

Name of Measure: Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985)

Purpose of Measure: To assess overall satisfaction with life

Author(s) of Abstract:

Marianne R. Yoshioka, Ph.D.
Columbia University School of Social Work
622 West 113th Street, New York, NY 10025
212-854-5669 mry5@columbia.edu

Reference: Yoshioka M. unpublished data. The research reported here was supported by funds provided by a NIH award, (Grant 2P01 DK42618-06A).

Description of measure: The Satisfaction With Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) is a five-item scale that "is designed around the idea that one must ask subjects for an overall judgement of their life in order to measure the concept of life satisfaction" (Diener et al., 1985, pp. 71-72). Individuals indicate their degree of agreement or disagreement on a 7-point Likert-type scale. The 5 items of the SWLS were selected from a pool of 48 items based on factor analyses. Scores range from 5 to 35 with higher scores indicating greater life satisfaction. Pavot and Diener (1993) provide an extensive list of studies that have used the SWLS with corresponding normative data. The range of means for various groups of individuals (e.g. undergraduates, health workers) was 14.4 to 27.9. The range of standard deviations was 4.4 to 9.0. Diener et al. (1985) reported a 2-month test-retest correlation coefficient of .82 and an alpha coefficient of .87 for a sample of 176 undergraduates from the University of Illinois. In a sample of 39 elderly individuals, Pavot, Diener, Colvin, and Sandvik (1991) obtained an alpha coefficient of .83. The SWLS has been found to be positively associated at statistically significant levels with other measures of subjective well-being and negatively associated with measures of psychopathology (Diener et al., 1985).

Language Availability: English only.

Translation Comments: N/A.

Description of Asian Population: Thirty three healthy adults recruited into a medical study of body composition (i.e., the measurement of bone composition, water and mineral content) conducted in a large city in the northeastern United States. Participants were identified only in terms of race (e.g. Asian). Of these Asian adults, 55% were women, and 45% were men. On average, they were 41years old.

Norms:

Average Total Score (S.D) for the SWLS

Group	SWLS Mean (SD)
Asian (n=32)	22.41 (7.74)
White (n= 44)	21.86 (7.28)
Black (n = 39)	19.90 (7.52)
Hispanic (n = 33)	20.85 (7.84)
Other (n = 26)	19.31 (8.36)
Total (n=174)	20.95 (7.69)

No significant inter groups were found.

Reliability: Based on the responses of the Asian respondents, the Cronbach alpha coefficient for the 5 item scales is .9279.

Validity: Established by Diener et al. (1985).

Reference to original instrument:

Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49, 71-75.

How to obtain a copy of the instrument: Contact Marianne Yoshioka, Ph.D. Associate Professor, Columbia University School of Social Work, 622 West 113th Street, New York, NY 10025 (212)-854-5669. Mry5@columbia.edu