

# The Schedule for Meaning in Life Evaluation (SMiLE)

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### Description

The Schedule for Meaning in Life Evaluation (SMiLE) is a reliable and validated respondent-generated instrument for the assessment of individual meaning-in-life (MiL). It assesses three aspects by asking subjects:

- a) to name three to seven domains that they judge to be important to their individual meaning-in-life
- b) to rate their current level of satisfaction in each of these domains using a seven-point Likert scale (range, -3 to +3) and
- c) to rate the importance of each of their chosen areas using a eight-point adjectival scale (range, 0 to 7).

### Administration

The Schedule for Meaning in Life Evaluation (SMiLE) is a paper-pencil-test, but it is possible to do the assessment as an interview, for example with palliative care patients who are not able to fill out the test by themselves. There is an online-version of the SMiLE at [lebenssinn.net](http://lebenssinn.net) or [meaninginlife.info](http://meaninginlife.info) available, too.

The standardized test instruction describes in short form what is meant by meaning in life and points out that respondents should refer to their present situation.

The search for **meaning in life** is important for most people. This question comes up in different phases of life, including both happy and unhappy situations.

In the following section we would ask you to nominate those areas of life which in your opinion **give meaning to your life**. These areas can be characterised as those which give you “grounding” in life, and give importance to your life. In short, things “worth living for”.

These **areas** obviously differ from person to person. Therefore, there are no “correct” or “wrong” answers to this question. The best way to answer is to be as truthful as possible and to think exactly about your individual areas. Refer to your present situation.

Prior to each step of the SMiLE there is a short instruction:

**Please nominate 3 to 7 areas which give meaning to your life, regardless of how satisfied or unsatisfied you are with these areas at the moment.** The order of your answers is not important.

Please rate how **satisfied or unsatisfied** you are with each nominated area. That is, how much - positively or negatively - the area affects your total meaning in life.

Please rate how **important** each area is for your total meaning in life. Try to distinguish between the areas as best possible by considering all numbers.

The complete SMiLE is annexed in its german, english, japanese, spanish and french version.

### Procedures

*Step 1 (area listing):* In the SMiLE, the respondents first indicate areas that provide meaning to their lives in their current situation. The respondents are asked to name a minimum of three and maximum of seven areas ( $n$  = number of areas) but that is only a suggestion (respondents are free to name more or less areas).

*Step 2 (level of satisfaction):* Next, the respondents rate their current level of satisfaction with each area ( $s_1...s_n$ ) on a seven-point Likert scale, ranging from -3 "very unsatisfied" to +3 "very satisfied".

*Step 3 (weighting):* Finally, the importance of each area ( $w_1...w_n$ ) is rated with an eight-point adjectival scale, ranging from 0 "not important" to 7 "extremely important", with 3 presenting "important" and 6 presenting "very important".

### Analysis

The **Index of Satisfaction (IoS)** indicates the mean satisfaction or dissatisfaction with the individual MiL areas (range, 0–100, with higher scores reflecting higher satisfaction). To obtain a clear index, varying from 0 to 100, the satisfaction ratings  $s_i$  are recalculated ( $s'_i$ ). "Very unsatisfied" ( $s_i = -3$ ) is set to  $s'_i = 0$  and "very satisfied" ( $s_i = +3$ ) is set to  $s'_i = 100$ , with the levels of 16.7, 33.3, 50, 66.7, and 83.3 in between.

$$IoS = \frac{\sum_{i=1}^n s'_i}{n}$$

The **Index of Weighting (IoW)** indicates the mean weighting of the MiL areas (range, 0–100, with higher scores reflecting higher weights).

$$IoW = \frac{\sum_{i=1}^n w_i}{7n} \circ 100$$

In the **total SMiLE index (Index of Weighted Satisfaction; IoWS)**, the ratings for importance and satisfaction are combined (range, 0–100, with higher scores reflecting higher MiL).

$$IoWS = \sum_{i=1}^n \left( \frac{w_i}{w_{ges}} \circ s'_i \right)$$

Levels and weights assigned to particular areas are theoretically independent and can change independently. A person may be satisfied in a particular area but assign little importance to it, whereas another area may be described at a high level of both importance and satisfaction. An area that is going badly for an individual but is of little importance will have less implication for the individual MiL than an area that is going badly but at the same time is perceived as very important. This is reflected in the IoWS (total SMiLE index).

In addition, raw scores can be grouped into categories for analysis. The first nationwide survey on individual MiL in a randomly selected, representative sample of

1,004 Germans was conducted in July 2005. 3,521 areas of MiL were listed and assigned to the following categories:

	<b>Category</b>	<b>Description</b>
1.	Family	family, children, grandchildren, siblings, parents, relatives, wellbeing of the family
2.	Partnership	relationship, marriage, husband, wife, boyfriend, girlfriend, partner, love, sexual activity
3.	Social relations	friends, neighborhood, human/social/interpersonal relations, sociability, community, acquaintances
4.	Occupation/Work	professional success, job, work, working place, employment, job security, education, school, university, career, business
5.	Leisure time/Relaxation	all hobbies (e.g. cinema, car), holiday/travelling, all sports/exercise
6.	Home/Garden	gardening, homestead, house, apartment, quality of living, housing
7.	Finances	income, assets, financial condition, money, to earn money, financial security/independence, luxury, prosperity, no financial burden, wealth, tangible goods, property, living standard
8.	Spirituality/Religion	God, church, faith, Jesus, Christianity
9.	Health	physical and mental health/well-being
10.	Satisfaction	harmony, luck, (private) happiness, to be satisfied/happy, complete/personal/emotional/mental satisfaction/well-being
11.	Nature/Animals	closeness to nature, nature-love, pets, animals in general, fond of animals
12.	Social commitment	altruism, honorary office, community service, readiness to help others, helping others, helpfulness, volunteer work
13.	Hedonism	consumption, to have a nice time, to enjoy something, partying, good food, to eat out, pleasure, enjoyment, fun, joy, vitality, lust for life
14.	Art/Culture	literature, reading, books, music, all musical instruments, to make music, cultural events, theater, painting, creativity
15.	Growth	permanent education, learning, inquisitiveness, self-actualization, self-realization, self-fulfillment, self-development, self-awareness

Originally just 13 categories were identified by the cluster analyses. After deliberations with regard to contents the categories „Art/Culture“ and „Growth“ were added for providing a more precise categorization. The description of each category is useful for grouping the answers of the respondents to their representing category.

For each category, a mean value of Satisfaction can be calculated by summing up the Satisfaction ratings for the areas which belong to one category and dividing that

by the number of areas. Calculating a mean value of Weight for each category is analogous to these steps.

For unclear answers of the respondents, following rules are helpful for the categorization:

- a) If two or more categories are named explicitly in one area, the raw score should be grouped in each named category. For example the respondent names in area 1 „family and friends“. In this case each raw score (for satisfaction and for importance) should be grouped both to the category „family“ and to the category „social relations“.
- b) If two or more categories are named implicit in one area, the raw score should be grouped in the most significant category. In this case the rater has to decide which category seems to be more important for the respondent. For example the respondent names in area 1 „horseriding with a friend“. In this case „horseriding“ seems to be the essential activity rather than the mentioning „with a friend“. Each raw score (for satisfaction and for importance) should be grouped just in the category „leisure time/relaxation“.
- c) If there is named anything in one area that doesn't fit in any category (for example „memories“) or if the grouping to one category seems to be too uncertain, it should be grouped in a „specific category“. The raw scores of this area are neglected for the categorial analysis. For the analysis of IoS, IoW and IoWS, however, the raw scores are included.

### **Interpretation: Psychometric Properties**

The psychometric properties of the SMiLE were evaluated in a study (Fegg et al., 2008) with 599 students of the Ludwig-Maximilians University, Munich, and the Royal College of surgeons, Dublin (response rate, 95.4%). In addition, 93 patients (response rate, 80.6%, N=75) treated for advanced cancer or amyotrophic lateral sclerosis at the Interdisciplinary Center for Palliative Medicine, Ludwig-Maximilians University, Munich were asked to complete the SMiLE, as well as some feasibility and acceptability questions, in a cross-sectional study.

The psychometrics of the SMiLE was reported according to the recommendations of the Scientific Advisory Committee of the Medical Outcome Trust.

#### *Objectivity*

Objectivity was enhanced by a standardized administration procedure.

#### *Feasibility and Acceptability*

The feasibility and acceptability of the SMiLE was evaluated with the dropout rate, the time to complete the questionnaire, and ratings on the following items (numeric rating scales [NRS], ranging from 0 to 10):

- How well do you think this questionnaire measures your individual meaning in life?
- How distressing was the questionnaire?
- How time-consuming was the questionnaire?

All students and patients who agreed to participate were able to complete the SMiLE. The time for completion was on average  $8.2 \pm 3.0$  minutes in university students and  $26.2 \pm 14.1$  minutes in palliative care patients. The instrument was neither distressing ( $1.3 \pm 1.9$ ) nor time-consuming ( $1.9 \pm 1.9$ ).

### *Reliability*

The satisfaction ratings ( $s_i$ ) had a Cronbach's alpha of 0.71, and the importance ratings ( $w_i$ ) had a Cronbach's alpha of  $\approx .49$ . Spearman's Rhos for the test-retest reliability were 0.71 for the IoS ( $p < 0.001$ ), 0.60 for the IoW ( $p < 0.001$ ) and 0.72 for the IoWS ( $p < 0.001$ ). Of the areas listed at T1, 85.6% were listed again at T2 (7 days after initial assessment).

### *Validity*

Criterion validity was tested concurrently with the Purpose in Life Test (PIL), the Self-Transcendence Scale (STS), the Idler Index of Religiosity (IIR, subscale private religiousness), and a seven-point Likert scale on global MiL satisfaction (MiL\_NRS). The mean PIL score was  $107.7 \pm 13.1$ , the MiL\_NRS  $1.7 \pm 1.2$ , the STS  $46.5 \pm 5.0$ , and the IIR  $4.2 \pm 1.5$ . No differences between two samples were found, except for the IIR, which was higher in the RCSI sample ( $4.6 \pm 1.3$  vs.  $4.0 \pm 1.5$ ;  $p < 0.001$ ).

Convergent validity was demonstrated with the Purpose in Life test ( $r = 0.48$ ,  $p < 0.001$ ), the Self-Transcendence Scale ( $r = 0.34$ ,  $p < 0.001$ ), and a general numeric rating scale on MiL ( $r = 0.53$ ,  $p < 0.001$ ).

Divergent validity was demonstrated with the Idler Index of Religiosity (IIR). There was no correlation of the SMiLE with the IIR.

In addition, a posteriori cognitive interviews were conducted with a subset of 10 students to assess how they interpret and complete the SMiLE. In this subgroup, the SMiLE was again rated as only moderately valid ( $5.6 \pm 2.5$ ; range 3-9).

Preliminary data from palliative care patients suggest that the instrument may yield new approaches in MiL assessment and outcome measurement of novel psychotherapeutic interventions in end-of-life care.

The study "Meaning in life assessed with the "Schedule for Meaning in Life Evaluation" (SMiLE): a comparison between a cancer patient and a student sample" (Stiefel et al., 2007) assessed the individual meaning in life (MiL) in a mixed sample of cancer patients with the SMiLE, evaluated the acceptability of its French version, and compared it to a student sample. Patients most often indicated areas related to relationships as providing MiL, while material things were listed less often. Since satisfaction with relevant areas was high, cancer patients reported the same level of weighted satisfaction (IoWS) as a healthy student sample, assessed with the SMiLE in a prior validation study. Patients judged the SMiLE as reflecting well their MiL, not distressing to fill in and were moderately positive with regard to its helpfulness.

In conclusion, the SMiLE might become a useful tool for research and an opener to communication between patients and clinicians about this highly relevant topic in cancer care.

### *Standardization*

The first nationwide survey on individual MiL in a randomly selected, representative sample was conducted in July 2005. 1,004 Germans were randomly selected and interviewed (inclusion rate 85.3%). 3,521 areas of MiL were listed and assigned to 13 a-posteriori categories. The mean IoS was  $81.9 \pm 15.1$ , the mean IoW was  $84.6 \pm 11.9$ , and the mean IoWS was  $82.9 \pm 14.8$ . In youth (16-19 y/o), "friends" were most important for MiL, in young adulthood (20-29 y/o) "partnership", in middle adulthood (30-39 y/o) "work", during retirement (60-69 y/o) "health" and "altruism", and in advanced age (70 y/o and more) "spirituality/religion" and "nature experience/animals".

All standardization tables are annexed.

*Area/range/scope of application/use*

The SMiLE has a wide range of application. For example, in previous studies the SMiLE was used to assess meaning in life in chronic or terminally ill patients.

Repeated measurements within subject demonstrate that the SMiLE detects response shift, defined as the redefinition or re-conceptualization of some domains as a function of contextual changes in patients' lives (Fegg, 2006).

## References

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## Appendix

### A. SMiLE – english version

#### SMiLE

##### Schedule for Meaning in Life Evaluation

The search for meaning in life is important for most people. This question comes up in different phases of life, including both happy and unhappy situations.

In the following section we would ask you to nominate those areas of life which in your opinion give meaning to your life. These areas can be characterised as those which give you "grounding" in life, and give importance to your life. In short, things "worth living for".

These areas obviously differ from person to person. Therefore, there are no "correct" or "wrong" answers to this question. The best way to answer is to be as truthful as possible and to think exactly about your individual areas. Refer to your present situation.

Please nominate 3 to 7 areas which give meaning to your life, regardless of how satisfied or unsatisfied you are with these areas at the moment. The order of your answers is not important.

Area 1: \_\_\_\_\_

Area 2: \_\_\_\_\_

Area 3: \_\_\_\_\_

Area 4: \_\_\_\_\_

Area 5: \_\_\_\_\_

Area 6: \_\_\_\_\_

Area 7: \_\_\_\_\_

Please make sure that the order of the areas in the following is identical with the numbers on the previous page. Please rate every nominated area. Refer to your present situation.

Please rate how satisfied or unsatisfied you are with each nominated area. That is, how much - positively or negatively - the area affects your total meaning in life.

How satisfied are you with ...	Very unsatisfied	In between	Very satisfied
Area 1	-3	-2	-1
Area 2	-3	-2	-1
Area 3	-3	-2	-1
Area 4	-3	-2	-1
Area 5	-3	-2	-1
Area 6	-3	-2	-1
Area 7	-3	-2	-1

Please rate how important each area is for your total meaning in life. Try to distinguish between the areas as best possible by considering all numbers.

How important is ...	Not important	Important	Very important	Extremely important
Area 1	0	1	2	3
Area 2	0	1	2	3
Area 3	0	1	2	3
Area 4	0	1	2	3
Area 5	0	1	2	3
Area 6	0	1	2	3
Area 7	0	1	2	3



## SMILE

### Schedule for Meaning in Life Evaluation

Die Frage nach dem **Sinn des Lebens** bewegt viele Menschen. In den verschiedensten Lebenssituationen stellen sich Menschen diese Frage. Dies können besondere Glücksmomente sein, aber auch leidvolle Erfahrungen.

Im folgenden interessiert uns, **was Ihrem Leben Sinn gibt**. Darunter verstehen wir Bereiche, die einem **wichtig** sind, **Halt** geben und dem Leben **Bedeutung** verleihen.

Diese Bereiche sind für jede Person unterschiedlich, es gibt daher keine „richtigen“ oder „falschen“ Antworten. Bitte beantworten Sie die Fragen einfach so offen und ehrlich wie möglich. Beziehen Sie sich auf Ihre gegenwärtige Lebenssituation.

Bitte nennen Sie 3 bis 7 Bereiche, die ihrem Leben Sinn geben, unabhängig davon wie zufrieden oder unzufrieden Sie momentan mit diesen Bereichen sind. Die Reihenfolge der Nennung spielt keine Rolle.

Bereich 1: \_\_\_\_\_

Bereich 2: \_\_\_\_\_

Bereich 3: \_\_\_\_\_

Bereich 4: \_\_\_\_\_

Bereich 5: \_\_\_\_\_

Bereich 6: \_\_\_\_\_

Bereich 7: \_\_\_\_\_

## B. SMiLE – german version

Bitte achten Sie bei den folgenden Antworten darauf, dass die Nummerierung der Bereiche mit der Reihenfolge auf der vorigen Seite übereinstimmt. Bitte bewerten Sie jeden der von Ihnen genannten Bereiche! Beziehen Sie sich in Ihrer Einschätzung auf Ihre gegenwärtige Lebenssituation.

Bitte kreuzen Sie an, wie **zufrieden bzw. unzufrieden** Sie in den einzelnen Bereichen sind, d.h. wie sehr sich der jeweilige Bereich positiv oder negativ auf Ihren Lebenssinn auswirkt.

Wie zufrieden sind Sie mit ...	Sehr unzufrieden	Weder noch	Sehr zufrieden
Bereich 1	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)
Bereich 2	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)
Bereich 3	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)
Bereich 4	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)
Bereich 5	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)
Bereich 6	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)
Bereich 7	(-3)	(-2)	(-1) (0) (+1) (+2) (+3)

Bitte kreuzen Sie an, wie **wichtig** jeder einzelne Bereich für Ihren Lebenssinn insgesamt ist. Versuchen Sie, so deutlich wie möglich zwischen den Bereichen zu unterscheiden, indem Sie alle Ziffern erwägen.

Wie wichtig ist für Sie ...	Nicht wichtig	Wichtig	Sehr wichtig	Äußerst wichtig
Bereich 1	(0)	(1) (2) (3) (4) (5) (6) (7)		
Bereich 2	(0)	(1) (2) (3) (4) (5) (6) (7)		
Bereich 3	(0)	(1) (2) (3) (4) (5) (6) (7)		
Bereich 4	(0)	(1) (2) (3) (4) (5) (6) (7)		
Bereich 5	(0)	(1) (2) (3) (4) (5) (6) (7)		
Bereich 6	(0)	(1) (2) (3) (4) (5) (6) (7)		
Bereich 7	(0)	(1) (2) (3) (4) (5) (6) (7)		

C. SMiLE – french version

SMiLE Schedule for Meaning in Life Evaluation

La question du sens de la vie concerne tout le monde. Elle se pose dans de multiples situations de vie, que ce soit dans des moments heureux ou au contraire lors de moments pénibles.

Dans la section suivante, nous nous intéressons à ce qui donne du sens à votre vie. Ce que nous entendons par là, ce sont des domaines qui sont importants pour vous, qui vous apportent de la "stabilité" qui donnent une signification particulière à votre vie. En bref, ce qui fait que la vie "vaut la peine d'être vécue".

Ces domaines diffèrent d'une personne à l'autre. Il n'y a donc pas de "bonnes" ou de "mauvaises" réponses. Répondez simplement de la manière la plus ouverte et spontanée possible. Veuillez vous référer à votre situation actuelle.

Veuillez classer 3 à 7 domaines qui donnent actuellement du sens à votre vie, indépendamment de votre degré de satisfaction actuel dans ces domaines. L'ordre de vos réponses n'est pas important.

Domaine 1: \_\_\_\_\_

Domaine 2: \_\_\_\_\_

Domaine 3: \_\_\_\_\_

Domaine 4: \_\_\_\_\_

Domaine 5: \_\_\_\_\_

Domaine 6: \_\_\_\_\_

Domaine 7: \_\_\_\_\_

Évaluez maintenant chacun des domaines que vous avez mentionnés. Rapportez-vous à votre situation actuelle. Assurez-vous que la numérotation de chaque domaine correspond bien à la page précédente.

Veuillez indiquer votre degré actuel de satisfaction pour chaque domaine.

Dans quelle mesure êtes-vous satisfait avec...	Très insatisfait		Moyennement satisfait	Très satisfait
Domaine 1	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)
Domaine 2	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)
Domaine 3	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)
Domaine 4	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)
Domaine 5	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)
Domaine 6	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)
Domaine 7	(-3)	(-2)	(-1)	(0) (+1) (+2) (+3)

Veuillez évaluer le niveau d'importance de chacun des domaines que vous avez cités à la page précédente. Cherchez à distinguer l'importance de chacun domaine et considérez toutes les options numériques.

Importance	Pas important	Important	Très important	Extrêmement important
Domaine 1	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)
Domaine 2	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)
Domaine 3	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)
Domaine 4	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)
Domaine 5	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)
Domaine 6	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)
Domaine 7	(0)	(1)	(2)	(3) (+4) (+5) (+6) (+7)



## E. SMiLE – Spanish version

### ESCALA DE EVALUACIÓN DEL SENTIDO DE LA VIDA

La búsqueda del **sentido de la vida** es importante para la mayoría de las personas. Esta cuestión se plantea en los diferentes períodos de la vida, tanto en los momentos de felicidad como de tristeza.

A continuación le pedimos que escriba aquellas áreas o aspectos de la vida que en su opinión **dan sentido o significado a su vida**. Aquellos aspectos que dan soporte o importancia a su vida. En resumen, aquellas cosas por las que considera que merece la pena vivir.

Naturalmente estas áreas o aspectos son diferentes para cada persona. Por lo tanto no hay respuestas correctas o incorrectas. Procure contestar lo más sinceramente posible y pensar exactamente en estos aspectos concretos referidos a su actual situación en la vida.

**Escriba entre 3 y 7 áreas o aspectos que dan sentido a su vida, independientemente del grado de satisfacción o insatisfacción que en ellos tenga en este momento.** No importa el orden de sus respuestas.

Área 1: \_\_\_\_\_

Área 2: \_\_\_\_\_

Área 3: \_\_\_\_\_

Área 4: \_\_\_\_\_

Área 5: \_\_\_\_\_

Área 6: \_\_\_\_\_

Área 7: \_\_\_\_\_

Asegúrese de que el orden de las áreas en las respuestas siguientes coincida con el de la página anterior. Valore cada una de las áreas según su situación actual.

Indique su **grado de satisfacción o insatisfacción** en cada aspecto o área, es decir, la intensidad con la que el significado global de su vida se ve afectado – positiva o negativamente– por cada una de estas áreas.

Qué grado de satisfacción encuentra en...	Muy insatisfecho	Regular	Muy satisfecho
Área 1	-3	-1	+1
Área 2	-3	-1	+1
Área 3	-3	-1	+1
Área 4	-3	-1	+1
Área 5	-3	-1	+1
Área 6	-3	-1	+1
Área 7	-3	-1	+1

Indique qué importancia tiene cada aspecto en el significado global de su vida. Intente **distinguir lo mejor posible** entre los diferentes aspectos, considerando todas las opciones posibles de 0 a 7.

Qué grado de importancia tiene para usted...	Nada importante	Importante	Muy importante	Extremadamente importante
Área 1	0	1	2	3
Área 2	0	1	2	3
Área 3	0	1	2	3
Área 4	0	1	2	3
Área 5	0	1	2	3
Área 6	0	1	2	3
Área 7	0	1	2	3

### ***F. SPSS Syntax: SMiLE data examination***

\*\*\* Examination if data is complete: Does „number1“ (manually entered number of areas) correspond with „number\_weight“ and „number\_satisfaction“ \*\*\*

\*\* For how many areas was weight rated? \*\*

\*\*Recoding the ratings of weight (0-7) into 1 and 0 \*\*

```
RECODE
  p1w1 p1w2 p1w3 p1w4 p1w5 p1w6 p1w7
  (0 thru 7=1) INTO p1w1ja p1w2ja p1w3ja p1w4ja p1w5ja p1w6ja p1w7ja.
EXECUTE .
```

```
RECODE
  p1w1ja p1w2ja p1w3ja p1w4ja p1w5ja p1w6ja p1w7ja
  (SYSMIS=0) .
EXECUTE .
```

\*\* number of weight ratings \*\*

```
COMPUTE number_weight = SUM(p1w1ja,p1w2ja,p1w3ja,p1w4ja,p1w5ja,p1w6ja
,p1w7ja) .
EXECUTE .
```

\*\* For how many areas was satisfaction rated? \*\*

\*\*Recoding the ratings of satisfaction (-3 to +3) into 1 and 0\*\*

```
RECODE
  p1l1 p1l2 p1l3 p1l4 p1l5 p1l6 p1l7
  (SYSMIS=0) (-3 thru 3=1) INTO p1l1ja p1l2ja p1l3ja p1l4ja p1l5ja
  p1l6ja p1l7ja .
EXECUTE .
```

\*\* number of satisfaction ratings \*\*

```
COMPUTE number_satisfaction = SUM(p1l1ja,p1l2ja,p1l3ja,p1l4ja,p1l5ja,p1l6ja
,p1l7ja) .
EXECUTE .
```

\*\*\* TEST: Compare „number1“ with „number\_weight“ and „number\_satisfaction“ \*\*\*

\* If test1\_number\_weight is 0, there is no rating of weight missing.\*

\* If test2\_number\_satisfaction is 0, there is no rating of satisfaction missing.\*

```
COMPUTE test1_number_weight = (number1 - number_weight) .
EXECUTE .
```

```
COMPUTE test2_number_satisfaction = (number1 – number_satisfaction) .  
EXECUTE .
```

**\*\*Selecting valid cases\*\***

```
USE ALL.  
COMPUTE filter_$=(number_satisfaction > 0 AND number_weight > 0).  
VARIABLE LABEL filter_$ 'number_satisfaction > 0 AND number_weight>'+  
' 0 (FILTER)'.  

```

```
VALUE LABELS filter_$ 0 'Not selected' 1 'Selected'.  
FORMAT filter_$ (f1.0).  
FILTER BY filter_$.  
EXECUTE .  
OUTPUT SAVE NAME=Dokument1  
OUTFILE='Q:\SMiLE'.
```

### **G. SPSS Syntax: SMiLE Syntax short and effective**

\*\*\* Has the respondent named a category?\*\*\*

RECODE

p1xlfamily p1xlpartner p1xlsocial p1xlwork p1xlleisure p1xlhome p1xlspir p1xlhealth  
p1xlsatisfaction p1xlfinances p1xlnature p1xlsocom p1xlhedonism p1xlculture,  
p1xlgrowth

(SYSMIS=0) (-3 thru 3=1) INTO p1xjafamily p1xjapartner p1xjasocial p1xjawork  
p1xjaleisure p1xjahome p1xjaspir p1xahealth p1xjasatisfaction p1xjafinances  
p1xjanature p1xjasocom p1xjahedonism .

EXECUTE .

\*\*\*Mean satisfaction\*\*\*

\*\* Convert satisfaction into proportional value per MiL area\*\*

RECODE

p1l1 p1l2 p1l3 p1l4 p1l5 p1l6 p1l7

(-3=0) (-2=16.66) (-1=33.33) (0=50) (1=66.66) (2=83.33) (3=100) (sysmis = sysmis)

INTO p1l1prop p1l2prop p1l3prop p1l4prop p1l5prop p1l6prop p1l7prop .

EXECUTE .

\*\* Calculation of mean satisfaction loS\*\*

COMPUTE p1ltot\_new =

Mean(p1l1prop,p1l2prop,p1l3prop,p1l4prop,p1l5prop,p1l6prop,p1l7prop) .

VARIABLE LABELS p1ltot\_new 'mean satisfaction loS'.

EXECUTE .

\*\*Calculation of mean importance loW \*\*

COMPUTE p1wtot = 100 \*

(Mean(p1w1,p1w2,p1w3,p1w4,p1w5,p1w6,p1w7,p1w8,p1w9,p1w10,p1w11,p1w12,p  
1w13,p1w14)) / 7 .

VARIABLE LABELS p1wtot 'mean importance loW'.

\*\*SMiLE Score (weighted satisfaction)\*\*\*

COMPUTE p1smile = ((SUM((p1l1prop \* p1w1),(p1l2prop \* p1w2),(p1l3prop \*  
p1w3),(p1l4prop \* p1w4),(p1l5prop \* p1w5),(p1l6prop \* p1w6),(p1l7prop \* p1w7))) /  
p1wtot) .

EXECUTE .

VARIABLE LABELS p1smile 'mean weighted satisfaction loWS'.

## H. Standardized Tables

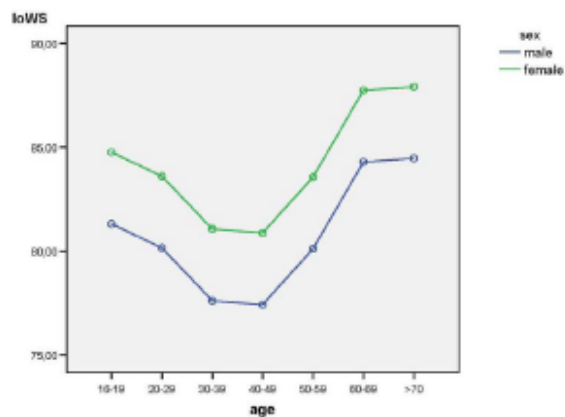
Table 1: Respondents' characteristics (n = 856).

		n	%
Age	16–19 years	51	5.9
	20–29 years	124	14.5
	30–39 years	164	19.1
	40–49 years	161	18.8
	50–59 years	119	14.0
	60–69 years	127	14.8
	70 years and above	110	12.9
Gender	Male	423	49.4
	Female	433	50.6
Marital status	Single	269	31.6
	Married	428	50.1
	Divorced/Separated	90	10.5
	Widowed	67	7.8
Education	Elementary school	205	25.4
	Secondary school	286	35.4
	High school	317	39.2
Occupational status	Employed	436	51.0
	Unemployed	420	49.0
Household net income (per month)	999 € or less	82	12.2
	1.000 – 1.999 €	231	34.4
	2.000 – 2.999 €	159	23.7
	3.000 € and more	200	29.8
Residence	Less than 5.000 inhabitants	148	17.3
	5.000 – 9.999	149	17.4
	10.000 – 49.999	241	28.1
	50.000 – 99.999	69	8.1
	100.000 and more	249	29.1

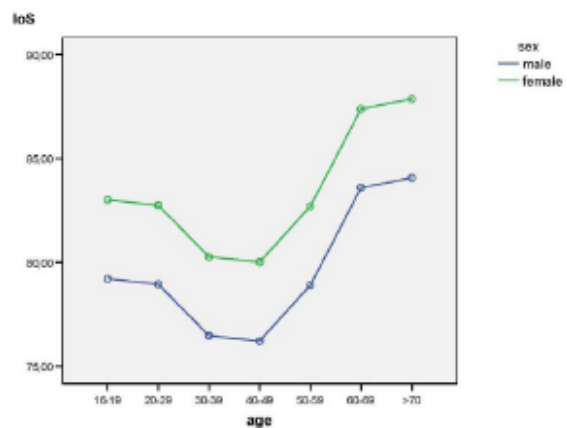
Table 2: Areas of MiL listed by the respondents (n = 856). Included are number and percentage of the listings as well as mean and standard deviation (SD) of the importance and satisfaction ratings.

			w <sub>i</sub>	s <sub>i</sub>
	n	%	Mean ± SD	Mean ± SD
Family	708	82.7	4.7 ± 0.6	2.3 ± 0.9
Work	463	54.1	3.9 ± 0.9	1.4 ± 1.6
Leisure time	350	40.9	3.5 ± 1.0	1.6 ± 1.4
Friends	340	39.7	4.3 ± 0.8	2.2 ± 1.0
Health	276	32.2	4.8 ± 0.4	1.8 ± 1.5
Partnership	233	27.2	4.7 ± 0.6	2.4 ± 1.1
Finances	124	14.5	3.6 ± 1.1	1.0 ± 1.8
Home/Garden	81	9.5	3.5 ± 1.1	2.0 ± 1.1
Spirituality	80	9.4	4.4 ± 0.9	2.4 ± 0.9
Animals/Nature	79	9.2	4.1 ± 0.9	2.3 ± 1.0
Hedonism	41	4.7	4.2 ± 0.9	1.9 ± 1.3
Altruism	39	4.6	3.8 ± 0.8	2.1 ± 0.9
Well-Being	37	4.3	4.4 ± 0.8	1.8 ± 1.3

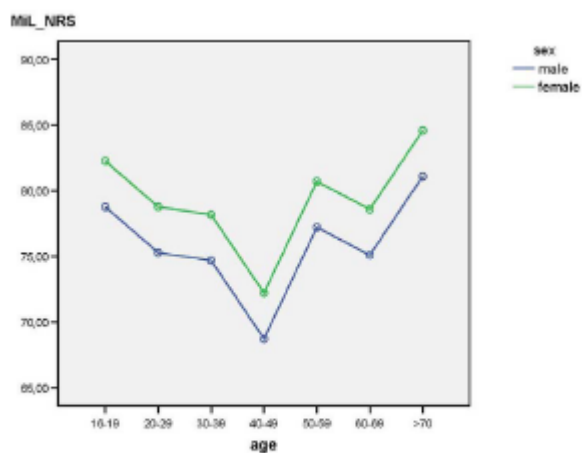




**Figure 1**  
Results of the multifactorial analysis with the effects of age and gender on loWS.



**Figure 2**  
Results of the multifactorial analysis with the effects of age and gender on loS.



**Figure 3**  
Results of the multifactorial analysis with the effects of age and gender on MiL\_NRS.