

## **VALIDATION OF THE SATISFACTION WITH LIFE SCALE. PSYCHOMETRIC CHARACTERISTICS**

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### Abstract

The Satisfaction With Life Scale was developed to assess satisfaction with the respondent's life as a whole. Normative data are presented for the scale, which shows good convergent validity with other scales and with other types of assessments of subjective well-being. Life satisfaction as assessed by the Satisfaction With Life Scale shows a degree of temporal stability, yet the Satisfaction With Life Scale has shown sufficient sensitivity to be potentially valuable to detect change in life satisfaction during the course of clinical intervention. The Satisfaction With Life Scale is recommended as a complement to scales that focus on psychopathology because it assesses an individuals' conscious evaluative judgment of his or her life by using the person's own criteria.

Keywords: *satisfaction with life, psychometric characteristics*

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