

AI-04493 Purpose in Life PIL Test

What are Frankl Purpose in Life Psychometric PIL test. List first (just list) and then follow with explanations.

Here is the layout and items of the **Purpose in Life (PIL) Test**, developed by Crumbaugh and Maholick (1964) based on Viktor Frankl's logotherapy, followed by an explanation of how the assessment functions.

Part I: The 20 Test Items

Each item is scored on a **7-point Likert scale** anchored by two opposing statements.

1. **I am usually:** (1 = *Completely bored* — 7 = *Exuberant, enthusiastic*)
2. **Life to me seems:** (1 = *Completely routine* — 7 = *Always exciting*)
3. **In life I have:** (1 = *No goals or aims at all* — 7 = *Very clear goals and aims*)
4. **My personal existence is:** (1 = *Utterly meaningless, without purpose* — 7 = *Very purposeful and meaningful*)
5. **Every day is:** (1 = *Exactly the same* — 7 = *Constantly new and different*)
6. **If I could choose, I would:** (1 = *Prefer never to have been born* — 7 = *Like nine more lives just like this one*)
7. **After retirement, I would:** (1 = *Do nothing for the rest of my life* — 7 = *Do some of the exciting things I've always wanted to do*)
8. **In achieving life goals, I have:** (1 = *Made no progress whatever* — 7 = *Progressed to complete fulfillment*)
9. **My life is:** (1 = *Empty, filled only with despair* — 7 = *Running over with exciting good things*)
10. **If I should die today, I would feel that my life has been:** (1 = *Completely worthless* — 7 = *Very worthwhile*)

1. **In thinking in terms of my life, I:** (1 = Often wonder why I exist — 7 = Always see a reason for being here)
2. **As I view the world in relation to my life, the world:** (1 = Completely confuses me — 7 = Fits meaningfully with my life)
3. **I am a:** (1 = Very irresponsible person — 7 = Very responsible person)
4. **Concerning man's freedom to make his own choices, I believe man is:** (1 = Completely bound by limitations of environment and heredity — 7 = Absolutely free to make all life choices)
5. **With regard to death, I am:** (1 = Unprepared and frightened — 7 = Prepared and not afraid)
6. **With regard to suicide, I have:** (1 = Thought of it seriously as a way out — 7 = Never given it a second thought)
7. **I regard my ability to find a meaning, purpose, or mission in life as:** (1 = Practically zero — 7 = Very great)
8. **My life is:** (1 = Out of my hands and controlled by external factors — 7 = In my hands and I am in control of it)
9. **Facing my daily tasks is:** (1 = A painful and boring experience — 7 = A source of pleasure and satisfaction)
10. **I have discovered:** (1 = No mission or purpose in life — 7 = Clear goals and a satisfying life purpose)

Explanation & Clinical Framework

The Purpose in Life (PIL) test was designed specifically to measure **existential fulfillment versus existential vacuum**, operationalizing Viktor Frankl's concepts from *Man's Search for Meaning*.

Scoring Structure

- **Score Range:** 20 to 140 points.
- **Higher Scores (113–140):** Indicate a strong, clear sense of life purpose and meaning (existential fulfillment).
- **Mid-Range Scores (92–112):** Indicate an indefinite or undecided sense of purpose.
- **Lower Scores (20–91):** Indicate significant lack of purpose, suggesting an "existential vacuum" or potential *noögenic neurosis* (frustration originating from a lack of meaning).

Key Dimensions Measured

While the PIL yields a single total score, factor analyses reveal three underlying themes aligned with Frankl's logotherapy:

1. **Sense of Meaning & Value (Items 1, 2, 4, 9, 10, 11):** Assesses whether life feels intrinsically valuable, vibrant, and worth living versus routine, empty, or despairing.
2. **Freedom and Responsibility (Items 13, 14, 18):** Reflects Frankl's view that humans retain internal freedom and personal agency regardless of environmental conditions or external constraints.
3. **Goal Directedness & Future Orientation (Items 3, 7, 8, 17, 20):** Evaluates the presence of actionable targets, a concrete mission, and active movement toward fulfillment.

Additional Parts (Qualitative)

Though Part I (the 20 items above) is the quantitative engine of the test, the full assessment includes two additional sections used in clinical settings:

- **Part II (Sentence Completion):** 13 open-ended prompts (e.g., "*My worst fault is...*", "*To me, life is...*") designed to elicit qualitative insights into specific sources of meaning or distress.
- **Part III (Direct Narrative):** A short free-response essay describing the respondent's personal life goals, ambitions, and accomplishments.