology at the University of California led the study. It could help mental health professionals to provide better treatments for people who have depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

The professor suggested that happiness comes from external circumstances (like income and possessions) or internal feelings. She said there were three models of happiness. The first is "bottom-up". This is based on our overall satisfaction with factors like wealth, jobs and relationships. This is the one used for the World Happiness Report. The second is a "top-down" model. This suggests happiness comes from our attitudes towards life. People can control this through meditation or therapy. The final model is a bidirectional one, where bottom-up and top-down models interact.

Level 6

Happiness is something we all strive for in life. However, what constitutes happiness varies greatly from person to person. A new study into the state of being happy shows that our contentment depends on the interaction of a wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, led an investigation into what makes us happy. Understanding this could help mental health professionals to provide better treatments for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

Professor Beck suggested that happiness can come from external circumstances (like income, job satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" frame of mind. This is based on our overall satisfaction with factors like wealth, jobs and relationships. This framework is the one used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes from internal attitudes towards life. People can control this through things like meditation or therapy. The final model is a bidirectional one. This is where the bottom-up and top-down models interact to create happiness.