

# Contentment with Life Assessment Scale (CLAS)



This scale assesses wellbeing through measuring contentment and fulfillment, along with the self-discrepancies individuals feel towards their life. It is a brief 5-item survey with responses on a 7-point scale. Appropriate for anyone, it requires only a citation for use. Test reliability can be found in Lavalley et al. (2007).

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**Pros for Schools**

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**Cons for Schools**

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Possibly too short for a robust understanding (5-items)

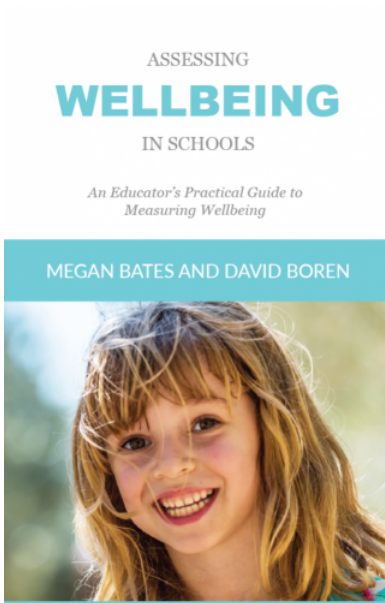
Less tested than other measures

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## Suggestions for Further Research

Lavallee, L. F., Hatch, P. M., Michalos, A. C., & McKinley, T. (2007). [Development of the contentment with life assessment scale \(CLAS\): Using daily life experiences to verify levels of self-reported life satisfaction](#). *Social Indicators Research*, 83, 201-244.

MIDSS. Contentment with Life Assessment Scale (CLAS). *Measurement Instrument Database for the Social Sciences*. [www.midss.org/content/contentment-life-assessment-scale-clas](http://www.midss.org/content/contentment-life-assessment-scale-clas)



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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