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Introduction

Despite the perception that the majority of adolescents suffer from one or more emotional behavioral problems during the years between childhood and adulthood, most adolescents live healthy and happy lives

Question remains if differences in happiness, satisfaction of life, and quality of life exist between twins and their non-twin sibling

Method

Self-report data using the Dutch Health Behavior Questionnaire (DHBQ) are collected in a pilot sample (n= 698 individuals) of Dutch adolescents twins and their non-twin siblings. As part of the DHBQ, they are asked to fill out the 'satisfaction with life scale' (SLS), and the 'happiness scale' (HS), and to rate quality of life on a 0 to 10 scale (QoL).



Results

We found that being the oldest, youngest, or non-twin sibling of a twin pairs has no influence on feelings of happiness ($p = .18$), satisfaction with life ($p = .34$), and quality of life ($p = .22$). On a scale from 0 to 10, twin rate their lives as being 7.69 (oldest) and 7.64 (youngest), while their non-twin siblings value their lives as being 7.49. Monozygotic twin correlations for SLS, HS, and QoL are .30, .22, and .40 respectively, while dizygotic twin correlations are .26, .08, and .28 respectively

Conclusion

Based on data of this pilot study it can be concluded that twins are not more or less happy and satisfied with their lives than their non twins siblings.

Twin correlations indicate that individual differences in satisfaction with life, happiness, and quality of life are accounted for by genetic, shared, and nonshared environmental factors