

Brief Multidimensional Students' Life Satisfaction Scale

Seligson, J., Huebner, E. S., & Valois, R. F. (2003). Preliminary validation of the Brief Multidimensional Students' Life Satisfaction Scale. *Social Indicators Research, 61*, 121-145.

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