

Satisfaction With Life Scale (SWLS)

Category: Quality of Life | Items: 5 | Time: ~1 min

Description / When to Use

5-item global measure of life satisfaction based on cognitive judgment.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 5 items in this scale. Estimated completion time: 1 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

1 = Strongly disagree | 2 = Disagree | 3 = Slightly disagree | 4 = Neither agree nor disagree | 5 = Slightly agree | 6 = Agree | 7 = Strongly agree

Scoring Guide

Sum all 5 items scored 1-7. Total range 5-35. Higher scores = greater life satisfaction.

Cutoff Interpretation

| Score Range | Severity | Recommended Action |
|-------------|------------------------|-----------------------|
| 5-9 | Extremely dissatisfied | Consider intervention |
| 10-14 | Dissatisfied | Monitor |
| 15-19 | Slightly dissatisfied | Monitor |
| 20-24 | Slightly satisfied | Maintain |
| 25-29 | Satisfied | Maintain |
| 30-35 | Extremely satisfied | Maintain |

Psychometric Properties

Cronbach's alpha: 0.87 | Test-retest reliability: 0.82

Validity: Widely used in well-being research across cultures.

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Citation (APA Format)

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71-75.

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