Meaning and Purpose (Ages 18+) – Item Bank

Please respond to each question or statement by marking one box per row.

	Indicate how much you agree or disagree:	**Strongly disagree**	**Disagree**	**Neither agree nor disagree**	**Agree**	**Strongly agree**
PA050	I understand my life's meaning.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA051	My life has a clear sense of purpose	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA052	I have a good sense of what makes my life meaningful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA053	I have discovered a satisfying life purpose	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA054	My life has no clear purpose	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PA057	I generally feel that what I do in my life is valuable and worthwhile	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA058	I feel grateful for each day	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA059	My daily life is full of things that are interesting to me	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA060	There is not enough purpose in my life.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

©2006-2017 National Institutes of Health and Northwestern University

	Indicate how much you agree or disagree:	**Strongly disagree**	**Disagree**	**Neither agree nor disagree**	**Agree**	**Strongly agree**
PA061	To me, the things I do are all worthwhile .	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA062	Most of what I do seems trivial and unimportant to me	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PA063	I value my activities a lot	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA064	I don't care very much about the things I do	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PA065	I have lots of reasons for living.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
PA073	I have a reason for living.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA074	My life has been productive.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA076	My life lacks meaning and purpose.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

©2006-2017 National Institutes of Health and Northwestern University