

## Reconsidering valuing happiness

Yıldırım, Murat ; Davison, Emily ; Flowe, Heather; Maltby, John

DOI:

[10.1007/s11469-020-00478-8](https://doi.org/10.1007/s11469-020-00478-8)

License:

Other (please specify with Rights Statement)

*Document Version*

Peer reviewed version

*Citation for published version (Harvard):*

Yıldırım, M, Davison, E, Flowe, H & Maltby, J 2022, 'Reconsidering valuing happiness: the application of goal type theory', *International Journal of Mental Health and Addiction*, vol. 20, no. 3, pp. 1757-1767.  
<https://doi.org/10.1007/s11469-020-00478-8>

[Link to publication on Research at Birmingham portal](#)

### **Publisher Rights Statement:**

This is a post-peer-review, pre-copyedit version of an article published in *International Journal of Mental Health and Addiction*. The final authenticated version is available online at: <https://doi.org/10.1007/s11469-020-00478-8>.

Subject to Springer Nature terms of reuse: <https://www.springer.com/gp/open-access/publication-policies/aam-terms-of-use>

### **General rights**

Unless a licence is specified above, all rights (including copyright and moral rights) in this document are retained by the authors and/or the copyright holders. The express permission of the copyright holder must be obtained for any use of this material other than for purposes permitted by law.

- Users may freely distribute the URL that is used to identify this publication.
- Users may download and/or print one copy of the publication from the University of Birmingham research portal for the purpose of private study or non-commercial research.
- User may use extracts from the document in line with the concept of 'fair dealing' under the Copyright, Designs and Patents Act 1988 (?)
- Users may not further distribute the material nor use it for the purposes of commercial gain.

Where a licence is displayed above, please note the terms and conditions of the licence govern your use of this document.

When citing, please reference the published version.

### **Take down policy**

While the University of Birmingham exercises care and attention in making items available there are rare occasions when an item has been uploaded in error or has been deemed to be commercially or otherwise sensitive.

If you believe that this is the case for this document, please contact [UBIRA@lists.bham.ac.uk](mailto:UBIRA@lists.bham.ac.uk) providing details and we will remove access to the work immediately and investigate.

Running head: RECONSIDERING VALUING HAPPINESS

Reconsidering valuing happiness: The application of goal type theory

\*Murat Yıldırım, PhD

Ağrı İbrahim Çeçen University, Turkey  
University of Leicester, United Kingdom

Emily Davison, BSc

University of Leicester, United Kingdom

Heather D Flowe, PhD

University of Birmingham, United Kingdom

John Maltby, PhD

University of Leicester, United Kingdom

#### Author Note

\*Corresponding Author: Murat Yıldırım, Ph. D., Ağrı İbrahim Çeçen University,  
Department of Psychology, Faculty of Science and Letters, Erzurum Yolu 4 Km 04100, Merkez,  
Ağrı, Turkey; tel: +904722159863, email 1: [muratyildirim@agri.edu.tr](mailto:muratyildirim@agri.edu.tr) ; ORCID:  
<https://orcid.org/0000-0003-1089-1380>