

Claremont Purpose Scale¹

A Measure that Assesses the Three Dimensions of Purpose among Adolescents: Meaningfulness, Goals, and Beyond-the-Self

Bronk, K. C., Riches, B., Mangan, S. (under review, 2017). *Claremont Purpose Scale: A new measure that assesses all three dimensions of purpose.* This manuscript introduces the Claremont Purpose Scale, which is the first survey measure to assess all three components of purpose, including goal orientation, personal meaningfulness, and a commitment to aims beyond the self. Psychometric properties of the measure are discussed in detail.

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Instructions: Indicate your answers by selecting a-e.

1. How clear is your sense of purpose in your life?

- a. Not at all clear.
- b. A little bit clear.
- c. Somewhat clear.
- d. Quite clear.
- e. Extremely clear.

2. How well do you understand what gives your life meaning?

- a. Do not understand at all.
- b. Understand a little bit.
- c. Understand somewhat.
- d. Understand quite well.
- e. Understand extremely well.

3. How confident are you that you have discovered a satisfying purpose for your life?

- a. Not at all confident.
- b. Slightly confident.
- c. Somewhat confident.
- d. Quite confident.
- e. Extremely confident.

4. How clearly do you understand what it is that makes your life feel worthwhile? [Goal orientation]

- a. Not at all clearly.
- b. A little bit clearly.
- c. Somewhat clearly.
- d. Quite clearly.
- e. Extremely clearly.

5. How hard are you working to make your long-term aims a reality?

- a. Not at all hard.
- b. Slightly hard.
- c. Somewhat hard.
- d. Quite hard.
- e. Extremely hard.

6. How much effort are you putting into making your goals a reality?

- a. Almost no effort.
- b. A little bit of effort.
- c. Some effort.
- d. Quite a bit of effort.
- e. A tremendous amount of effort.

7. How engaged are you in carrying out the plans that you set for yourself?

- a. Not at all engaged.
- b. Slightly engaged.
- c. Somewhat engaged.
- d. Quite engaged.
- e. Extremely engaged.

8. What portion of your daily activities move you closer to your long-term aims? [Beyond-the-self dimension]

- a. None of my daily activities.
- b. A few of my daily activities.
- c. Some of my daily activities.
- d. Most of my daily activities.
- e. All of my daily activities.

9. How often do you hope to leave the world better than you found it?

- a. Almost never.
- b. Once in a while.
- c. Sometimes.
- d. Frequently.
- e. Almost all the time.

10. How often do you find yourself hoping that you will make a meaningful contribution to the broader world?

- a. Almost never.
- b. Once in a while.
- c. Sometimes.
- d. Frequently.
- e. Almost all the time.

11. How important is it for you to make the world a better place in some way?

- a. Not at all important.
- b. Slightly important.
- c. Somewhat important.
- d. Quite important.
- e. Extremely important.

12. How often do you hope that the work that you do positively influences others?

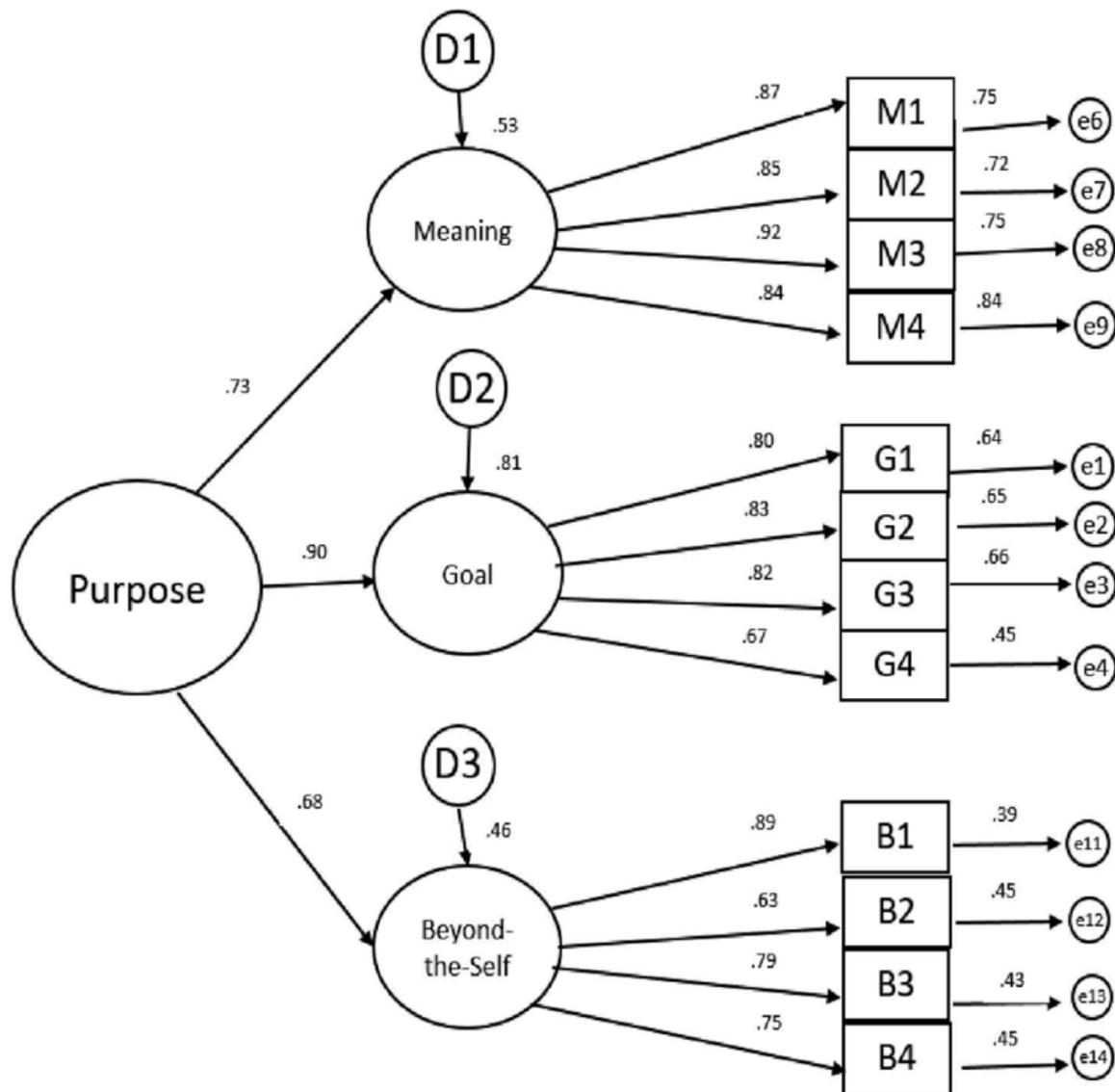
- a. Almost never.
- b. Once in a while.
- c. Sometimes.
- d. Frequently.
- e. Almost all the time.

Scoring:

CLAREMONT PURPOSE SCALE: MEASURING THE THREE DIMENSIONS OF PURPOSE AMONG ADOLESCENT

FIGURE A1 Final confirmatory factor analysis model with standardized regression weights. **Note.** All paths are significant at $< .001$. M1, M2, M3, M4 = Meaning survey items #1-4; G1, G2, G3, G4 = Goal-directedness survey items #1-4; B1, B2, B3, B4 = Beyond the-self survey items #1-4.

The “D”s refer to standard error terms in structural equation modeling.



¹ Cotton Bronk, Kendall & R. Riches, Brian & A. Mangan, Susan. (2018). Claremont Purpose Scale: A Measure that Assesses the Three Dimensions of Purpose among Adolescents. *Research in Human Development*. 1-17. 10.1080/15427609.2018.1441577.

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