Measuring Happiness and its Effect on Health in Individuals that Share their Time and Talent While Participating in “Time Banking”

Subtitle: Measuring sense of happiness in relation to health benefits from members of time exchange communities, such as the Time Banking community.

Tag Words: salutogenic model; Sense of Coherence; Time Banking; Measuring Sense; happiness

Authors: Nicole Hadjiloucas and Julie M. Fagan, Ph.D.

Summary:

How do you place a number value on the warm feeling you receive when helping someone out? How does the smile on your face have numerical value? My project is to try and discover just this. I plan on utilizing a number of different surveys and applying them to the Time Bank systems created and in place. One of these surveys is the Sense of Coherence scale which could theoretically be used for this purpose. Some other options are the Oxford Happiness survey which anyone can access and take, but which cannot be made specific to the Time Bank. The best solution would be to create a survey using information gathered from surveys such as the Social Progressive Index, the Gross National Happiness survey and the World Happiness Report. These three combined along with more information found based on happiness can be used to create a specific scale to measure happiness and its effect on health in the Time Bank community.

Video Link:

https://www.youtube.com/watch?v=Ov922pceDgQ&feature=youtu.be

Measuring That Feeling You Get when you help others

Definition of sense, as retrieved from Dictionary.com is any special capacity for perception, estimation, appreciation, the value or worth of something; merit. With this definition in mind, I searched for articles that already existed that also may have addressed this definition, the closest theory that I found was the salutogenesis theory. The salutogenesis theory, can be explained as the theory that considers the ability to help others as more important the resource itself. Meaning it is the idea that the way the way to share a special skill is more important to you than the skill itself. This theory is an important aspect in measuring sense and applying it to the Time Banking project because we want to see the value of the ‘good’ emotions people feel after performing a positive task and giving it a value in order to see if it drives them to do more of these good deeds. Antonovsky created a questionnaire and a survey that measured the Sense of Coherence
individuals feel in a certain community, which is applicable to this project because it evaluates people’s emotions and categorizes them to allow us to give them a value. Antonovsky’s survey also looks closely at the effect the happiness and sense of coherence has with health.

Aaron Antonovsky: The structure and properties of the sense of coherence scale

The scale that Antonovsky has created effectively measures the sense of coherence, not only in communities in the United States but across countries. The survey has been applied to a number of different communities, and its claims have been supported by a number of different scholars. The survey focuses specifically on four domains: a global orientation to oneself and one's environment; stressors; health, illness; and wellbeing, attitudes and behavior. Some of the questions from the Antonovsky survey can be seen in charts in the Appendix, but a sample of them retrieved from articles by Sardu, Mereu et al in their article “Antonovsky’s Sense of Coherence Scale: Cultural Validation of SOC Questionnaire and Socio-Demographic Patterns in an Italian Population” are questions such as “Doing the things you do every day is: a source of deep pleasure and satisfaction - a source of pain and boredom” and “How often do you have the feeling that there’s little meaning in the things you do in your daily life?” As you can see questions such as these are perfect for our research since people in the Time Bank everyday volunteer their time and skills for free out of the kindness in their hearts. The questions of the survey all fall under 3 categories, C=comprehensibility; MA=manageability; and ME=meaningfulness. Simply adding these values together does not give you the numerical values you are looking for. The scale available for the Sense of Coherence are copyrighted, but in one of the many articles that validated Antonovsky's survey, they mention the Gaussian distribution of the sense of Coherence score, which looks at the results received and the expected and determines if these values are accurate or not.

Validity of the Sense of Coherence scale:

Skepticism obviously will occur, and before blindly applying the survey to Time Banking, research has to be conducted to support the scale. The article by Monica Eriksson, Bengt Lindström evaluated the claims made by Antonovsky in their article, Validity of Antonovsky’s sense of coherence scale: a systematic review. It reviewed 458 scientific reviews and 13 doctoral theses using the questionnaire. It then separated the published articles using the surveys depending on which number of questions the questionnaire used Cronbach’s α ranges to the results and found that the results were stable across the 10 years of research, the Sense of Coherence does seem to increase with age and when used long term results in positive outcomes. The article finally stated that “The SOC scale seems to be a reliable, valid, and cross culturally applicable instrument measuring how people manage stressful situations and stay well.” Gathering this information we can now safely apply the scale to the Time Banking project.

Sense of Coherence and the Time Banking Project

Now that the theory of salutogenesis has been supported, we can use some of the questions form the survey and apply them to the Time Banking project. Some of the very applicable questions that can be applied are listed below:
1. Do you have the feeling that you don’t really care about what goes on around you?

2. Doing the things you do every day is: a source of deep pleasure and satisfaction - a source of pain and boredom

3. Many people—even those with a strong character—sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?

4. How often do you have the feeling that there’s little meaning in the things you do in your daily life?

By finding questions like these and applying them to the Time Banking project, we can see how willing people are in helping those around them. If people find that their help is beneficial it will push them forward and they will be more willing to help and participate in the project. The connection this survey would have to the Time Bank is that based on the SOC number scored by the individual we can then be correlated to their sense of wellbeing and happiness. A high SOC number would mean that the individual has a strong sense of coherence to the Time Bank community. A low score would mean that the individual is not benefitting from the Time Bank, and changes would need to be made to their contributions.

**Determining whether time banking is perceived by members as beneficial**

The Visiting Nurse Services of New York have looked at their program and have reported the following stats come from their Time Bank members: “100% - Benefitted from Joining the TimeBank, 98% - Were able to utilize their skills to help others in the network, 48% - Saw improvements (self-rated) in their physical health, 72% - Saw improvements (self-rated) in their mental health, 67% - Received increased access to health & other community service, 93% - Saw the network as a place to obtain community services, 92% - Found that the network made it easier to ask for help.” This survey shows the benefits from volunteering on health, which supports Dr. Antonovsky’s salutogenesis theory, saying that the Sense of Coherence does impact health and happiness in the volunteers. Being able to make such a change and impact someone’s life for the better is clearly shown through the exchange program of the Time Bank.

**Journal of Happiness Studies**

A study published in the Journal of Happiness conducted by Wiesmann and Joachim Hannich called “A Salutogenic Analysis of the Well-Being Paradox in Older Age” also incorporated the salutogenesis theory in place by Dr. Antonovskiy to assess a connection between happiness and mental and physical health. They found a clear connection between the mental and physical health in older people associated with their happiness. This shows us that with the help these people are providing they may help their own physical and mental health. By being able to observe both we can say with assurance that the SOC value we retrieve from the surveys we can also be able to observe the mental and physical health of the participants in the Time Bank community. The benefits of using this survey is that it supports the claim of giving up time, and selfless acts leading to a happier person, and that happiness can also lead to a healthier individual.
What Defines the Good Person? Cross-Cultural Comparisons of Experts' Models with Lay Prototypes

This article, “What Defines the Good Person? Cross-Cultural Comparisons of Experts' Models with Lay Prototypes” was similar to the Sense of Coherence survey because it also looked at a wide range of cultures and found traits that were associated with being a “good person” some traits were “caring” and “helpful”. Which are the type of people we are surveying in our survey as well. This article also gave the breakdown of the calculations they used in their survey. The authors were able to place a value on these traits in people. The first step was to find the percentage within certain populations and nations and finding the overall percentage of individuals with the characteristic. We are doing this by surveying people in the Time Bank within certain areas, the difference is we are not taking a percentage of individuals. The next step in the assessment of attitude of certain people was to determine the frequency of certain words when they appeared and where they appeared. They performed a simple chi squared test and evaluated the attitudes and characteristics of certain people that way. The thing that drew my attention to this survey, was not only the idea of placing a numerical value on traits of people in a population, but it was how the author was able to pick up the traits and choose them according to location. When doing the Sense of Coherence survey and placing it throughout a wide range of communities, the wording of the questions should be of particular importance. We are using the Sense of Coherence survey for our project, but we must look at the people. If they are in a region that according to this attitudinal survey consists of “good people” as evaluated by this article we should know they will be scoring high numbers for their Sense of Coherence survey.

(Part 2) Measuring the Sense of Coherence in Time Bank Members Worldwide

For this stage in my research I will be asking members of larger time banking communities to complete the SOC survey. We have contacted a number of people to try and gain access to the Sense of Coherence survey by Antonovsky. Once we have access we will be focusing on the larger communities of people to ensure a wide range of data for our project. Once the surveys are complete the Sense of Coherence will be calculated for the individuals. By giving them a number we will be able to measure accurately the effectiveness of the Time Banking system. The survey alone will not be the only component of the survey, after we gather all the information, Cronbach’s α ranges will be applied to test the validity of the numbers. Testing for the validity of the number is simply in place to confirm the number that is recovered from the sense of coherence survey.

Below is a letter written by Professor Fagan and sent out in attempts to receive part of the survey:
I am a Rutgers University Professor (in New Brunswick, NJ) and I teach Ethics in Science and Society to upperclassman at the University. One of the goals of the class is to give students the experience of learning about a specific topic, identify problems and solutions, and then develop their own solution. My student Nicole is interested in measuring "sense" or that feeling you get when you help someone. We would like to administer the sense of coherence to members of highly functioning community exchanges (or "Time Banks") in various parts of the world. The
Time banks range in size, and can be 100 to 2000.

We have never seen the actual sense of coherence survey - just research papers that describe their results. We would be using English and would not ask children to complete it. Given the above population, what version of the survey would you suggest - the 29 vs 13 question, or one of the newer versions? We will administer the survey electronically via a secure web site - many through Time Banks USA and hour world. I have recently launched 151 such time banks - they are not ones that I would survey because they are too young and don't have many interactions yet.

We do not know how to calculate the score. We would be using the SOC scale for research purposes only.

We will be referring to Dr. Antonovsky's (1987) book, unraveling the mystery of health, with the salutogenic model and with the theoretical considerations that have led to the construction of the "Orientation to Life" (SOC) questionnaire.

We are looking forward to your reply.

Thank You,

Julie m. Fagan, Ph.D.
Associate Professor
School of Environmental and Biological Science
Rutgers, the State University of New Jersey
84 Lipman Dr.
New Brunswick, NJ 0890

My letter to send out also in order to obtain the survey is written below:

Dear Dr. Antonovsky:

Below is my student's response to your inquiry. She is an undergraduate in my "Ethics in Science and Society" course and she chose to study whether people that share their skills and talents with other community members are healthier and happier. In the next few years, I will be investigating how such interactions can improve community health and resilience. In her note to you she refers to a study done by the visiting Nurse Services of New York - here are some of the specifics of that study:

A 2009 survey of older (>60 years of age) TimeBank members administered by the VNSNY Center for Health Care Policy and Research, reported that 100% of individuals who participated in their Time Bank benefitted from joining, 98% were able to utilize their skills to help others in the network, 48% saw improvements (self-rated) in their physical health, 72% saw improvements (self-rated) in their mental health, 67% received increased access to health & other community service, 93% saw the network as a place to obtain community services, 92% found that the network made it easier to ask for help, 79% felt that the Time Bank gave them support needed to stay in their homes and community as they got older, 73% with incomes <$9,800 and 51% of all members saved money through the time bank, 90% reported that they
increased the numbers of their friends and that 71% of them had contact with them at least once per week, 73% increased their trust in individuals with other backgrounds, cultures and age groups; of which 93% said they were now friends with, 85% felt an increased sense of belonging to their community, 88% reported making a contribution to their community and 82% reported that their quality of life had improved.

From Nicole:

The basic question that led me to do this project was can we measure sense and helping others, and if so how would this help improve the lives of others? The salutogenesis model depicts the relationship between health, stress, and coping, it may seem that there is no connection to my research, but according to the article "A Salutogenic Analysis of the Well-Being Paradox in Older Age", by Ulrich Wiesmann and Hans-Joachim Hannich, using your salutogenic perspective they have found a direct Effect of physical health on mental health. My question of the correlation of being able to measuring someone's sense of gratitude or appreciation can link to their overall physical and mental well-being, by people being able to make someone happy, the feelings they are providing affect that person's sense of well-being. Happiness has been proven to lead to better health also, and happiness is an effect of helping others, which is what I am trying to measure. The SOC would be a dependent variable to my project. A high SOC score would indicate the person has a high sense of coherence in the Time Banking community, so that their work and their help has benefited not only themselves but others. The time banking system was applied to a visiting nurse services of New York, and their program reported from their TimeBank members that 100% benefitted from joining the TimeBank, and 48% saw improvements to their physical health, and 72% improvement in their mental health. The TimeBank is an amazing resource for communities, and applying the SOC survey to their questionnaire can be beneficial. The low SOC score could indicate that the members of the community are not utilizing their resources. The ability to measure their "sense" we could improve the placement of their skills and allow the members of the TimeBank to help others and themselves. We could increase the 48/72% of people seeing improvements in their health to a much higher number. The SOC model could be applied to a community such as the Time Bank, because it is a community, a community of people with the same common interest, which is to help the lives of others by using a certain skill they have. We plan on administering the SOC to members of Time Banks in America and the UK. I was reading the article "Measuring Sense of Community: Beyond Local Boundaries" by Peter D. Bishop, Fern Chertok and Leonard A. Jason, where the SOC scale was administered to a community of 133 male addicts and alcoholics. The scores obtained measured their sense of community, low scores meant they felt they didn't belong. In our application of the SOC we are seeing if the person, who is a part of the Time Bank community feels as though they are part of the community, we are measuring their "sense" of happiness and applying it to their sense of community. As I mentioned before, a low score would indicate they were not happy and this could be because they might not be using a certain skill set they have in the proper way. Your SOC scale would allow us to help them use it in the proper way and thrive. I believed your SOC scale and questionnaire would be relevant in this application. I am simply interested in helping improve the lives of others, and I think the application of your questionnaire can help me do just that.

Thank you

Nicole Hadjiloucas
I hope that you will consider allowing us to utilize your SOC tool and look forward to any suggestions that you may have in administering it.

Thank you,

Julie Fagan

Finally Dr. Antonovsky responded to the email with this:

Dear Dr. Fagan,

Please excuse my late response. April was a month of holidays and I was away.

I understand your (and Nicole's) interest in using the SOC questionnaire, and I will soon send a permission letter. However, I wish to point out two things:

1. Nicole wrote "I am simply interested in helping improve the lives of others, and I think the application of your questionnaire can help me do just that."; I wish to remind that the use of the SOC questionnaire is not intended for diagnostic or for clinical or therapeutic purposes, and decisions or recommendations regarding such purposes should not be based on SOC scores.

2. The use of the SOC questionnaire will be allowed only via a secure web site from which the questionnaire cannot be downloaded, and will be addressed through a personal password for each respondent in America and the UK, for a limited time period (a few weeks seems appropriate).

Thank you for sharing the 2009 survey data. While I do appreciate the social benefits of time banks, I am also skeptic with regards to such surveys. There are several participant-biases that characterize such studies (on the personal outcomes of such projects), ranging from placebo effects through social desirability to cognitive dissonance. Not to speak of possible biases in the wording of the survey itself. Thus, one must be very cautious while inferring causal relationships such as the effects of participation in time banks (or in any other such social project) on measures such as physical or mental health (or SOC scores) without carefully controlled, randomized, studies (which are next to impossible in this context). Therefore, any (expected) improvement in SOC scores as a dependent variable after participating in time banks (assuming SOC will be measured before and after participation, as implied by the word "improvement", otherwise it is useless) may have several alternative explanations. Keeping this in mind, Nicole's study is most interesting and I will be happy to see the results.

Best wishes,

Avishai

Avishai Antonovsky, PhD

So now having access to the survey now we can apply it to the Time Banking Community in the future.

Measuring happiness through the Social Progress Index:
An important question to address is how we can place a value on happiness, by defining it. A way to define happiness was presented by the Social Progress Index. Two of the major factors in the Social Progress Index were Health and Wellbeing. They looked for many factors that were associated with Health and Wellbeing and then applied them nationally to see the trends within each country. This index looked for the signs of social progress worldwide focusing also on the Gross National Happiness Index abbreviated as GNH. This GNH was a number of indicators that “includes attempted measures of sustainable development, preservation of cultural values and of the natural environment and good governance”. These indicators that are measured lead to the overall output of happiness. Meaning that these indicators are considered precursors to happiness. For example it works on the pretense that if there is sustainable development, in a nation, there will be an outcome of happiness in the people. The results of this GNH have been used in the World Happiness Report, WHR. The difference between the GNH and the WHR is that the WHR looks at what may affect happiness. The factors that are used to explain happiness are as follows “GDP per capita, healthy life expectancy, social support, generosity, freedom to make life choices and finally perceptions of corruption.” While this also may be very similar to the Social Progress Index, the factors that allow it the WHR to look at the trends in happiness. The only downfall to the Social Progress is that it indicates the following “Also while the authors of the index recognize the constant equivocation as between well-being and happiness the ambiguity remains throughout and is never really resolved.” The Index does not correlate wellbeing with happiness, but their definition of happiness when applied to the Time Bank, or other time exchange programs can explain this correlation. The way the correlation can be applied is by looking at surveys such as the one given out by the Vising Nurse Service of New York. The Visiting Service of New York do not have the questionnaire or the survey they gave out posted, but they posted the results which were previously mentioned which showed that through the Time Bank exchange program there was a correlation between increased health and interaction through the Time Bank.

The Social Progress Index also mentions that without “eudemonia”, defined as spiritual wellbeing that is achieved with life lived in harmony with others. This concept was used to explain the ‘human development’ indicator which was a variable in the Social Progress Index. It states “Hence it will follow that human development should be carried out in a manner which respects the sustainability of the ecosystem of which we are a part and in which we live out our lives”. So by living and working together we can achieve spiritual wellbeing or eudemonia. This is what I believe the Visiting Nurse Services of New York meant when they said they saw improvement in the mental health of some of the participants in the Time Bank. They saw that living in harmony by giving to the community and receiving they were in a better state of mind or eudemonia.

**Alternate Surveys**

If we are not able to receive the SOC survey another survey that may also be applicable to the Time Bank survey is the survey based on measuring “Attitudes Cross Culturally”, a book published by Caroline Roberts the book looked across nations to satisfaction of their lives. If we take the survey the author used and applied it to the survey for the Time Bank we can see and check for improvements in the quality of life. Since the author applied it to many nations, and looked at the satisfaction that way, we can maybe try to apply it to the Time Bank system and
community. We will be measuring the sense of the members, and looking to see if their lives improve the longer they are using the time bank system. This survey has been applied to different types of communities across nations, and considering the Time Bank system is international, we can easily apply this survey to the quality of life in each Time Bank community, and look for upwards trends or downward trends based on the feelings of its members, and how they are benefitting from the help of other volunteers.

The paper “Quality of Life and Well-being: Measuring the Benefits of Culture and Sport” published by the Scottish Executive states that there is a strong correlation between the quality of life and wellbeing. So the happier people are, due to helping others, can trace back to their quality of life. By volunteering at the Time Bank, you improve the quality of life of others and their overall happiness, as well as your own overall happiness. The article continued to explain that assessing happiness depends on the effects of other in the past. If others have had a positive influence you, through their help in the Time Bank, we can assess that happiness and relate it back to the Time Bank. Therefore I believe the Time Bank system can benefit also from this type of questionnaire.

Oxford Happiness Questionnaire:

One final questionnaire that also may be an option to add to the Time Bank survey is The Oxford Happiness Questionnaire. There is no study that was conducted behind the questionnaire, it is a website that you are able to answer a few questions and they email you your happiness score. One of the questions that is very applicable is “I am intensely interested in other people”, this also supports the claim that happiness and helping others is directly associated. The website to this survey is provided http://happiness-survey.com/survey/, and participants of the Time Bank could access it and take the quiz as part of the Time Bank survey since it is open to the public. This is another option to assess the happiness in the Time Bank members if the SOC scale is not available.

The benefits of this survey are obvious, they can tell us specifically what we are looking for, the happiness in the subjects of this experiment. With this survey we can ask each member of the Time Bank to complete it after each exchange of their time and service. The survey is free to everyone and there is public access on the website, anyone can take it and be automatically emailed a score. By looking directly at the increasing happiness of the members we will be able to visually see the increase benefits of the Time Bank on the emotions of the members. This survey would not need to be modified to the Time Bank community, the way it is set up is already perfect since it does ask about how we feel about the world around us, if we feel valuable or not. With positive Time Bank exchanges we should see that there are above average happiness levels. The average person has a value of happiness around 4 out of 6. We hope to get happiness levels of 6 on each Time Bank member because it will mean they are benefitting as much as physically possible. The list of questions is located in table in the Appendix.

Yahoo’s “7 Things Remarkably Happy People Do Often”

In this article published by Yahoo! News, it addresses the things happy people tend to do more often. They mention that happy people tend to “give” more. By giving, it expressed it as in the time, people when happy tend to give their time out more to others. This supports the Time Bank because you are giving your time out to others, and also receiving some sort of compensation for it, the credit to place in your Time Bank account. Since giving though to others
will increase happiness, it will make people more willing to give more. This will allow for “human development” as expressed by the Social Progress Index and therefore strengthen the Time Bank exchange system.

**Harvard Research Study: New Money**

In the article, “If money doesn't make you happy, then you probably aren't spending it right”, conducted by the Harvard Psychology department the survey conducted look at 632 Americans and their incomes. The study focused on the incomes of these individuals and their level of happiness. It noted that although incomes of the individuals increased, their level of happiness did not. The happiness people felt was associated with where the money they spent went. People who “paid for experiences”, defined in the article as spending money on others, were overall happier than the people who did not. People who spent their money on themselves were not as satisfied with their purchases as the people who spent money on someone else. This leads us to think that the same can be done with time. In the Time Banking system, the time you donate, or spend, is your form of currency. This supports our theory that the more we donate the happier we are. The benefits to using this survey are clear, we can see a direct correlation to the happiness of the members in the Time Bank and the amount of service they provide.

Harvard Professor Michael Porter also sat with CNN as addressed the Social Progress Index and explained the reasons the US is not located in the number 1 position even though we spend the most money. I think this ties in to the “New Money” survey because it claims that even though you spend the most, if you are not spending it efficiently there is no positive outcome. The Social Progress Index looks at the outcome of happiness achieved through the indicators mentioned previously. The two major parts of the Social Progress Index are Health and Wellness. It factors the amount of money spent, as Professor Porter mentions, but the outcomes are not achieved by the United States we are not as happy as we can be. Which is why the Time Bank exchange program is so important. It can help us gain the most happiness from exchanging services that provide towards our wellbeing.

**References**

Appendices

Another chart showing some of the questions from Antonovsky’s survey that was used in the article “Antonovsky’s Sense of Coherence Scale: Cultural Validation of Soc Questionnaire and Socio-Demographic Patterns in an Italian Population” by Sardu, Mereu, et al.
Chart including the nine questions retrieved from the Sense of Coherence survey was retrieved from “Structure analysis of Antonovsky's sense of coherence from an epidemiological mental health survey with a brief nine-item sense of coherence scale” by Klepp and Kleiner.

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<td>(ME) (A4) Do you have the feeling that you don’t really care about what goes on around you?</td>
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<td>(MA) (A9) You have the feeling that you’re being treated unfairly?</td>
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<td>(C) (A12) Do you have the feeling that you are in an unfamiliar situation and don’t know what to do?</td>
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<td>(ME) (A16) Doing the things you do every day is:</td>
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<td>5</td>
<td>(C) (A19) Do you have very mixed-up feelings and ideas?</td>
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<td>(C) (A21) Does it happen that you have feelings inside that you would rather not feel?</td>
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<td>7</td>
<td>(MA) (A25) Many people – even those with a strong character – sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?</td>
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<td>(ME) (A28) How often do you have the feeling that there’s little meaning in the things you do in your daily life?</td>
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<td>9</td>
<td>(MA) (A29) How often do you have feelings that you’re not sure you can keep under control?</td>
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<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

C = comprehensibility; MA = manageability; ME = meaningfulness

1. Short nine-item version of the Sense of Coherence Scale (Antonovsky, 1987).
Below is the Oxford Survey Questions:

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Moderately Disagree</th>
<th>Slightly Disagree</th>
<th>Slightly Agree</th>
<th>Moderately Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I don’t feel particularly pleased with the way I am</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I am intensely interested in other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I feel that life is very rewarding</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I have very warm feelings towards almost everyone</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I rarely wake up feeling rested</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I am not particularly optimistic about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I find most things amusing</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I am always committed and involved</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Life is good</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I don’t think that the world is a good place</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I laugh a lot</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I am well satisfied about everything in my life</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>I don’t think I look attractive</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>There is a gap between what I would like to do and what I have done</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
Letters to the Editor

Time Banking System and its benefits through happiness to improvements in mental and physical health

To whom it may concern:

Studies have linked happiness to improvements in mental and physical health, through volunteering. The Time Banking system is an excellent opportunity to use the skills you have to help yourself by volunteering your hours and “banking them” so that you may use them when you need.

Check out the Time Banking segment on abc World News with Diane Sawyer that aired Jan 15th https://www.youtube.com/watch?feature=player_embedded&v=HFfHCckrI
Because my professor Dr. Julie Fagan thinks time banking is such a good idea, she started one in every county in NJ, NY and PA as part of a Rutgers University project. They have just been recently launched - so they are brand new with few or no members with the county’s name, state and the word strong. For example, if you live in Essex County, log on to http://essexnjstrong.timebanks.org/welcome and create a log in under "Getting started with our time bank" and request to be a member. Then spread the word. The time bank in each county can be molded to fit the needs of that community with regards to initiatives/programs (like needing a community playground or garden) and delegate hours to that, to give people to help to establish them.

Questions? Email countystatestrong@gmail.com or call (610) 847-2411

Thank you,

Nicole Hadjiloucas