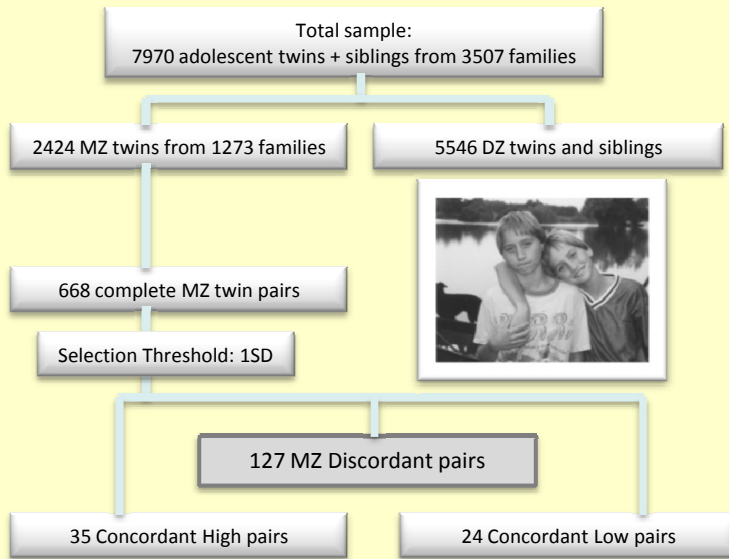


Background

Individual differences in Subjective Wellbeing (SWB) are from 40 to 50% accounted for by genetic factors, with the remaining variance accounted for by nonshared environment. How many genetically identical twin pairs are discordant (1SD) for SWB and what other differences are observed?

Sample Selection

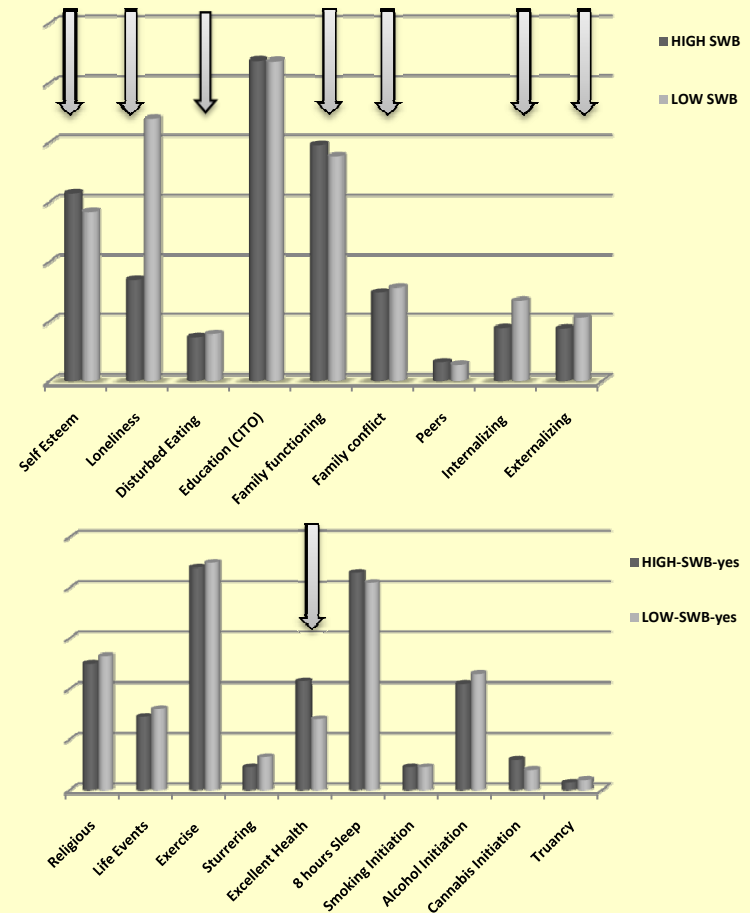


Methods

From a large sample of adolescent twins and siblings, 127 MZ discordant (1SD) twin pairs, aged 14-years old, were selected. Cross-sectional survey data were used to investigate within-pair differences for several variables, including behavior, life-style, family functioning, and health. SWB was quantified with a factor score based on measures of Subjective Happiness, Satisfaction with life, and Quality of life.

Within pair differences were tested with t-tests for two related samples (continuous variables), Wilcoxon signed rank tests (ordinal variables) and McNemar χ^2 tests for matched pairs (binomial variables).

Results



Conclusions

Within genetically identical twin pairs, individuals with higher SWB have higher self-esteem and higher self-rated health, are less lonely, and show less behavioral problems. High SWB individuals also have a more positive perception of their family environment. Direction of causation is uncertain. No differences are found in possible 'environmental' moderators, such as life events or life-style.