Appendix Table 1. Distribution of happiness responses by country and wave, ESS Waves 1-10

Country/year 2002 2004 2006 2008 2010 2012 2014 2016 2018 2020 Total

Albania 0 0 0 0 0 1,201 0 0 0 0 1,201

Austria 2,257 2,256 2,405 2,255 0 0 1,795 2,010 2,499 0 15,477

Belgium 1,899 1,778 1,798 1,760 1,704 1,869 1,769 1,766 1,767 0 16,110

Bulgaria 0 0 1,400 2,230 2,434 2,260 0 0 2,198 2,718 13,240

Croatia 0 0 0 1,484 1,649 0 0 0 1,810 1,592 6,535

Cyprus 0 0 995 1,215 1,083 1,116 0 0 781 0 5,190

Czechia 1,360 3,026 0 2,018 2,386 2,009 2,148 2,269 2,398 2,476 20,090

Denmark 1,506 1,487 1,505 1,610 1,576 1,650 1,502 0 1,572 0 12,408

Estonia 0 1,989 1,517 1,661 1,793 2,380 2,051 2,019 1,904 1,542 16,856

Finland 2,000 2,022 1,896 2,195 1,878 2,197 2,087 1,925 1,755 1,577 19,532

France 1,503 1,806 1,986 2,073 1,728 1,968 1,917 2,070 2,010 1,977 19,038

Germany 2,919 2,870 2,916 2,751 3,031 2,958 3,045 2,852 2,358 0 25,700

Great Britain 2,052 1,897 2,394 2,352 2,422 2,286 2,264 1,959 2,204 0 19,830

Greece 2,566 2,406 0 2,072 2,715 0 0 0 0 0 9,759

Hungary 1,685 1,498 1,518 1,544 1,561 2,014 1,698 1,614 1,661 1,849 16,642

Iceland 0 579 0 0 0 752 0 880 861 0 3,072

Ireland 2,046 2,286 1,800 1,764 2,576 2,628 2,390 2,757 2,216 0 20,463

Israel 2,499 0 0 2,490 2,294 2,508 2,562 2,557 0 0 14,910

Italy 1,207 1,529 0 0 0 960 0 2,626 2,745 0 9,067

Kosovo 0 0 0 0 0 1,295 0 0 0 0 1,295

Latvia 0 0 1,960 1,980 0 0 0 0 918 0 4,858

Lithuania 0 0 0 0 1,677 2,109 2,250 2,122 1,835 1,659 11,652

Luxembourg 1,552 1,635 0 0 0 0 0 0 0 0 3,187

Montenegro 0 0 0 0 0 0 0 0 1,200 0 1,200

Netherlands 2,364 1,881 1,889 1,778 1,829 1,845 1,919 1,681 1,673 0 16,859

Norway 2,036 1,760 1,750 1,549 1,548 1,624 1,436 1,545 1,406 0 14,654

Poland 2,110 1,716 1,721 1,619 1,751 1,898 1,615 1,694 1,500 0 15,624

Portugal 1,511 2,052 2,222 2,367 2,150 2,151 1,265 1,270 1,055 0 16,043

Romania 0 0 2,139 2,146 0 0 0 0 0 0 4,285

Russia 0 0 2,437 2,512 2,595 2,484 0 2,430 0 0 12,458

Serbia 0 0 0 0 0 0 0 0 2,043 0 2,043

Slovakia 0 1,512 1,766 1,810 1,856 1,847 0 0 1,083 1,418 11,292

Slovenia 1,519 1,442 1,476 1,286 1,403 1,257 1,224 1,307 1,318 1,252 13,484

Spain 1,729 1,663 1,876 2,576 1,885 1,889 1,925 1,958 1,668 0 17,169

Sweden 1,999 1,948 1,927 1,830 1,497 1,847 1,791 1,551 1,539 0 15,929

Swiss 2,040 2,141 1,804 1,819 1,506 1,493 1,532 1,525 1,542 0 15,402

Turkey 0 1,856 0 2,416 0 0 0 0 0 0 4,272

Ukraine 0 2,031 2,002 1,845 1,931 2,178 0 0 0 0 9,987

Total 42,359 49,066 47,099 59,007 52,458 54,673 40,185 44,387 49,519 18,060 456,813

Appendix Table 2a. 11-step happiness for 39 European countries, Sweeps 1-10 European Social Surveys with year and gender controls, age<70

Country Age\*10 T Age2\*1000 T Minimum N

All 39 -.3596 30 .0256 18 70 383,030

Albania -.9313 3 .0911 2 51 1,062

Austria -.3201 5 .0263 3 61 13,272

Belgium -.2361 5 .0244 4 48 13,900

Bulgaria -.8355 8 .0445 4 94 10,409

Croatia -.3083 6 .0036 0 n/a 5,255

Cyprus -.2921 3 .0205 2 71 4,348

Czechia -.4934 8 .0351 5 70 17,302

Denmark -.4848 1 .0096 2 n/a 10,624

Estonia -.9294 2 -.0207 3 n/a 13,797

Finland -.1568 0 -.0063 1 n/a 16,372

France -.4762 8 .0371 6 64 15,776

Germany -.4440 9 .0464 8 48 21,842

Great Britain -.6937 11 .0831 12 42 16,036

Greece -.5695 6 .0403 4 71 8,074

Hungary -.5987 3 .0334 4 90 13,927

Iceland -.0191 0 .0099 1 n/a 2,636

Ireland -.5189 8 .0637 9 41 17,217

Israel -.2851 9 .0185 2 77 12,609

Italy -.2242 3 .0088 1 n/a 7,473

Kosovo -1.1256 4 .0922 3 31 1,168

Latvia -.4508 4 .0118 1 n/a 4,033

Lithuania -.3947 5 .0034 0 n/a 9,266

Luxembourg -.5233 4 .0675 4 29 2,837

Montenegro -.4052 2 .0270 1 n/a 1,054

Netherlands -.2589 2 .0267 5 76 14,219

Norway -.2845 5 .0343 6 38 12,932

Poland -.3443 5 .0110 1 n/a 13,603

Portugal -.4546 7 .0230 3 75 12,456

Romania -.5422 4 .0313 2 73 3,598

Russia -.6031 7 .0376 4 95 10,545

Serbia -.715 3 .0420 2 65 1,610

Slovakia -.4740 6 .0280 3 39 9,446

Slovenia -.2197 4 .0073 1 n/a 11,410

Spain -.4221 8 .0329 5 64 14,483

Sweden -.2212 4 .0283 5 107 13,333

Switzerland -.1789 3 .0201 3 45 13,142

Turkey -.8078 5 .0957 5 25 3,892

Ukraine -.5728 6 .0244 2 166 8,054

Appendix Table 2b. 11-step life satisfaction for 39 European countries, Sweeps 1-10 European Social Surveys with year and gender controls, age<70

Country Age\*10 T Age2\*1000 T Minimum N

All 39 -.6274 46 .0571 36 55 383,351

Albania -1.5865 5 .1532 4 52 1,064

Austria -.436 6 .0444 5 49 13,274

Belgium -.4976 9 .0545 8 46 13,889

Bulgaria -.9335 9 .0659 6 71 10,462

Croatia -.2978 2 .0039 0 n/a 5,254

Cyprus -.3643 3 .0393 3 46 4,367

Czechia -.6746 11 .0553 8 61 17,355

Denmark -.1788 3 .0289 4 31 10,643

Estonia -.7168 10 .0477 6 75 13,818

Finland -.1260 3 .0125 2 50 16,376

France -1.1493 15 .1072 12 54 16,776

Germany -.7230 13 .0798 12 45 21,867

Great Britain -.6949 10 .0816 11 43 16,011

Greece -.7449 7 .0612 5 61 8,102

Hungary -1.0492 13 .0904 10 58 13,860

Iceland -.1765 2 .0217 2 41 2,641

Ireland -.7298 11 .0899 12 41 17,191

Israel -.4770 6 .0427 5 56 12,644

Italy -.4846 5 .0418 4 58 7,243

Kosovo -1.3549 4 .1251 3 54 1,174

Latvia -.9125 7 .0638 4 72 4,059

Lithuania -.7017 8 .0340 3 103 9,284

Luxembourg -.7001 5 .0882 5 40 2,840

Montenegro -.5272 2 .0306 1 86 1,050

Netherlands -.4045 7 .0418 7 48 14,220

Norway -.4003 7 .0486 7 41 12,935

Poland -.8832 12 .0710 8 62 13,688

Portugal -.8361 11 .0642 7 65 12,412

Romania -.7166 4 .0527 3 68 3,675

Russia -.9813 10 .0791 7 62 12,618

Serbia -1.3291 5 .1073 3 62 1,607

Slovakia -.7014 7 .0584 5 60 9,452

Slovenia -.6474 9 .0390 4 83 11,394

Spain -.5092 8 .0480 6 53 14,456

Sweden -.3927 7 .0511 8 38 13,339

Swiss -.4159 7 .0525 8 40 13,146

Turkey -1.2365 6 .1417 6 44 3,888

Ukraine -1.1284 10 .0904 7 62 8,097

Appendix Table 3a. 11-step happiness, sweeps 1-10 European Social Surveys for 39 European countries with year, gender, education and labor force status controls, age<70

Country Age\*10 T Age2\*1000 T Minimum N

All 39 -.5810 36 .0557 30 52 383,030

Albania -.5792 1 .0386 1 n/a 1,062

Austria -.3105 4 .0228 2 68 13,272

Belgium -.4203 6 .0478 6 44 13,900

Bulgaria -.9449 7 .0657 4 72 10,409

Croatia -.6236 4 .0502 3 62 5,255

Cyprus -.3748 2 .0330 2 57 4,348

Czechia -.5633 6 .0496 5 57 17,320

Denmark -.3750 5 .0490 6 38 10,624

Estonia -.4231 5 .0264 3 80 13,797

Finland -.3505 6 .0394 6 44 16,372

France -.5955 7 .0503 5 59 15,776

GB -.5835 7 .0731 8 40 16,036

Germany -.7500 11 .0840 11 45 21,842

Greece -.6840 6 .0526 4 65 8,074

Hungary -.7572 8 .0616 5 61 13,927

Iceland -.1375 1 .0249 2 n/a 2,636

Ireland -.6158 8 .0787 9 39 17,217

Israel -.3767 5 .0328 3 57 12,609

Italy -.3380 3 .0230 2 73 7,473

Kosovo -1.1055 3 .0980 2 28 1,168

Latvia -.6016 4 .0369 2 82 4,033

Lithuania -.5225 4 .0300 2 87 9,266

Luxembourg -.6498 4 .0862 4 38 2,837

Montenegro -.5641 2 .0492 1 57 1,054

Netherlands -.3691 6 .0420 6 44 14,219

Norway -.4254 6 .0503 6 42 12,932

Poland -.5707 6 .0460 4 62 13,603

Portugal -.4844 5 .0330 3 73 12,456

Romania -.8060 4 .0682 3 59 3,598

Russia -.6736 6 .0520 4 65 10,545

Serbia -.5811 2 .0294 1 n/a 1,610

Slovakia -.4973 5 .0382 3 65 9,446

Slovenia -.5512 6 .0387 3 71 11,410

Spain -.4897 6 .0427 5 57 14,483

Sweden -.3512 5 .0415 5 42 13,333

Swiss -.3409 5 .0387 5 44 13,142

Turkey -.7816 4 .0904 4 43 3,892

Ukraine -.5566 4 .0316 2 124 8,054

Appendix Table 3b. 11-step life satisfaction, sweeps 1-10 European Social Surveys for 39 European countries with year, gender, education and labor force status controls, age<70

Country Age\*10 T Age2\*1000 T Minimum N

All 39 -.8406 47 .0871 42 48 383,351

Albania -1.9103 4 .1886 3 51 1,064

Austria -.5117 6 .0518 5 49 13,274

Belgium -.7942 10 .0933 10 43 13,889

Bulgaria -.9654 7 .0800 5 60 10,462

Croatia -.6323 4 .0512 3 62 5,254

Cyprus -.4104 2 .0484 2 42 4,367

Czechia -.80270 9 .0775 7 52 17,355

Denmark -.4950 7 .0676 8 37 10,643

Estonia -.9635 10 .0865 8 56 13,818

Finland -.5058 8 .0598 8 42 16,376

France -1.1558 11 .1070 8 54 15,776

GB -.5797 7 .0698 7 42 16,011

Germany -.9877 12 .1138 12 43 21,867

Greece -.7573 6 .0620 4 61 8,102

Hungary -1.0971 10 .1059 8 52 13,860

Iceland -.2805 2 .0352 2 40 2,641

Ireland -.7428 9 .0948 10 39 17,191

Israel -.5385 6 .0542 5 50 12,644

Italy -.6079 5 .0536 4 57 7,423

Kosovo -1.2022 3 .1049 2 57 1,174

Latvia -1.2335 7 .1067 5 58 4,059

Lithuania -.7543 5 .0528 3 71 9,284

Luxembourg -.8563 4 .1122 5 38 2,840

Montenegro -.7331 2 .0562 1 n/a 1,050

Netherlands -.4941 7 .0560 7 44 14,220

Norway -.5750 7 .0697 8 41 12,935

Poland -.9868 9 .0924 8 53 13,688

Portugal -.8610 8 .0773 7 56 12,412

Romania -1.0287 5 .0973 4 53 3,675

Russia -1.0357 8 .0951 6 54 10,618

Serbia -.8891 2 .0579 1 n/a 1,607

Slovakia -.6867 5 .0653 4 53 9,452

Slovenia -1.0784 10 .0963 8 56 11,394

Spain -.5971 7 .0623 6 48 14,456

Sweden -.5295 7 .0664 7 40 13,339

Swiss -.5091 7 .0635 7 40 13,146

Turkey -1.1133 5 .1263 5 44 3,888

Ukraine -.9658 7 .0845 5 57 8,097

Appendix Table 4. Life satisfaction in 37 European countries (EU27+10), 1991-2021, with controls for year and gender age<70, Eurobarometers

Country Age\*10 T Age2\*1000 T Minimum N

All -0.23 94 0.21 75 54 1,381,122

Albania\* -0.14 5 0.04 1 n/a 14,432

Austria -0.10 8 0.09 6 57 49,217

Belgium -0.20 17 0.21 16 46 54,846

Bulgaria -0.23 14 0.13 7 88 35,732

Croatia -0.27 16 0.21 10 66 33,910

Cyprus -0.32 14 0.28 11 57 17,577

Czechia -0.19 14 0.16 11 60 38,782

Denmark -0.09 9 0.11 10 40 51,746

Eire -0.15 13 0.19 14 40 56,902

Estonia -0.26 18 0.20 12 65 32,707

Finland -0.15 13 0.14 16 54 43,650

France -0.32 26 0.32 29 50 54,042

Germany -0.20 21 0.22 20 45 91,217

Greece -0.31 22 0.24 15 66 54,932

Hungary -0.32 19 0.28 15 57 35,417

Iceland\* -0.08 3 0.07 2 59 4,991

Italy -0.10 6 0.08 6 66 56,931

Kosovo\* -0.36 6 0.39 5 46 1,981

Latvia -0.45 32 0.40 25 56 37,290

Lithuania -0.52 33 0.47 26 56 33,794

Luxembourg -0.07 5 0.10 6 36 29,147

Macedonia\* -0.41 17 0.41 15 49 24,118

Malta -0.18 8 0.15 6 60 16,450

Montenegro\* -0.14 4 0.08 2 96 11,518

Netherlands -0.16 16 0.17 14 48 55,322

Norway\* -0.07 3 0.08 3 43 9,932

Poland -0.21 15 0.15 9 71 35,421

Portugal -0.23 20 0.17 13 67 53,831

Romania -0.16 10 0.07 4 112 37,789

Serbia\* -0.33 12 0.27 9 60 16,124

Slovakia -0.26 16 0.23 13 58 38,001

Slovenia -0.22 16 0.17 11 64 34,577

Spain -0.25 21 0.25 18 51 54,162

Sweden -0.13 11 0.15 11 43 45,016

Turkey\* -0.20 9 0.20 7 50 32,209

Turkish Cyprus\* -0.33 12 0.35 10 48 18,034

UK\* -0.23 21 0.27 22 42 65,563

Source: Eurobarometers, 1991-2021, \*=Non EU-27, including UK from 2021. Controls are year dummies and gender and country dummies in the ‘all’ equation

Appendix Table 5. Life satisfaction in 37 European countries 1991-2021, with controls for year and gender, education and labor force status, age<70, Eurobarometers

Country Age\*10 T Age2\*1000 T Minimum N

All 37 -0.26 81 0.28 74 47 1,293,421

Albania\* -0.24 6 0.19 4 62 13,876

Austria -0.11 7 0.12 6 48 45,231

Belgium -0.24 15 0.29 16 41 51,173

Bulgaria -0.27 11 0.22 8 61 34,048

Croatia -0.26 11 0.22 8 59 32,280

Cyprus -0.31 9 0.33 9 46 16,964

Czechia -0.17 9 0.17 8 51 36,897

Denmark -0.23 17 0.29 20 39 47,321

Eire -0.15 11 0.22 14 35 53,346

Estonia -0.33 18 0.33 16 51 31,003

Finland -0.24 15 0.26 15 47 39,836

France -0.30 18 0.32 16 48 50,997

Germany -0.18 16 0.23 17 40 85,872

Greece -0.25 13 0.19 9 64 51,814

Hungary -0.34 15 0.35 14 50 34,271

Iceland\* -0.24 6 0.25 6 48 4,409

Italy -0.09 6 0.08 4 62 52,788

Kosovo\* -0.31 4 0.35 3 44 1,757

Latvia -0.50 26 0.50 22 51 35,698

Lithuania -0.48 21 0.46 18 53 31,657

Luxembourg -0.07 3 0.10 4 32 26,910

Macedonia\* -0.32 10 0.33 9 49 22,458

Malta -0.19 7 0.21 7 45 15,849

Montenegro\* -0.19 4 0.13 2 72 32,280

Netherlands -0.26 17 0.31 18 42 52,166

Norway\* -0.20 6 0.27 7 38 8,722

Poland -0.27 14 0.25 11 54 33,546

Portugal -0.16 11 0.14 8 58 49,690

Romania -0.16 7 0.12 5 67 35,976

Serbia\* -0.27 7 0.23 5 60 15,082

Slovakia -0.27 13 0.26 11 52 36,343

Slovenia -0.21 11 0.18 8 58 32,926

Spain -0.22 15 0.24 13 47 50,599

Sweden -0.26 17 0.30 18 42 41,790

Turkey\* -0.30 10 0.31 8 48 28,492

Turkish Cyprus\* -0.26 7 0.28 6 47 16,796

UK\* -0.28 22 0.37 24 38 61,354

Source: Eurobarometers, 1991-2021, \*=Non EU-27, including UK from 2021. Controls are year dummies and gender and country dummies in the ‘all’ equation.

Appendix 6. 618 papers finding U-shapes in age in well-being

**A) 581 papers in journals**

1). Abokyi, E, Strijker, D, Asiedu, K.F. et al. (2021), Buffer stock operations and well-being: the case of smallholder farmers in Ghana, *Journal of Happiness Studies*, 23: 125–148

2). Acosta-González, H.N., Marcenaro-Gutiérrez, O.D. (2021) the relationship between subjective well-being and self-reported health: evidence from Ecuador. *Applied Research in Quality of Life* 16.

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4). Ahn, Y.-J. (2021), Do informal social ties and local festival participation relate to subjective well-being? *International Journal of Environmental Research in Public Health*, 18, 16.

5). Ahumada, G and Iturra, V (2021), If the air was cleaner, would we be happier? An economic assessment of the effects of air pollution on individual subjective well-being in Chile, *Journal of Cleaner Production*, 289.

6). Akaeda, N. (2020), Contextual social trust and well‑being inequality: from the perspectives of education and income, *Journal of Happiness Studies*, 21: 2957–2979.

7). Akay, A, A. Constant, C. Giulietti and·Guzi, M. (2017), Ethnic diversity and well-being, *Journal of Population Economics*, 30: 265-306.

8). Ala-Mantila, S, Heinonen, J, Junnila, S, and Saarsalmi, P. (2018), Spatial nature of urban well-being, *Regional Studies*, 52(7): 959–973.

9). Albiol-Sánchez, J, Diaz-Serrano, L. and Teruel, M. (2020), The transition to self-employment and perceived skill-mismatches: panel data evidence from eleven EU Countries, *Social Indicators Research*, 153: 957-977.

10). Alloush, M and Wu, S (2021), Income improves subjective well-being: evidence from South Africa, *Economic Development and Cultural Change*.

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12). Amini, C, Douarin, E. (2020), Corruption and life satisfaction in transition: is corruption a social norm in Eastern Europe? *Social Indicators Research*, 151: 723–766.

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16). Antoni, D., G., Franco, C. (2022) The effect of technological behaviour and beliefs on subjective well-being: the role of technological infrastructure. *Journal of Evolutionary Econ*omics**,** 32**;** 553–590.

17). Appleton, S, and Song, L. (2008), Life satisfaction in urban China: components and determinants, *World Development*, 36: 2325–2340.

18). Arrondo, R, Cárcaba, A. and González, E. (2020), Drivers of subjective well-being in Spain: are there gender differences? *Applied Research in Quality of Life*.

19). Arrosa, M.L, Gandelman, N. (2016), Happiness decomposition: female optimism, *Journal of Happiness Studies*, 17: 731–756.

20). Artés, J, Salinas-Jiménez, and M.M. Salinas-Jiménez, J. (2014), Small fish in a big pond or big fish in a small pond? The effects of educational mismatch on subjective wellbeing, *Social Indicators Research*, 119: 771–789.

21). Asadullah, M. N, Xiao, S, and Yeoh, E. (2018), Subjective well-being in China, 2005–2010: The role of relative income, gender, and location, *China Economic Review*, 48: 83–101.

22). Ateca-Amestoy, V, Aguilar, A.C. and Moro-Egido, A.I, (2014), Social interactions and life satisfaction: evidence from Latin America, *Journal of Happiness Studie*s, 15: 527–554.

23). Ateca-Amestoy, V., Villarroya, A., Wiesand, A.J. Heritage (2021), Engagement and subjective well-being in the European Union, *Sustainability*, 13: 9623.

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26). Baird, B. M, Lucas, R. E, and Donnellan, M. B. (2010), Life satisfaction across the life span: Findings from two nationally representative panel studies, *Social Indicators Research*, 99: 183–203.

27). Ball, R, and Chernova, K. (2008), Absolute income, relative income and happiness, *Social Indicators Research*, 88(3): 497–529.

28). Bao, T, B. Liang, Y.E. Riyanto, (2021), Unpacking the negative welfare effect of social media: Evidence from a large scale nationally representative time-use survey in China, *China Economic Review*, Volume 69.

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35). Başlevent, C, Kirmanoğlu, H. (2014), The impact of deviations from desired hours of work on the life satisfaction of employees, *Social Indicators Resear*ch, 118: 33–43.

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40). Becchetti, L, Giachin Ricca, E. and Pelloni, A. (2012), The relationship between social leisure and life satisfaction: causality and policy implications, *Social Indicators Research*, 108: 453–490.

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