Description of Meaning in life

|  |  |
| --- | --- |
| Function | Promoting well-being, mental health, civic engagement, volunteerism |
| Relevance | Personal well-being, social well-being, social integration |
| Target | Anyone |
| Respondent | Anyone |
| Feature | 10 items in 7-point rating scale |
| Reliability | Presence subscale: .85 Search subscale: .75 |
| References | Chan, W. C. H. 2014. “Factor structure of the Chinese Version of the Meaning in Life Questionnaire in Hong Kong Chinese Caregivers.” *Health & Social Work* 39(3): 135-143. Chan, W. C. H. 2017. “Assessing meaning in life in social work practice: Validation of Meaning in Life Questionnaire among clinical samples.” *British Journal of Social Work* 47(1): 9–27.  |

Scoring of Meaning in life

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Response | Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can’t Say True or False | Somewhat True | Mostly True | Absolutely True  |
| Score for Items 1–8 and 10 | 0 | 16.7 | 33.3 | 50 | 66.7 | 83.3 | 100 |
| Score for Item 9 (Reverse -coded)  | 100 | 83.3 | 66.7 | 50 | 33.3 | 16.7 | 0 |

Meaning presence

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation |
| 30-70 | Some concern for promotion |
| 0-30 | Great concern for promotion |

Meaning search

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Great concern for help |
| 30-70 | Some concern for help |
| 0-30 | Appreciation |