

Meaning in Life Questionnaire

PsycTESTS Citation:

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Test Shown: Full

Test Format:

10 items on a 7-point scale (1 = absolutely untrue, 2 = mostly untrue, 3 = somewhat untrue, 4 = can't say true or false, 5 = somewhat true, 6 = mostly true, 7 = absolutely true); consists of two 5-item subscales: Presence and Search.

Source:

Steger, Michael F., Frazier, Patricia, Oishi, Shigehiro, & Kaler, Matthew (2006). The meaning in life questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*, Vol 53(1), 80-93. doi: 10.1037/0022-0167.53.1.80

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Meaning in Life Questionnaire MLQ

Items

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:

Absolutely Untrue	Mostly Untrue	Somewhat Untrue	Can't Say True or False	Somewhat True	Mostly True	Absolutely True
1	2	3	4	5	6	7

1. _____ I understand my life's meaning.
2. _____ I am looking for something that makes my life feel meaningful.
3. _____ I am always looking to find my life's purpose.
4. _____ My life has a clear sense of purpose.
5. _____ I have a good sense of what makes my life meaningful.
6. _____ I have discovered a satisfying life purpose.
7. _____ I am always searching for something that makes my life feel significant.
8. _____ I am seeking a purpose or mission for my life.
9. _____ My life has no clear purpose.
10. _____ I am searching for meaning in my life.

Presence = 1, 4, 5, 6, & 9—reverse-coded

Search = 2, 3, 7, 8, & 10