

# Happiness Doesn't Bring Good Health, Study Finds

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*The New York Times:*

Go ahead and sulk. Unhappiness won't kill you.

A study published on Wednesday in *The Lancet*, following one million middle-aged women in Britain for 10 years, finds that the widely held view that happiness enhances health and longevity is unfounded.

"Happiness and related measures of well-being do not appear to have any direct effect on mortality," the researchers concluded.

"Good news for the grumpy" is one way to interpret the findings, said Sir Richard Peto, an author of the study and a professor of medical statistics and epidemiology at the University of Oxford.

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"I would have liked to see more discussion of how people translate these complicated feelings into a self-report of happiness," said Baruch Fischhoff, a psychologist at Carnegie Mellon University who studies decision-making, who was not involved in the study. "Think about everything that's going on in your life and tell me how happy you are. Happiness is a squishy measure."

The results of earlier studies have been mixed, with some finding that unhappiness causes illness and others showing no link, Dr. Fischhoff said.

"It looks to me like people have collected a lot of data without finding a clear signal," he said. "So if there is some correlation out there, it's not very big."

Read the whole story: [The New York Times](#)