PURPOSE IN LIFE TEST (PIL)

Reference:

Description of Measure:
A 20-item scale designed to measure respondents’ level of meaning and purpose in their lives. Respondents rate each item on a 7-point scale that is specifically designed for that item.

Abstracts of Selected Related Articles:

1151 Ss yielded data on a revised Purpose-In-Life Test which discriminates normal and psychiatric groups as well as groups differing in degree of normality. Frankl's conception of meaning and purpose in life was reliably and validly measured.


Constructed a Modified Purpose in Life Scale and used item analysis to validate it on a sample of 177 Oklahoma retirees and 202 Taiwan retirees. Results suggested the seven-item Modified PIL is a satisfactory measure of psychological well-being among the elderly and a valid tool for cross-national comparisons.


Counseling psychologists often work with clients to increase their well-being as well as to decrease their distress. One important aspect of well-being, highlighted particularly in humanistic theories of the counseling process, is perceived meaning in life. However, poor measurement has hampered research on meaning in life. In 3 studies, evidence is provided for the internal consistency, temporal stability, factor structure, and validity of the Meaning in Life Questionnaire (MLQ), a new 10-item measure of the presence of, and the search for, meaning in life. A multitrait–multimethod matrix demonstrates the convergent and discriminant validity of the MLQ subscales across time and informants, in comparison with 2 other meaning scales. The MLQ offers several improvements over current meaning in life measures, including no item overlap with distress measures, a stable factor structure, better discriminant validity, a briefer format, and the ability to measure the search for meaning.
Scale:

Here are some example items (the full scale will be added soon):

1.) I am usually:

   completely bored (1) ................................exuberant, enthusiastic (7)

2.) If I could choose, I would:

   prefer never to have been born (1) ...............like nine more lives just like this one (7)

3.) As I view the world in relation to my life, the world:

   completely confuses me (1) ...................... fits meaningfully with my life (7)

4.) With regard to suicide, I have:

   thought of it seriously as a way out (1) ............ never given it a second thought (7).

Scoring:

Scores are aggregated (not averaged). Thus the minimum score is 20 (lowest purpose) and the maximum score is 140 (highest purpose).