Brief Multidimensional Students’ Life Satisfaction Scale


These six questions ask about your satisfaction with different areas of your life. Circle the best answer for each.

1. I would describe my satisfaction with my family life as:
   a) Terrible
   b) Unhappy
   c) Mostly dissatisfied
   d) Mixed (about equally satisfied and dissatisfied)
   e) Mostly satisfied
   f) Pleased
   g) Delighted

2. I would describe my satisfaction with my friendships as:
   a) Terrible
   b) Unhappy
   c) Mostly dissatisfied
   d) Mixed (about equally satisfied and dissatisfied)
   e) Mostly satisfied
   f) Pleased
   g) Delighted

3. I would describe my satisfaction with my school experience as:
   a) Terrible
   b) Unhappy
   c) Mostly dissatisfied
   d) Mixed (about equally satisfied and dissatisfied)
   e) Mostly satisfied
   f) Pleased
   g) Delighted

4. I would describe my satisfaction with myself as:
   a) Terrible
   b) Unhappy
   c) Mostly dissatisfied
   d) Mixed (about equally satisfied and dissatisfied)
   e) Mostly satisfied
   f) Pleased
   g) Delighted

5. I would describe my satisfaction with where I live as:
   a) Terrible
   b) Unhappy
   c) Mostly dissatisfied
   d) Mixed (about equally satisfied and dissatisfied)
   e) Mostly satisfied
   f) Pleased
   g) Delighted

6. I would describe my satisfaction with my overall life as:
   a) Terrible
   b) Unhappy
   c) Mostly dissatisfied
   d) Mixed (about equally satisfied and dissatisfied)
   e) Mostly satisfied
   f) Pleased
   g) Delighted