MLQ

Meaning in Life Questionnaire (MLQ)

The MLQ is a self-report questionnaire that measures two essential dimensions of meaning in life: Presence of Meaning (the extent to which a person perceives their life as meaningful) and Search for Meaning (the extent to which a person is actively searching for meaning in their life). It is widely used in positive psychology, counseling and research on well-being.

Number of questions	10 questions
Estimated duration	5 minutes
Language	English
Original name	Meaning in Life Questionnaire
Target audience	Adults, adolescents
Authors	Michael F. Steger, Patricia Frazier, Shigehiro Oishi, Matthew Kaler (2006)
Category	General

Preview of the 10 questions

I understand my life's meaning.

Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say True or False | Somewhat True | Mostly True | Absolutely True

I am looking for something that makes my life feel meaningful.

Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say True or False | Somewhat True | Mostly True | Absolutely True

I am always looking to find my life's purpose.

Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say True or False | Somewhat True | Mostly True | Absolutely True

My life has a clear sense of purpose.

Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say True or False | Somewhat True | Mostly True | Absolutely True

I have a good sense of what makes my life meaningful.

Absolutely Untrue | Mostly Untrue | Somewhat Untrue | Can't Say True or False | Somewhat True | Mostly True | Absolutely True

Scoring & interpretation

Each item is rated on a 7-point Likert scale (1 = absolutely untrue to 7 = absolutely true). Scores fall into two distinct subscales: Presence (odd-numbered items) and Search (even-numbered items) for meaning in life. The score for each subscale is obtained by adding up the corresponding responses. Higher scores indicate a greater presence of or search for meaning.