

# Appendix

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## **LIFE REGARD INDEX (LRI)<sup>1</sup>** **ADJUSTED VERSION**

Below you find 28 statements with which you can agree or disagree.  
Indicate each time the answer that best represents your opinion.

	<b>do not agree</b>	<b>no opinion</b>	<b>agree</b>	<b>notation</b>
1. I feel like I have found a really significant meaning for leading my life.	1	2	3	1FR+
2. Living is deeply fulfilling.	1	2	3	3FU+
3. I really don't have much purpose for living, even for myself.	1	2	3	2FR-
4. There honestly isn't anything that I totally want to do.	1	2	3	5FR-
5. I really feel good about my life.	1	2	3	2FU+
6. I spend most of my time doing things that really aren't important to me.	1	2	3	4FU-
7. I have really come to terms with what's important for me in my life.	1	2	3	2FR+
8. I need to find something that I can really be committed to.	1	2	3	3FR-
9. I just don't know what I really want to do with my life.	1	2	3	1FR-
10. Other people seem to have a better idea of what they want to do with their lives than I do.	1	2	3	7FR-
11. I have some aims and goals that would personally give me a great deal of satisfaction if I could accomplish them.	1	2	3	7FR+
12. I don't seem to be able to accomplish those things that are really important to me.	1	2	3	1FU-
13. I really don't believe in anything about my life very deeply.	1	2	3	6FR-
14. I have a philosophy of life that really gives my living significance.	1	2	3	6FR+
15. Other people seem to feel better about their lives than I do.	1	2	3	2FU-
16. I get completely confused when I try to understand my life.	1	2	3	4FR-

	do not agree	no opinion	agree	notation
17. Something seems to stop me from doing what I really want to do.	1	2	3	5FU-
18. I have a lot of potential that I don't normally use.	1	2	3	3FU-
19. When I look at my life I feel the satisfaction of really having worked to accomplish something.	1	2	3	7FU+
20. I have real passion in my life.	1	2	3	1FU+
21. I feel that I'm really going to attain what I want in life.	1	2	3	5FU+
22. I don't really value what I'm doing.	1	2	3	7FU-
23. I have a clear idea of what I'd like to do with my life.	1	2	3	4FR+
24. I get so excited by what I'm doing that I find new stores of energy I didn't know that I had.	1	2	3	6FU+
25. There are things that I devote all my life's energy to.	1	2	3	5FR+
26. Nothing outstanding ever seems to happen to me.	1	2	3	6FU-
27. I feel that I am living fully.	1	2	3	4FU+
28. I have a system or framework that allows me to truly understand my being alive.	1	2	3	3FR+

In our proposed adjusted LRI version we introduced three changes:

1. The order of the items was randomized to avoid possible effects of mood induction due to the subsequent presentation of seven positively or negatively phrased items. We also standardized this format to reliably compare the results obtained in all separate studies.
2. To avoid the possible effects of extreme response set, we altered the format of the original five-point scale into a three-point Likert scale.
3. In four items (4FU<sup>-</sup>; 7FR<sup>-</sup>; 4FR<sup>+</sup>; 6FU<sup>-</sup>) we deleted the expressions “very” and “much”, because the scoring of the relevant items would be flawed otherwise.

Because of the above considerations we would like to propose that future studies on meaning in life employ this standardized and adjusted LRI version, such in order to augment the comparison of the results of diverse studies.

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1 The original LRI, which was published by Battista and Almond in 1973, was designed as a 5 point-Likert scale which consists of four subsequent clusters of 7 items: 7 positive framework, 7 negative framework, 7 positive fulfilment, 7 negative fulfilment.