

Satisfaction with Life Scale (SWLS; Deiner Scale)

Assessment Overview

Assessment Area

ICF Domain:
Quality of Life

You Will Need

Length:
5 minutes, 5 items

Scoring:
Items scored 1-7. Total score (5-35) is sum of all items.
Participants respond to the items of the SWLS on a 7-point Likert scale, ranging from strongly disagree (1) to strongly agree (7).

Summary

The Satisfaction with Life Scale (SWLS) is a self-report quality of life scale, designed to address the concept of life satisfaction as a whole rather than to assess satisfaction with sub-dimensions of life (Diener et al. 1985). It measures the “discrepancy or balance” between one’s life achievements and expectations.

Availability

Can be found here: [worksheet_swls.pdf](#) (scireproject.com)

Languages: English and many other languages

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Standard Error of Measurement:

4.67

Minimal Detectable Change:

12.95

(Calculated from Dijkers 1999, N=2183, 1766 male, mixed injury types, 1-20 years post-SCI)

Typical Values

Mean (SD) Values:

Item 1:	3.76(2.06)
Item 2:	3.75(2.01)
Item 3:	4.34(2.02)
Item 4:	4.28(2.01)
Item 5:	3.29(2.10)
Total:	19.4(7.9)

(NSCID records; Dijkers 1999; N=2183, 1766 male, mixed injury types, 1-20 years post-SCI)

Threshold Values:

Very high satisfaction: 35-30
High satisfaction: 29-25
Average satisfaction: 24-20
Slightly below average: 19-15
Dissatisfied: 14-10
Extremely dissatisfied: 9-5

(Diener 2006)

Measurement Properties

Validity – **Low** to **High**

High correlation with Assistive Technology Device Predisposition Assessment (ATD-PA) QOL Subset:
 $\rho = 0.89$

High correlation with Brief Symptom Inventory (BSI):
 $\rho = -0.64$

(Scherer & Cushman, 2001; N=20, 10 male, mixed injury types, acute SCI)

Low to **Moderate** correlation with Patient Health Questionnaire (PHQ-9):

PHQ Affective subscore $\rho = -0.368$ to -0.463

PHQ Somatic subscore $\rho = -0.248$ to -0.346

(Richardson & Richards, 2008; N=2570, traumatic SCI, mixed injury types, 1-25 years post-injury)

Number of studies reporting validity data: 7

Reliability – **Moderate** to **High**

Moderate Test-retest Reliability:

$r = 0.65$

(93-626 day interval, median 347 days; Dijkers 1999; N=165, mixed injury types, 1-20 years post-SCI)

High Internal Consistency:

$\alpha = 0.92$

(Krause et al., 2009; N=727; 70.2% male, traumatic SCI, mixed injury types, mean time since injury = 18.2 years)

Number of studies reporting reliability data: 4

Responsiveness

Floor/Ceiling Effect:

Not established in SCI

Effect Size:

Not established in SCI

Number of studies reporting

responsiveness data: 0