

Name of the inventory		Satisfaction With Life Scale
Purpose:		To measure global cognitive judgments of one's life satisfaction (not a measure of either positive or negative affect). And a measure of the judgmental component of subjective well-being.
Developers/ citation		Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. <i>Journal of Personality Assessment</i> , 49, 71-75.
Year		1985
Targeted user		Wide range of age groups and applications
Description	No. of questions	5
	Scale	7 point scale : 7 = Strongly agree 6 = Very disagree 5 = Slightly agree 4 = Neither agree nor disagree 3 = Slightly disagree 2 = Disagree 1 = Strongly disagree
	Data collection format	Self report
	Scoring key	Using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree. Though scoring should be kept continuous (sum up scores on each item), here are some cut-offs to be used as benchmarks. 31 - 35 Extremely satisfied 26 - 30 Satisfied 21 - 25 Slightly satisfied 20 Neutral 15 - 19 Slightly dissatisfied 10 - 14 Dissatisfied 5 - 9 Extremely dissatisfied
Permission to use		No need given that appropriate recognition of the source of the scale in the study
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Remarks	/
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