

Purpose
Hamby, Taylor, Smith, & Blount (2018)

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, reason for living, and a sense that they can accomplish positive things. This scale consists of six items, including two from Steger et al.'s (2006) Meaning of Life Questionnaire (items 1 and 2 below) & Bridges's (1994) Life Orientation Test (item 3 below). This scale is validated for use in youth populations (ages 10 to 22).

Development and validation of measure: To establish reliability and validity for scale items in a youth sample, we conducted a study with 440 individuals from rural areas of the Southeast, recruited through word-of-mouth and local community events. Domain level factor analyses were conducted for all measures of meaning-making. All six items included in the scale loaded onto the same factor. Internal consistency (coefficient alpha) was .88, and validity was established in this sample with moderate to strong correlations between Purpose and other strengths in the meaning-making domain: Mattering ($r = .70$), Future Orientation ($r = .53$), Relational Accountability ($r = .43$), and Religious Meaning-Making ($r = .50$).

Scoring: The total score can be a sum or mean of all the items. Participant's raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicate greater sense of purpose.

Citation:

Hamby, S., Taylor, E., Smith, A., & Blount, Z. (2018). *Resilience Portfolio Questionnaire Manual: Scales for youth*. Sewanee, TN: Life Paths Research Center.

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.

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. I expect more good things to happen to me than bad.

Mostly true about me	4
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Youth measurement

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

4. My beliefs give me a sense purpose.

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

5. I feel like I could make a positive difference in the world.

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

6. My values give my life meaning.

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