

# Life Satisfaction Questionnaire (LISAT-9, LISAT-11)

## Assessment Overview

### Assessment Area

**ICF Domain:**

Quality of Life

**Subscales (domains):**

Life as a whole, vocational situation, financial situation, leisure situation, contacts with friends, sexual life, self-care management, family life, and partner relationships

### You Will Need

**Length:**

5 minutes, 9 or 11 items

**Scoring:**

Item scores can be summed and an average score is produced  
Maybe more appropriate to use mean domain scores instead of total score in order to maintain information on each domain available for clinical interventions

### Summary

The Life Satisfaction Questionnaire (LISAT) was originally developed as a checklist rather than a measure of life satisfaction. It targets important life domains: life as a whole, vocational situation, financial situation, leisure situation, contacts with friends, sexual life, self-care management, family life, and partner relationships. The LISAT-11 has 2 extra items asking about the level of satisfaction of the individual's physical health and psychological health respectively.

### Availability

Can be found here: [Clinician-Summary LISAT-911-v.7.0-1.pdf](https://www.scireproject.com/Clinician-Summary%20LISAT-911-v.7.0-1.pdf)  
([scireproject.com](https://www.scireproject.com))

**Languages:** Available in 8 languages.

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

**Standard Error of Measurement for LISAT-9:**

Life as a whole: 0.07

Self-Care: 0.05

Leisure situation: 0.06

Vocational situation: 0.06

Financial situation: 0.06

Sexual life: 0.06

Partner relations: 0.07

Family life: 0.06

Contact with friends: 0.07

**Minimal Detectable Change for LISAT-9:**

Life as a whole: 0.19

Self-Care: 0.14

Leisure situation: 0.17

Vocational situation: 0.17

Financial situation: 0.17

### Typical Values

**LISAT-9 Mean (SD) Total Score:**  
31.6 (9.4)

(Geyh et al. 2010; n=243, 193 males, mixed injury types, outpatient, mean (SD) time since injury = 140 (139) months)

Sexual life: 0.17  
Partner relations: 0.19  
Family life: 0.17  
Contact with friends: 0.19

(Geyh et al. 2010; n=243, 193 males, mixed injury types, outpatient, mean (SD) time since injury = 140 (139) months)

## Measurement Properties

### Validity ? **Moderate** to **High**

**High** correlation with Satisfaction with Life Scale (SWLS):  
 $\rho = 0.60$

**Moderate** correlation with Mental Health subscale of SF-36 (MHI-5):  
 $\rho = 0.52$

**Moderate** correlation with Social Dimension of SIP-68 (SIP-SOC)  
 $\rho = -0.45$

(Post et al. 2012; n=145; 104 males, mixed injury types, 5 years after discharge from inpatient rehabilitation)

**Number of studies reporting validity data: 1**

### Reliability ? **Moderate** to **High**

**High** Overall Internal Consistency:  
 $\alpha = 0.86$

(Geyh et al. 2010; n=243, 193 males, mixed injury types, outpatient, mean (SD) time since injury = 140 (139) months)

**Moderate** Internal Consistency:  
 $\alpha = 0.75$

(Post et al. 2012; n=145; 104 males, mixed injury types, 5 years after discharge from inpatient rehabilitation)

**Number of studies reporting reliability data: 2**

## Responsiveness

**Floor/Ceiling Effect:**  
Not established in SCI

**Effect Size:**  
Mean LISAT-9 total score differences before & after SCI = 1.0

(Van Koppenhagen; n=147, wheel-chair dependent, data was collected retrospectively at the start of active rehabilitation and one year after discharge from inpatient rehabilitation.)

**Number of studies reporting responsiveness data: 1**