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World Happiness Report 2025: People are much kinder than we expect, research shows

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The United States (24th) falls to its lowest-ever position, with the United Kingdom (23rd) reporting its lowest average life evaluation since the 2017 report.

Country rankings are based on a three-year average of each population's average assessment of their quality of life. Interdisciplinary experts from economics, psychology, sociology and beyond then seek to explain the variations across countries and over time using factors such as GDP per capita, healthy life expectancy, having someone to count on, a sense of freedom, generosity and perceptions of corruption.

These factors help to explain the differences across nations, while the rankings themselves are based solely on the answers people give when asked to rate their own lives.