

## Brief Multidimensional Life Satisfaction Scale (BMLSS)

<b>Reference:</b>	Büssing A, Fischer J, Haller A, Heusser P, Ostermann T, Matthiessen PF: Validation of the brief multidimensional life satisfaction scale in patients with chronic diseases. <i>European Journal of Medicine Research</i> 2009; 14: 171-177
<b>Language:</b>	English, German, Chinese, Spanish, French, Polish, Arabic, Lithianian, Italian, Danish
<b>Contact:</b>	Prof. Dr. med. Arndt Büssing, University Witten/Herdecke, Germany; Email: arndt.buessing@uni-wh.de
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**Origin:** The instrument refers to the work of Scott Huebner and co-workers (Huebner et al., 2004; Zullig et al., 2005) who have developed the 'Brief Multidimensional Students' Life Satisfaction Scale', which refers to the much longer 'Student's Life Satisfaction Scale (SLSS)', addressing circumscribed aspects of students' life. This instrument was adjusted to and tested in adults with chronic diseases and healthy adults and elderly.

**Purpose:** As life satisfaction appears to encompass many individual life domains, it may be an important concept for public health research. Because patients should not be reduced to their functional competence (i.e., physical symptoms and deficiencies), one has to ask for their positive fields of life dimensions, and also for aspects of life which are affected. The intention was to design a brief add-on scale suited for both elderly and patients with chronic diseases.

**Population:** Can be used in healthy elderly and patients with chronic diseases.

**Administration:**

*Rater:* Self, telephone or interview-administered

*Time Required:* 1 min. for self administration

*Training:* none

*Scoring:* All items were scored on a 7-point scale from dissatisfaction to satisfaction (0 – very dissatisfied; 1 - dissatisfied; 2 - mostly dissatisfied; 3 - mixed (about equally satisfied and dissatisfied); 4 - mostly satisfied; 5 – satisfied; 6 – very satisfied). The Life Satisfaction sum score was referred to a 100% level (transformed scale score). Scores > 50% indicate high life satisfaction, while scores < 50% indicate low satisfaction.

**Description:** Both the generic 8-item and also the 10-item instrument have a single-factor structure and address four main dimensions, i.e.

- intrinsic (myself, overall life),
- social (friendships, family life),
- external (work, where I live),
- perspective (financial situation, future Prospects)
- health (health situation, abilities to cope with daily life affairs)

The instrument can be extended by 5-item modules addressing satisfaction with social support (BMLSS-Support), either by work colleagues and superiors (team support) or support by partner, family and hospital team (care support).

**Coverage:** Research and Clinical

**Reliability:** The 8-item scale has a good internal reliability (Cronbach's alpha = 0.87), while the 10-item scale (BMLSS-10) has a very good reliability (alpha = .92).

**Validity:** The BMLSS sum scores significantly differed with respect to the underlying disease, family status, duration of disease, and age. The highest scores were found in healthy individuals, and the lowest in patients with chronic pain conditions and depressive disorders. In cancer patients, the BMLSS correlated negatively with depression (HADS;  $r=-.64$ ) and anxiety (HADS;  $r=-.54$ ), Fatigue (CFS-D;  $r=-.43$ ), Escape from illness ( $r=-.28$ ), and positively with SF-12's mental health ( $r=.42$ ), and just weakly with physical health ( $r=.23$ ). Moreover the sum scores were moderately associated with intrinsic adaptive coping strategies (AKU) such as the cognitive strategies *Positive Attitudes* and *Conscious Way of Living* ( $r=.35$ ). This means, the BMLSS is mainly associated with mental and

emotional well-being. In fact, the emotional disease acceptance strategy *Positive Life Construction / Contentedness / Wellbeing* is strongly correlated with the life satisfaction sum score ( $r=.55$ ).

**Strengths:** Because of its brevity, the instrument can be an important additive to existing health-related quality of life instruments. It captures dimensions that contribute to quality of life but - in its 8-item version - are not health related.

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<b>BMLSS-10</b>		very dissatisfied	dissatisfied	mostly dissatisfied	mixed (equally satisfied and dissatisfied)	mostly satisfied	satisfied	very satisfied
The following questions ask about your <b>satisfaction</b> with different areas of your life. Circle the best answer for each.								
<b>I would describe my satisfaction with ...</b>								
H1	... my family life as...	0	1	2	3	4	5	6
H2	... my friendships as...	0	1	2	3	4	5	6
H3	... my school situation / working place as...	0	1	2	3	4	5	6
H4	... myself as ...	0	1	2	3	4	5	6
H5	... where I live as...	0	1	2	3	4	5	6
H6	... my overall life as...	0	1	2	3	4	5	6
H7	... my financial situation as...	0	1	2	3	4	5	6
H8	... my future perspectives as ...	0	1	2	3	4	5	6
G1	...my health situation as ...	0	1	2	3	4	5	6
G3	...my abilities to cope with everyday life affairs as ...	0	1	2	3	4	5	6
G4	... my vitality / fitness ....	0	1	2	3	4	5	6

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<b>Optional Module addressing satisfaction with care support</b>								
TC1	... the support from my partner as ...	0	1	2	3	4	5	6
TC2	... the support from my family as ...	0	1	2	3	4	5	6
TC3	... the support from medical professionals as ...	0	1	2	3	4	5	6
TC4	... the support from psychologists / psycho-oncologists as...	0	1	2	3	4	5	6
TC5	... the support from chaplains / pastoral professional as...	0	1	2	3	4	5	6

<b>Optional Module addressing satisfaction with team support</b>								
TW1	... the support from my work colleagues as ...	0	1	2	3	4	5	6
TW2	... the support from my superiors as ...	0	1	2	3	4	5	6
TW3	... the recognition from my work colleagues as ...	0	1	2	3	4	5	6
TW4	... the recognition from my superiors as...	0	1	2	3	4	5	6
TW5	... the team cohesion as ...	0	1	2	3	4	5	6