

Multidimensional Students' Life Satisfaction Scale (MSLSS)

Student: _____ Date: _____
 Teacher: _____

Instructions: We would like to know what thoughts about life you've had *during the past several weeks*. Think about how you spend each day and night, and then think about how your life has been during most of this time. Here are some questions that ask you to indicate your satisfaction with life. In answering each statement, circle a number from **1** to **6**, where **1** indicates you **strongly disagree** with the statement and **6** indicates you **strongly agree** with the statement.

| | Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree |
|--|-------------------|----------|-------------------|----------------|-------|----------------|
| 1. My friends are nice to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I am fun to be around. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I feel bad at school.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I have a bad time with my friends.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. There are lots of things I can do well. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I learn a lot at school. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I like spending time with my parents. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. My family is better than most. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. There are many things about school I don't like.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I think I am good-looking. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. My friends are great. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. My friends will help me if I need it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I wish I didn't have to go to school.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. I like myself. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. There are lots of fun things to do where I live. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. My friends treat me well. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Most people like me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. My family gets along well together. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. I look forward to going to school. | 1 | 2 | 3 | 4 | 5 | 6 |

(continued)

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| | Strongly disagree | Disagree | Slightly disagree | Slightly agree | Agree | Strongly agree |
|---|-------------------|----------|-------------------|----------------|-------|----------------|
| 20. My parents treat me fairly. | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. I enjoy being at home with my family. | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. I like being in school. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. My friends are mean to me.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. I wish I had different friends.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 25. School is interesting. | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. I enjoy school activities. | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. I wish I lived in a different house.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. Members of my family talk nicely to one another. | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. I have a lot of fun with my friends. | 1 | 2 | 3 | 4 | 5 | 6 |
| 30. My parents and I do fun things together. | 1 | 2 | 3 | 4 | 5 | 6 |
| 31. I like my neighborhood. | 1 | 2 | 3 | 4 | 5 | 6 |
| 32. I wish I lived somewhere else.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 33. I am a nice person. | 1 | 2 | 3 | 4 | 5 | 6 |
| 34. This town is filled with mean people.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 35. I like to try new things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 36. My family's house is nice. | 1 | 2 | 3 | 4 | 5 | 6 |
| 37. I like my neighbors. | 1 | 2 | 3 | 4 | 5 | 6 |
| 38. I have enough friends. | 1 | 2 | 3 | 4 | 5 | 6 |
| 39. I wish there were different people in my neighborhood.* | 1 | 2 | 3 | 4 | 5 | 6 |
| 40. I like where I live. | 1 | 2 | 3 | 4 | 5 | 6 |

Student, please stop here, thank you!

(continued)

Multidimensional Students' Life Satisfaction Scale (MSLSS) (page 3 of 3)

For Practitioner Use Only—Scoring Directions:

*Reverse-scored item (subtract student response from 7)

Friends = 1 + 4 + 11 + 12 + 16 + 23 + 24 + 29 + 38

Self = 2 + 5 + 10 + 14 + 17 + 33 + 35

School = 3 + 6 + 9 + 13 + 19 + 22 + 25 + 26

Family = 7 + 8 + 18 + 20 + 21 + 28 + 30

Living environment = 15 + 27 + 31 + 32 + 34 + 36 + 37 + 39 + 40

