

Meaning in Life Questionnaire

OVERVIEW

This tool can be used to help people understand and track their perceptions about their lives. The questionnaire has two subscales that represent two dimensions of meaning in life: (1) Presence of Meaning: how much respondents feel their lives have meaning and (2) Search for Meaning: how much respondents strive to find meaning and understanding in their lives.

SUBSCALES

- **Presence of Meaning (5 items)**
 - I understand my life's meaning
 - I have discovered a satisfying life purpose
- **Search for Meaning (5 items)**
 - I am looking for something that makes my life feel meaningful
 - I have discovered a satisfying life purpose

FIND IT [HERE](#).

GOOD TO KNOW

- This questionnaire is intended for free use in research and clinical applications. Please contact Michael F. Steger prior to any such noncommercial use. This questionnaire may not be used for commercial purposes.

THEME

- Mental Health

TARGET POPULATION

- General population

LENGTH & HOW IT IS MEASURED

- 10 items
- Response scale ranges from 1 (*absolutely untrue*) to 7 (*absolutely true*)
- Self-report, paper-pencil version
- Negatively-worded items need to be reverse coded
- Available in a variety of languages, including English, French, Hebrew, Hindi, Korean, and Persian

DEVELOPER

- Steger, M. F. (2005)

PSYCHOMETRICS

RELIABILITY

- Good internal consistency ($\alpha = .84-.91$ for each subscale)

VALIDITY

- Construct validity
- Criterion validity

⊕ LEARN MORE:

- Steger, M. F., & Frazier, P. (2005). Meaning in life: One link in the chain from religion to well-being. *Journal of Counseling Psychology*, 52, 574-582.
- Steger, M. F. (2006). Development and validation of the Meaning in Life Questionnaire: A measure of eudaimonic well-being. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 66, pp. 4257.
- Steger, M. F., Frazier, P., Oishi, S., & Kaler, M. (2006). The Meaning in Life Questionnaire: Assessing the presence of and search for meaning in life. *Journal of Counseling Psychology*, 53, 80-93.
- Steger, M. F., & Shin, J. Y. (2010). The relevance of the Meaning in Life Questionnaire to therapeutic practice: A look at the initial evidence. *International Forum on Logotherapy*, 33, 95-104.
- Strack, K. M. (2007). A measure of interest to logotherapy researchers: The Meaning In Life Questionnaire. *The International Forum for Logotherapy*, 30, 109-111.

MLQ 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.

MLQ scoring:

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

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

The copyright for this questionnaire is owned by the University of Minnesota. This questionnaire is intended for free use in research and clinical applications. Please contact Michael F. Steger prior to any such noncommercial use. This questionnaire may not be used for commercial purposes.