

Meaning in Life Scale

Life Today

Directions: The statements below concern the possible impact of your cancer on your life. Indicate how much you agree or disagree with the statements about you and your life at this time.

1	2	3	4	5	6
Strongly Disagree	Moderately Disagree	Disagree	Agree	Moderately Agree	Strongly Agree

1. As a result of my cancer diagnosis and treatment, I am more fulfilled and satisfied with life.
2. As a result of my cancer diagnosis and treatment, life has less meaning.
3. As a result of my cancer diagnosis and treatment, I have a greater sense of well being about the direction in which my life is headed.
4. As a result of my cancer diagnosis and treatment, I do not value life as much as I did before.
5. As a result of my cancer diagnosis and treatment, I enjoy less in life.
6. As a result of my cancer diagnosis and treatment, I am more settled about my future.
7. As a result of my cancer diagnosis and treatment, life is a more positive experience.
8. As a result of my cancer diagnosis and treatment, I get completely confused when I try to understand my life.
9. As a result of my cancer diagnosis and treatment, I feel better about my future.
10. As a result of my cancer diagnosis and treatment, I don't know who I am, where I came from, or where I am going.

11. As a result of my cancer diagnosis and treatment, I have found new and more worthwhile goals.
12. As a result of my cancer diagnosis and treatment, life is full of conflict and unhappiness.
13. As a result of my cancer diagnosis and treatment, I have learned more about myself as a person.
14. As a result of my cancer diagnosis and treatment, I spend most of my time doing things that are not really important to me.

Directions: Please indicate how true each statement has been for you during the past 7 days.

0	1	2	3	4
Not at all	A little bit	Somewhat	Quite a bit	Very much

15. I have trouble feeling peace of mind.
16. I find strength in my faith or spiritual beliefs.
17. I feel a sense of harmony within myself.
18. I am able to reach deep down into myself for comfort.
19. I find comfort in my faith or spiritual beliefs.
20. I feel peaceful.
21. My illness has strengthened my faith or spiritual beliefs.