Factor analysis: Short-Form Psychological Well-being – Purpose in Life (Ryff, 1989)

Circle the number that best describes the degree to which you agree or disagree with each statement.

1 – Strongly disagree

2 – Disagree

3 – Disagree slightly

4 – Agree slightly

5 – Agree

6 – Strongly agree

Factor 1

1. I live one day at a time and don't really think about the future. (rs)

3. My daily activities often seem trivial and unimportant to me. (rs)

5. I used to set goals for myself, but that now seems a waste of time. (rs)

6. I enjoy making plans for the future and working to make them a reality.

Factor 2

7. I am an active person in carrying out the plans I set for myself.

8. Some people wander aimlessly through life, but I am not one of them.

4. I don't have a good sense of what it is that I am trying to accomplish in my life. (rs)

Factor 3

2. I tend to focus on the present, because the future always brings me problems. (rs)

9. I sometimes feel as if I’ve done all there is to do in life. (rs)