

Ad Bergsma, Ivonne Buijt & Ruut Veenhoven (2020)

Will happiness-trainings make us happier? A research synthesis using an online findings-archive

In: Llewellyn Ellardus Van Zyl & Sebastiaan Rothmann (eds.) Positive Organizational Interventions: Contemporary Theories, Approaches and Applications, in Frontiers in Psychology - section Organizational Psychology.

ONLINE SUPPLEMENT TO TABLES 6-10: Details on numbers of participants

	METHOD OF INVESTIGATION				
	Cross-sectional had training vs had not	Longitudinal before vs after training –			
		<i>Change in treated group only</i>		<i>Difference with change in control group</i>	
		<i>Post intervention</i>	<i>After follow-up</i>	<i>Post intervention</i>	<i>After follow-up</i>
Participants					
All studies					
Number of studies	8	39	22	31	14
Participants(n)	630	3539	2126	3562 ^d	1664 ^d
Mean n	79	91	97	115	119
Median n; range	61; 20-192	43; 10-606	53; 10-606	73; 23-631	89; 37-360
Single nature					

Nr of studies	8	29	16	24	11
Participants (n)	630	2549	1647	2594 ^d	1146 ^d
Mean n	79	88	103	108	104
Median n; range	61; 20-192	43;13-606	74; 20-606	66; 23-631	84;40-349
Multiple kinds					
Number of studies	0	10	6	7	3
Participants (n)		990	479	968 ^d	518 ^d
Mean n		99	80	138	173
Median n; range		48;10-306	47; 10-306	80; 37-360	121; 37-360
Online e-training					
Number of studies	0	4	2	1	1
Participants (n)		735	275	349 ^d	349 ^d
Mean n		184	138		
Median n; range		157; 94-327	83-192		
Offline guided training					
Number of studies	8	35	20	30	13
Participants (n)	630	2804	1851	3213 ^d	1315 ^d
Mean n	79	80	93	107	101
Median n; range	61; 20-192	41; 10-606	48; 10-606	72; 23-631	79; 37-360
Care setting					
Number of studies	3	2	2	2	1
Participants (n)	127	56	107	103 ^d	152 ^d
Mean n	42	28	54	52	
Median n; range	31; 31-65	26-30	24-83	44-59	
Educational setting					
Number of studies	2	15	7	14	4
Participants (n)	322	1623	953	2011 ^d	283 ^d
Mean n	161	108	136	144	71

Median n; range	130-192	41; 14-606	44; 20-606	76; 23-631	73; 40-96
Work setting					
Number of studies	0	2	3	0	0
Participants (n)		64	163		
Mean n		32	54		
Median n; range		10-54	54; 10-99		
Voluntary participation					
Number of studies	7	24	15	17	10
Participants (n)	500	1991	1245	2023 ^d	1440 ^d
Mean n	71	83	83	119	144
Median n; range	56; 20-192	57; 10-327	69; 10-306	84; 26-360	121; 60-360
Paid of study credit					
Number of studies	0	5	2	5	2
Participants (n)		122	49	253 ^d	95 ^d
Mean n		24	25	51	48
Median n; range		22; 16-33	16-33	50; 37-64	37-58
Mandatory					
Number of studies	1	10	5	9	2
Participants (n)	130	1426	832	1286 ^d	129 ^d
Mean n		143	166	143	65
Median n; range		43; 14-606	44; 20-606	80; 23-631	40-89
Children					
Number of studies	1	4	3	3	2
Participants (n)	130	1051	670	760 ^d	129 ^d
Mean n		263	223	253	65
Median n; range		213; 44-606	44; 20-606	89; 40-631	40-89
University students					
Number of studies	2	19	8	20	8
Participants (n)	297	1370	840	2251	1100

Mean n	149	72	105	113	138
Median n; range	105-192	36; 14-306	66; 16-306	76; 23-360	88; 37-360
Elderly					
Number of studies	0	1	1	0	0
Participants (n)					
Mean n					
Median n; range					

Signs link to finding page in [World Database of Happiness](#). Use control+click to view the page.

- a: not included in calculation of mean/median because study appears twice in a column
- b: not included in calculation of mean/median because of huge decline in happiness in control group (treated as outliers)
- c: average value of multiple measures/multiple comparison groups used in calculation of mean/median
- d: numbers of participants and controls added up