

# LIFE SATISFACTION INDEX

Impact indicator

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## Indicator Phrasing

**English:** average life satisfaction score for [specify: women / men / others] aged [specify age range]

**French:** score moyen de satisfaction de la vie [spécifier : femmes/ hommes/ autres] âgé[e]s de [préciser le groupe d'âge]

**Portuguese:** pontuação média de satisfação com a vida para [especifique: mulheres / homens / outros] com idade [especifique faixa etária]

**Czech:** průměrné skóre spokojenosti se současným životem u [určete: žen / mužů / jiné] ve věku [určete věkovou skupinu]

## What is its purpose?

This indicator measures people's subjective satisfaction with their current lives – an important aspect of their well-being. It effectively complements other indicators of people's well-being, such as their income or health.

## How to Collect and Analyse the Required Data

Collect the following data by conducting individual interviews with a [representative sample](#) of your target group members:

### RECOMMENDED SURVEY QUESTIONS (Q) AND POSSIBLE ANSWERS (A)

**Q1:** [this question uses an illustration that can be downloaded at the bottom of this page]

*All things considered, how satisfied are you with your current life as a whole? If we use this scale on which 1 means you are “completely dissatisfied” and 10 means you are “completely satisfied” where would you put your satisfaction with your current life as a whole?*

**A1:**

- 1) \_\_\_\_ [record the number indicating the respondent's life satisfaction]
- 2) does not know / no response

**Calculate the indicator's value** by summing up the scores given by all respondents by the total number of respondents (do not include those who did not know or did not respond).

## Disaggregate by

[Disaggregate](#) the data by gender (if you ask both women and men), age group, [wealth](#) category, ethnicity or other criteria relevant to your programme.

## Important Comments

1) Be very careful about which part of the questionnaire you place this question in – putting it immediately after a problematic topic (e.g. a household's financial situation) can significantly influence the response. According to the OECD's guidelines (see below), such subjective **questions should be placed as early in the survey as possible** – ideally immediately after the screening questions and household demographics.

2) **Pilot the question and scale** extensively, so that you ensure that people fully understand its meaning and their responses accurately represent their life satisfaction.

3) **Take advantage of the useful tips** provided in OECD's Guidelines on Measuring Subjective Well-being (see below). On page 164 you can find its comparison with an alternative method Cantril Ladder.

## E-Questionnaire

- [XLS form for electronic data collection - indicator Life Satisfaction Index](#)

## Access Additional Guidance

- OECD (2013) [OECD Guidelines on Measuring Subjective Well-being](#)