

## 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

Available for free here:  
[http://www.scireproject.com/wp-content/uploads/worksheet\\_swls.docx](http://www.scireproject.com/wp-content/uploads/worksheet_swls.docx)  
**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**