

Instrument name	Description	Sample question
Personal Meaning Profile (PMP; Wong 1998)	57 items, 7-point Likert response format; 7 dimensions including achievement, relationships, religion, self-transcendence, self-acceptance, intimacy, and fair treatment	"I am enthusiastic about what I do." (1) <i>not at all</i> —(7) <i>a great deal</i>
Sense of Meaning Profile (SOMP; Reker 1988; Prager 1996)	16 items, 7-point Likert response format; assesses source and degree of meaning	"Leaving a legacy for the next generation"—(1) <i>not at all important</i> —(7) <i>very important</i>
<i>Interview measures</i>		
Life Story Interview (McAdams 2008)	Semi-structured interview protocol that guides the participant through a telling of his or her life story, complete with chapters, characters, and themes. Includes a section on life projects	"A life project is something that you have been working on and plan to work on in the future chapters of your life story. The project might involve your family or your work life, or it might be a hobby, avocation, or pastime. Please describe any project that you are currently working on or plan to work on in the future. Tell me what the project is, how you got involved in the project or will get involved in the project, how the project might develop, and why you think this project is important for you and/or for other people."
Revised Youth Purpose Interview Protocol (Andrews et al. 2006)	Semi-structured interview protocol that probes the goals that matter most, the depth of commitment to these aims, the reasons behind these aims, and activity/plans for working toward them	"What are some of the things that really matter to you? Imagine you're 40 years of age, what will you be doing? What will be important to you? Why?"