

Introduction and consent

Welcome to our study on the experience of meaning in life. We want to see how people experience their lives as having or not having meaning. The study will consist of two brief questionnaires. You will be shown several sets of statements about how you feel at the present moment. You will have to specify to what extent you agree or disagree with them. **There are no right or wrong answers; we would simply like to know what you think. Also, don't spend too long on any one item; often, the first answer that comes to mind is the best.**

Your participation is voluntary and you are free to withdraw from the study at any time without giving an explanation. All data we collect from you will be treated as confidential and will only be accessed by the research team. You can withdraw your data from the study at any point before data analysis has commenced (to do so, you will need to quote your Unique ID, generated on the next page). At the end of the study, you will be debriefed and the aims and purposes of our research will be fully explained.

The results of the study will be written up for my PhD thesis and for academic papers that may be submitted for publication. No identifiable information will be used in the write-up.

This study has been approved by the Sciences & Technology Cross-Schools Research Ethics Committee (crecscitec@sussex.ac.uk). The project reference number is ER/VC69/5. The University of Sussex has insurance in place to cover its legal liabilities in respect of this study.

By ticking the box below and clicking next, you acknowledge that you are over 16, have read and understood the information above, and consent to take part.

☐ I agree

Screening questions

Your age:

How would you describe your level of English?

- ☐ Native
- ☐ Fluent
- ☐ Working proficiency
- ☐ Basic proficiency

Exclusion

Unfortunately, you are not eligible to take part in this study. Thank you for your time!

If you have any further questions or concerns about the study, please contact Vlad Costin at v.costin@sussex.ac.uk

PANAS

Please rate to what extent you feel in each of the following ways **at the present moment**:

	Very slightly or not at all	A little	Moderately	Quite a bit	Very much
Attentive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guilty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ashamed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Distressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jittery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hostile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Afraid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Upset	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excited	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Determined	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inspired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Meaning in life

Using the scale, please indicate your feelings **at the present moment** by selecting how much you agree with the following statements:

	Fully disagree	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	Fully agree
My life as a whole has meaning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life is meaningless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that there is no meaning in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life is meaningful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My entire existence is full of meaning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My existence is empty of meaning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Purpose in life

Using the scale, please indicate your feelings **at the present moment** by selecting how much you agree with the following statements:

	Fully disagree	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree	Fully agree
My direction in life is motivating to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always have a series of goals to pursue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have aims in my life that are worth striving for.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have goals in life that are very important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My current life course is not motivating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a sense of direction and purpose in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life has no purpose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My goals don't seem connected to one another	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know what I am trying to accomplish in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have overarching goals that guide me in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel like I am wandering aimlessly through life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have certain life goals that compel me to keep going.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a good sense of what I am trying to accomplish in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have compelling life goals that keep me going.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel like I am following a path in life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sense of coherence

Using the scale, please indicate your feelings **at the present moment** by selecting how much you agree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I often feel that I can predict what is going to happen next.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can see how my decisions are influenced by my previous experiences.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can see a connection between past, present and future events in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I struggle to find common themes that tie my experiences together.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can make sense of the things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

that happen in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't understand how my past decisions have led to where I am now.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what my life is about.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life makes sense.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Looking at my life as a whole, things seem clear to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that events in my life follow a certain order.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't understand what my life is about.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My experiences tend to have common themes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel that my life is chaotic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see past, present and future events in my life as disconnected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can't make sense of events in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life feels like a sequence of unconnected events.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Significance

Using the scale, please indicate your feelings **at the present moment** by selecting how much you agree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
My life is inherently valuable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even a thousand years from now, it would still matter whether I existed or not.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whether my life ever existed matters even in the grand scheme of the universe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am certain that my life is of importance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Even considering how big the universe is, I can say that my life matters.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is nothing special about my existence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My existence is not significant in the grand scheme of things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Given the vastness of the universe, my life does not matter.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My life has no objective value.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sense of control

Using the scale, please indicate your feelings **at the present moment** by selecting how much you agree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
The events in my life are mainly determined by my own actions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What I do has very little effect on what happens to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am not in control of most things that occur in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I am free to make my choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel constrained by things outside of my control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have complete control over my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Self-worth (self-liking)

The statements below describe ways in which you might feel about yourself. Please indicate how you see yourself **at the present moment** by selecting how much you agree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I never doubt my personal self-worth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am secure in my sense of self-worth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to devalue myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a negative attitude towards myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not have enough respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very comfortable with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel great about who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is sometimes unpleasant for me to think about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sense of belongingness

The statements below describe ways in which you might feel about yourself. Please indicate how you see yourself **at the present moment** by selecting how much you agree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
My experiences are very different from those who are usually around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't feel that I participate with anyone or any group.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel a sense of togetherness with my peers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel accepted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel included.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel that I fit in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like an outsider.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel rejected by others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have many experiences in common with those around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel excluded.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Connectedness with others

Below are seven diagrams that express varying degrees of relatedness or connectedness with some other other people. For each of the people listed below, indicate which diagram best expresses your relationship with that person.

The relationship between you and your family members.

Self

Other

1

☐

Self

Other

2

☐

Self

Other

3

☐

Self

Other

4

☐

Self

Other

5

☐

The relationship between you and your close friends.

Self

Other

1

☐

Self

Other

2

☐

Self

Other

3

☐

Self

Other

4

☐

Self

Other

5

☐

The relationship between you and the person with whom you feel closest.

Self

Other

1

☐

Self

Other

2

☐

Self

Other

3

☐

Self

Other

4

☐

Self

Other

5

☐

Self-competence

The statements below describe ways in which you might feel about yourself. Please indicate how you see yourself **at the present moment** by selecting how much you agree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I sometimes fail to fulfil my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am very talented.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am almost always able to accomplish what I try for.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sometimes deal poorly with challenges.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I were more skillful in my activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am highly effective at the things I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I perform very well at many things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At times, I find it difficult to achieve the things that are important to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FAD-Plus

For each statement below, indicate how much you agree or disagree.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
No one can predict what will happen in this world.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychologists and psychiatrists will eventually figure out all human behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Childhood environment will determine your success as an adult.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whatever will be, will be – there's not much you can do about it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What happens to people is a matter of chance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life is hard to predict because it is almost totally random.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your genes determine your future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whether people like it or not, mysterious forces seem to move their lives.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life seems unpredictable - just like throwing dice or flipping a coin.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People have complete free will.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People must take full responsibility for any bad choices they make.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Criminals are totally responsible for the bad things they do.

☐☐☐☐☐☐☐

People are unpredictable.

☐☐☐☐☐☐☐

As with other animals, human behavior always follows the laws of nature.

☐☐☐☐☐☐☐

People are always at fault for their bad behavior.

☐☐☐☐☐☐☐

No matter how hard you try, you can't change your destiny.

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I believe that the future has already been determined by fate.

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Luck plays a big role in people's lives.

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Fate already has a plan for everyone.

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People have complete control over the decisions they make.

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People can overcome any obstacles if they truly want to.

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People's futures cannot be predicted.

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Strength of mind can always overcome the body's desires.

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Parents' character will determine the character of their children.

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Chance events seem to be the major cause of human history.

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People's biological makeup determines their talents and personality.

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Science has shown how your past environment created your current intelligence and personality.

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Government and control

For each statement below, indicate how much you agree or disagree.

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
In general, my country's political system operates as it should	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most policies serve the greater good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, I'm satisfied with the way things are in my country.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Religion and control; religious orientation

Thinking about your religious and spiritual beliefs, as well as your conception of God, please use the following response scales to answer the questions below.

To what extent do you think it is feasible that God, or some type of nonhuman entity, is in control, at least in part, of the events within our universe?

Very doubtful Very likely

☐ ☐ ☐ ☐ ☐ ☐ ☐

To what extent do you think that the events that occur in this world unfold according to God's, or some type of nonhuman entity's, plan?

Very doubtful Very likely

☐ ☐ ☐ ☐ ☐ ☐ ☐

How often do you attend religious services and activities?

- ☐ never
- ☐ 1-2 times a year
- ☐ 2-6 times a year
- ☐ 7-11 times a year
- ☐ 1-3 times a month
- ☐ at least once a month

How often do you pray or meditate outside of religious services?

- ☐ never
- ☐ 1-11 times a year
- ☐ about once a month
- ☐ about once a week
- ☐ about once a day
- ☐ several times daily

In general, how religious do you consider yourself?

- ☐ not at all religious
- ☐ slightly religious
- ☐ moderately religious
- ☐ very religious
- ☐ extremely religious

In general, how spiritual do you consider yourself?

- ☐ not at all spiritual
- ☐ slightly spiritual
- ☐ moderately spiritual
- ☐ very spiritual
- ☐ extremely spiritual

How much does religion influence th way you act in everyday life?

- ☐ Not at all
- ☐ Slightly
- ☐ Moderately
- ☐ Very
- ☐ Extremely

Demographics

Your gender:

- ☐ Male
- ☐ Female
- ☐ Other (please specify)

Your relationship status:

- ☐ not in a relationship
- ☐ married
- ☐ separated
- ☐ in a committed relationship
- ☐ divorced
- ☐ widowed
- ☐ other (please specify)

Country of birth

Country of residence

What is your ethnic group?

What is your highest educational qualification?

Are you currently pursuing a University degree (Undergraduate, Masters, PhD etc.)?

☐ Yes

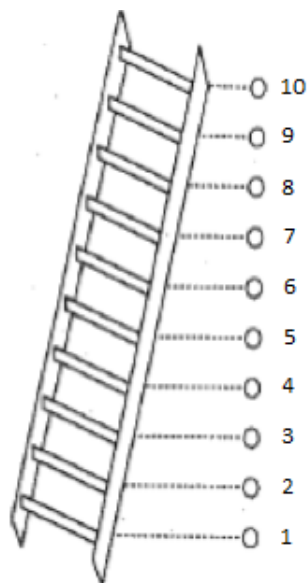
☐ No

If you have answered 'Yes' to the previous question, please specify your course:

Your employment status:

Your current or former occupation:

Think of this ladder as representing where people stand in Britain. At the top of the ladder are people who are the best off, those who have the most money, most education, and best jobs. At the bottom are those who have the least money, least education, and worst jobs or no job.



Please select the number of the rung that best represents where you think you stand on the ladder.

Compared to other people in this country, how would you describe your (or your family's) level of financial wealth? If you are in full-time education, please indicate your parent's or legal guardian's level of financial wealth.

Very poor Moderately poor Below average wealth Average wealth Above average wealth Moderately rich Very rich

☐ ☐ ☐ ☐ ☐ ☐ ☐

Which one of the following best describes the place where you are currently living?

- ☐ City/large town
- ☐ Smaller/average town
- ☐ Village/rural

Which one of the following best describes the place where you grew up?

- ☐ City/large town
- ☐ Smaller/average town
- ☐ Village/rural

Do you belong to a religion?

- ☐ No, I do not belong to any religion
- ☐ Yes, Christian (Please specify the denomination in the box below)
-
- ☐ Yes, Jewish (Please specify the denomination in the box below)
-

- ☐ Yes, Muslim (Please specify the denomination in the box below)
- ☐ Yes, Hindu (Please specify the denomination in the box below)
- ☐ Yes, Buddhist (Please specify the denomination in the box below)
- ☐ Yes, other (please specify)

Thanks

Thank you for your valuable participation!

We would like to collect some more data at three future time points: one month from now, two months from now and three months from now. These questionnaires will be significantly shorter than this one. It would be very useful for our research if we can collect these measures from you at these future time points.

Please indicate whether we can contact you for future studies.

- ☐ Yes, I am happy to be contacted
- ☐ No

Unique ID

Please complete the information below. We need to be able to match your responses on the different parts of the study while protecting your anonymity.

In case you do not know one of those information, please put ZERO. Please enter all the letters in CAPITALS.

- The third letter of your first name
- The day in the month which you were born (e.g. 21)
- The first letter of your mother's first name
- The day in the month which your mother was born (e.g. 15)
- The first letter of your father's first name

Email

Please click [here](#) to provide your e-mail address in a separate survey. This will ensure that the data you just submitted cannot be linked to your personal email address, thus ensuring your anonymity.

https://universityofsussex.eu.qualtrics.com/SE/?SID=SV_5nJT8YgYOZnLzVP

Debrief

Thank you for your time!

This study had several aims:

- a) To develop a measure of significance (i.e. the sense that one's life has value), coherence (i.e. sense that one's life is orderly and predictable) and purpose (i.e. a central life aim), and see whether they emerge as meaningful subcomponents of meaning. Also, we wanted to test whether they are related to self-reported meaning in life judgements.
- b) To see whether sense of control (the feeling that we control important outcomes), self-esteem (the perception that we are worthy and valuable) and sense of belongingness (the sense that we belong and are connected to others around us) all predict perceptions of meaning in life, and whether they differentially predict the three subcomponents.
- c) Because we ran the study at three different time points (each one about 2 weeks apart), we can trace different meaning trajectories and determine which of our predictors affect meaning scores across time.

If you have any further questions or concerns about the study, please contact Vlad Costin at v.costin@sussex.ac.uk