EVQ

Existential Vacuum Questionnaire (EVQ)

The EVQ assesses the feeling of existential vacuum, a core concept in Viktor Frankl's logotherapy. It examines aspects of a lack of meaning, interest, or purpose in life. This tool identifies the degree to which a person feels a lack of direction or meaning, thus providing an indication of existential difficulties that may require psychotherapeutic intervention.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	Existential Vacuum Questionnaire
Target audience	Adolescents and adults
Authors	Marie Jahoda, Alfried Längle (1986)
Category	Depression

Scoring & interpretation

Each item is rated on a Likert scale (for example, from 1 = not at all to 5 = completely). The overall score reflects the intensity of the existential vacuum: the higher the score, the stronger the feeling of emptiness. Cutoffs are proposed to identify low, moderate, or high levels of existential vacuum.