

## Introduction and consent

### Meaning in life study PART III

Welcome to **PART 3 (out of 3)** of our study on the experience of meaning in life. We want to see how people experience their lives as having or not having meaning across time. You will be shown several sets of statements about how you feel at the present moment. You will be asked 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.**

Please remember that credits will be awarded upon completion of the final questionnaire (Part III). Each of the 3 parts will be sent for completion a month apart from each other. Part I takes around 20-30 minutes. Part II and Part III take 10 minutes each.

### Giving consent

We remind you that 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. At the end of the study, you will be debriefed and the aims and purposes of our research will be fully explained.

By ticking the box below you acknowledge this and consent to proceed with the study

☐ I agree

## Unique Code

### UNIQUE CODE

Please complete the information below. We need to be able to match your responses at the different time points 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

In order to contact you for Part 2 and Part 3 of the study, please click on the link below to provide your email address anonymously. This will open another survey in a new tab. **Please return to this tab when you've finished providing your email address.**

[https://universityofsussex.eu.qualtrics.com/SE/?SID=SV\\_5yuZFd2fthA857f](https://universityofsussex.eu.qualtrics.com/SE/?SID=SV_5yuZFd2fthA857f)

## 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
Alert	<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"/>
Attentive	<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"/>
Nervous	<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"/>
Determined	<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"/>
Active	<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"/>

You have completed 10% of the questionnaire.

## Meaning in life

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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"/>
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"/>
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"/>
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"/>

You have completed 20% of the questionnaire.

## Purpose in life

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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"/>
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"/>
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"/>
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"/>

You have completed 30% of the questionnaire.

### Sense of coherence

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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"/>
I can make sense of the things 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 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"/>
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"/>

You have completed 40% of the questionnaire.

### Significance

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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"/>
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"/>
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"/>

Given the vastness of the universe, my life does not matter.



You have completed 50% of the questionnaire.

### Sense of control

Using the scale, please indicate your current feelings by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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 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"/>
There is not much opportunity for me to decide for myself how to do things in my daily life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I generally feel free to express my ideas and opinions.	<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 pressured in my life to act in a certain way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>
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"/>

You have completed 60% of the questionnaire.

### Self-worth (self-liking)

The statements below describe ways in which you might feel about yourself. Please indicate how you currently see yourself by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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"/>
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"/>

You have completed 80% of the questionnaire.

### Self-competence

The statements below describe ways in which you might feel about yourself. Please indicate how you currently see yourself by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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 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 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 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"/>
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"/>
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"/>

You have completed 90% of the questionnaire.

### Sense of belongingness

The statements below describe ways in which you might feel about yourself. Please indicate how you currently see yourself by selecting how much you agree or disagree with the following statements:

	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
I feel excluded.	<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 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 included.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

You have completed 95% of the questionnaire.

### Name

IMPORTANT: If you would like to receive research credits for participation in this study, please provide your name using the link below. This will be stored separately from the rest of your data so that your responses will remain anonymous.

[Click here to type your name](#)

After providing your name, click next for end of study and debrief information

## Debrief

This has been the final part of our study. Thank you for your time!  
Your credits will be awarded shortly after submitting this response.

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 dimensions of meaning. Also, we wanted to test how 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 mentioned above.
- c) See how different belief systems (political orientation, religion etc.) influence perceptions of meaning in life through the other components of meaning.
- d) Because we ran the study at three different time points (each one a month apart), we can trace different meaning trajectories and determine which of our predictors affect meaning scores across time

In the event that the study has raised any distressing issues, we encourage you to seek help from a friend, family member, doctor, counsellor, support group, or other source that you see as appropriate.

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