

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	Age <sup>2</sup> *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	Age <sup>2</sup> *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	Age <sup>2</sup> *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	Age <sup>2</sup> *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	Age <sup>2</sup> *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	Age <sup>2</sup> *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.
- 3). Ahmed Lahsen, A, Piper, A.T. (2019), Property rights and intellectual property protection, GDP growth and individual well-being in Latin America, *Latin American Economic Review*, 28, 12.
- 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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