

Meaning in Life Questionnaire (MLQ)

Category: Wellbeing | Items: 10 | Time: ~2-3 min

Description / When to Use

10-item measure assessing presence of meaning and search for meaning in life.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. I understand my life's meaning.
2. I am looking for something that makes my life feel meaningful.
3. I am always looking to find my life's purpose.
4. My life has a clear sense of purpose.
5. I have a good sense of what makes my life meaningful.
6. I have discovered a satisfying life purpose.
7. I am always searching for something that makes my life feel significant.
8. I am seeking a purpose or mission for my life.
9. My life has no clear purpose.
10. I am searching for meaning in my life.

Scoring Guide

Score according to instrument-specific rules. See original publication.

Cutoff Interpretation

Score Range	Severity	Recommended Action
5–20	Low presence of meaning	Consider meaning-focused intervention
21–28	Moderate presence of meaning	Monitor
29–35	High presence of meaning	Maintain

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

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Disclaimer: Two 5-item subscales scored 1-7 (absolutely untrue to absolutely true). Presence of Meaning (items 1, 4, 5, 6, 9) and Search for Meaning (items 2, 3, 7, 8, 10). Item 9 is reverse-coded. Each subscale ranges 5-35.