

## Introduction and consent

### Meaning in life study PART I

Welcome to **PART 1 (out of 2)** 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 statements about how you feel at the present moment and 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.

**Invitations to Part 2 will be sent 4 weeks from completing Part I.**

Part 1 takes approximately 4 minutes and Part 2 takes approximately 3 minutes.

### Giving consent

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.

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/VC69/9. 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 18, have read and understood the information above, and consent to take part.

☐ I agree

## Prolific Academic ID

Please enter your Prolific ID. *This can be found at the top of this webpage or when going to your account info.*

## 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.

The second letter of your first name (USE UPPER CASE)

The last 4 digit of your mobile phone number (e.g. if your number is 0123456789, then write 6789)

## Meaning in life

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

			Neither			
			agree			
Strongly		Somewhat	nor	Somewhat		Strongly
disagree	Disagree	disagree	disagree	agree	Agree	agree

My life is meaningless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly agree
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"/>

## 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
Please select somewhat agree	<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"/>
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 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 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"/>

## 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
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	disagree	Disagree	disagree	disagree	agree	Agree	agree
	Strongly		Somewhat	Neither	Somewhat		Strongly
	disagree	Disagree	disagree	agree	agree	Agree	agree
I can make sense of the things that happen in my life.	<input checked="" 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"/>
Please select disagree	<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 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"/>

## Sense of significance

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

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

☐ Strongly disagree ☐ Disagree ☐ Somewhat disagree ☒ Neither agree nor disagree ☐ Somewhat agree ☐ Agree ☐ Strongly agree

## Demographics

How often do you think about whether your life is meaningful/meaningless?

☐ Never ☐ Very rarely ☐ Rarely ☐ Sometimes ☐ Frequently ☐ Very frequently ☐ Always

In political matters, people talk of "the left" and "the right." How would you place your views on this scale, generally speaking?

Left ☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0 Centre ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Right

Your gender:

- ☐ Male  
☐ Female  
☐ Other (please specify)

Your age

Your sexual orientation:

- ☐ Heterosexual or straight  
☐ Gay or lesbian  
☐ Bisexual  
☐ Other

Your relationship status:

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

Your nationality

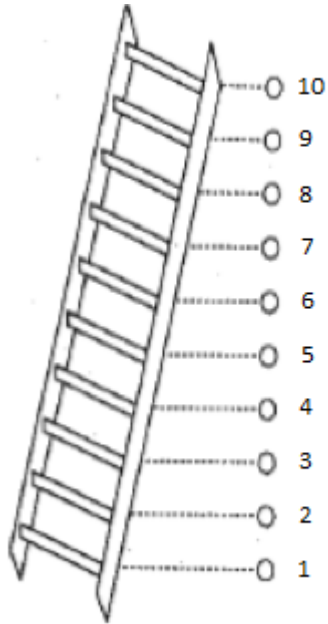
What is your ethnic group?

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:

Think of this ladder as representing where people stand in your country. 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 your 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

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)

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