Abstract
Happiness is similar to subjective well-being and is becoming an important variable for psychology: it is a complementary construct for mental health. Lyubomirsky and Lepper, developed a measure of subjective happiness with four items. The aims of the present study are to cross-validate this measure. Participants constitute a convenience sample of 516 individuals, 54.3% women, mean age of 35.18 years. Materials used are the subjective happiness scale, and for concurrent and discriminant validity, one item for the assessment of Life as a whole, the general well-being scale, the personal wellbeing, the Mental Health Inventory with five items, plus one item for health perception and another for quality of life. Testing for one factor hypothesis through confirmatory factor analysis shows a good fit (CFI = 0.97 and SRMR=0.03). Internal consistency and convergent discriminant analysis are appropriate. Mean values are similar to the different samples of the original study. As final conclusions we can say that the Portuguese version of the subjective happiness scale has similar properties to the original one and that it can be used for comparisons in cross-cultural research.

Keywords
Subjective happiness, cross-cultural validation, subjective well-being, mental health.