
APPENDIX 16.1: Trait Meaning in Life Measures

MEANING IN LIFE QUESTIONNAIRE: PRESENCE SUBSCALE

Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

1	2	3	4	5	6	7
Absolutely untrue	Mostly untrue	Somewhat untrue	Can't say true or false	Somewhat true	Mostly true	Absolutely true

1. I understand my life's meaning. _____
2. My life has a clear sense of purpose. _____
3. I have a good sense of what makes my life meaningful. _____
4. I have discovered a satisfying life purpose. _____
5. My life has no clear purpose.* _____

Scoring instructions:

- Reverse score Item 5.*
- Compute mean of Items 1–5.

Note. Adapted from “The Meaning in Life Questionnaire: Assessing the Presence of and Search for Meaning in Life,” by M. F. Steger, P. Frazier, S. Oishi, & M. Kaler, 2006, *Journal of Counseling Psychology*, 53(1), p. 93. (<https://doi.org/10.1037/0022-0167.53.1.80>). For more information on the Meaning of Life Questionnaire, see <https://www.michaelfsteger.com/>

MULTIDIMENSIONAL MEANING IN LIFE SCALE

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements:

1	2	3	4	5	6	7
Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree

1. My life as a whole has meaning. _____
2. My entire existence is full of meaning. _____
3. My life is meaningless.* _____
4. My existence is empty of meaning.* _____
5. I can make sense of the things that happen in my life. _____
6. Looking at my life as a whole, things seem clear to me. _____
7. I can't make sense of events in my life.* _____
8. My life feels like a sequence of unconnected events. _____
9. I have a good sense of what I am trying to accomplish in life. _____
10. I have certain life goals that compel me to keep going. _____
11. I don't know what I am trying to accomplish in life.* _____
12. I don't have compelling life goals that keep me going.* _____
13. Whether my life ever existed matters even in the grand scheme of the universe. _____
14. Even considering how big the universe is, I can say that my life matters. _____
15. My existence is not significant in the grand scheme of things.* _____
16. Given the vastness of the universe, my life does not matter.* _____

Scoring instructions:

- Reverse score Items 3, 4, 7, 11, 12, 15, 16.*
- Meaning in life judgments: Compute mean of Items 1, 2, 3, 4.
- Coherence: Compute mean of Items 5, 6, 7, 8.
- Purpose: Compute mean of Items 9, 10, 11, 12.
- Mattering/significance: Compute mean of Items 13, 14, 15, 16.

Note. Adapted from "Meaning Is About Mattering: Evaluating Coherence, Purpose, and Existential Mattering as Precursors of Meaning in Life Judgments," by V. Costin and V. L. Vignoles, 2020, *Journal of Personality and Social Psychology*, 118(4), p. 884 (<https://doi.org/10.1037/pspp0000225>). Copyright 2020 by the American Psychological Association.

APPENDIX 16.2: Sources of Meaning Measure

Below, you will see a list of things other people have mentioned that provide their lives with meaning. We would like you to think about whether these things influence your experience of meaning in life too.

After thinking about what gives your life meaning, please indicate the extent to which each of the items below influences your experience of meaning in life.

1	2	3	4	5	6	7
Not at all						Very much so

Achievements _____

Family _____

Friends _____

Happiness _____

Helping others _____

Intimacy _____

Justice/fairness _____

Personal goals _____

Personal growth _____

Religious faith _____

Self-acceptance _____

Self-worth _____

Note. You may present these items in a random order; they are presented here alphabetically.