

Purpose
Steger, Frazier, Oishi, & Kaler, 2006
Partially adapted from Scheier, Carver, & Bridges, 1994

Purpose is an important construct in the study of positive psychology, yet it remains relatively understudied. It refers to the degree to which an individual has a sense of meaning in life and a reason for living. This scale consists of three items: two from Steger et al.'s (2006) Meaning of Life Questionnaire (items 1 and 2 below) and one item from Scheier, Carver, & Bridges's (1994) Life Orientation Test (item 3 below).

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all meaning making strengths. The analysis produced a 3-item factor combining items from both scales. Internal consistencies (coefficient alphas) for the pilot and main samples were both 0.82. Validity was established in the main sample with moderate to strong correlations with other measures of meaning making strengths, such as Religious Meaning-Making ($r = .42$) and Meaning Making – Morals ($r = .45$), and with well-being measures, such as Subjective Well-Being ($r = .71$) and Post-Traumatic Growth ($r = .59$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher levels of purpose.

Citation: 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. doi: 10.1037/0022-0167.53.1.80

Partially adapted from: Scheier, M.F., Carver, C.S., & Bridges, M.W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology, 67*(6), 1063-1078.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

1. My life has a clear sense of purpose.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

2. I have a good sense of what makes my life meaningful.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1

3. Overall, I expect more good things to happen to me than bad.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2
Not true about me	1