



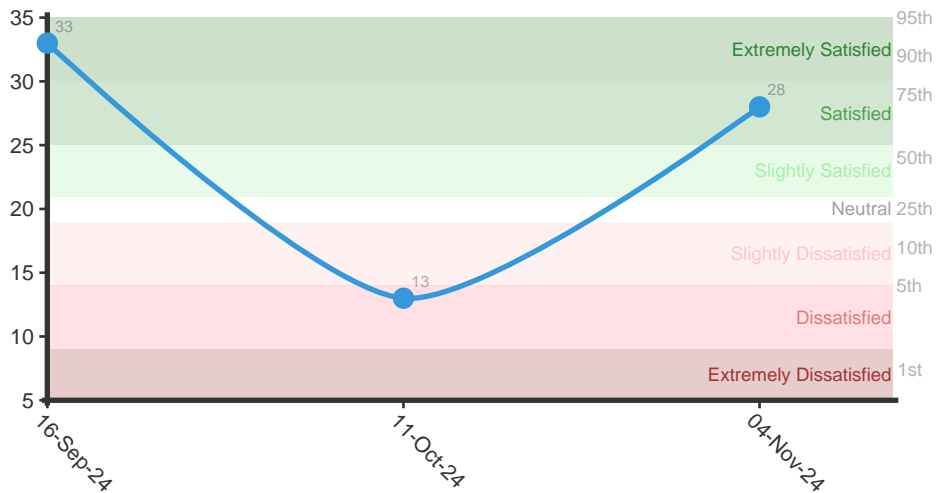
Satisfaction with Life Scale (SWLS)

| | | | |
|----------------------------|------------------------|--------------------------|------------|
| <i>Client Name</i> | Generic Client | <i>Date administered</i> | 4 Nov 2024 |
| <i>Date of birth (age)</i> | 1 Jan 1999 (25) | <i>Time taken</i> | 22s |
| <i>Assessor</i> | Dr Emerson Bartholomew | | |

Results

| | Value | Percentile | Descriptor |
|------------------|-------|------------|------------|
| Raw Score (5-35) | 28 | 71 | Satisfied |

Life Satisfaction - SWLS



Interpretation

The client's score indicates a high level of life satisfaction, where individuals feel that most areas of their life are functioning well. This score is higher than 71% of the general population. These individuals generally experience contentment and positivity regarding their current life situation, even if it is not without occasional challenges. Satisfaction in this category suggests that the individual is likely to be having success in many areas of life and is maintaining rewarding relationships and roles. People who are satisfied may draw motivation from small areas of dissatisfaction, using them as opportunities to set new goals or make positive changes. Sustaining satisfaction often involves continuous personal growth and occasional adjustments to keep an alignment between their values and day-to-day life experiences.

Scoring and Interpretation Information

For comprehensive information on the SWLS, [see here](#).

The SWLS consists of five items, and each is scored on a Likert scale ranging from 1 ("strongly disagree") to 7 ("strongly agree"), and is presented in raw scores, with a total score range of 5 to 35. Higher scores indicate greater life satisfaction. The below range corresponds with the following interpretive categories (Diener et al., 1985).

- 31–35 - percentiles = 85th+: Extremely Satisfied
- 26–30 - percentiles = 59th to 84th: Satisfied



Client Name | Generic Client

Scoring and Interpretation Information (cont.)

- 21–25 - percentiles = 29th to 58th: Slightly Satisfied
- 20 - percentile = 20th to 28th: Neutral
- 15–19 - percentiles = 6th to 19th: Slightly Dissatisfied
- 10–14 - percentiles = 2nd to 5th: Dissatisfied
- 5–9 - percentile = 1st: Extremely Dissatisfied

Percentiles are presented comparing the respondents score compared to a broad sample of community scores, indicating their level of satisfaction as it compares to typical people. The average person (50th percentile) scores in the “Slightly Satisfied” range, while most people in mental health settings score in the “Slightly Dissatisfied” category. For example, in a pooled sample (n=12,234) of clients in mental health settings had a mean score of 17.04, SD=7.44 (Arrindell et al., 2001; Friedman, 1991; NovoPsych, 2024).

Changes greater than half a standard deviation (3 points) are considered meaningful, suggesting an improvement / deterioration in overall life satisfaction, based on a Minimally Importance Difference calculation (MID). The SWLS is sensitive to detecting changes in life satisfaction during the course of therapy in both improvement and deterioration (Pavot & Diner, 2009). The scale can be complemented by the use of emotional-wellbeing and psychopathology scales (Diener, 2009, pg101). Successful changes in therapy are observed with increases in SWLS scores.

Client Responses

| | | Strongly agree | Agree | Slightly agree | Neither agree nor disagree | Slightly disagree | Disagree | Strongly disagree |
|---|--|----------------|-------|----------------|----------------------------|-------------------|----------|-------------------|
| 1 | In most ways my life is close to my ideal. | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 2 | The conditions of my life are excellent. | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 3 | I am satisfied with my life. | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 4 | So far I have gotten the important things I want in life. | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| 5 | If I could live my life over, I would change almost nothing. | 7 | 6 | 5 | 4 | 3 | 2 | 1 |