

APPENDIX A

A comprehensive list of sources of meaning and value descriptions.

Table A1. Sources of meaning: Reviewed previous studies on sources of meaning, since 1980.

Publication	Sources of meaning	Sample
Bar-Tur et al. (2001)	Family and Communal Values / Materialistic Concerns /Autonomy and independence / Interpersonal relationships / Communal activities /Attainment of tranquility/Self-development and leisure / Family relationships / Leisure activities with others / Being with animals / Good relationships with spouse	Young to old adults (Jews and Arabs)
Baum & Stewart (1990)	Work / Love and Marriage / Births of Children / Independent Pursuits / Accidents, Illnesses - Death / Separations-Divorces / Major Purchases	Young and older adults
Debats (1999)	Relationship / Family, Partner / Lover / Friends / Combinations (of relationships) / Lifework / Personal well-being (appreciation of life) / Health / Self-actualisation, (tangible and intangible goals / talents) / Service, Beliefs (religious / spiritual, social/ political) / Materiality / Future - hope	Young adults
DeVogler & Ebersole (1980)	Relationships / Service / Growth / Belief / Existential-Hedonistic / Obtaining / Expression / Understanding	College students
DeVogler & Ebersole (1983)	Relationships / Activities / Health / Obtaining / School / Appearance / Belief / Growth / Service / Pleasure / Miscellaneous	Adolescents
Ebersole & DeVogler (1981)	Relationships / Belief / Health / Growth / Life work / Service / Understanding / Pleasure / Expression / Obtaining / Miscellaneous	Adults
Ebersole & Depaola (1987)	Relationships / Service / Belief / Obtaining / Growth / Health / Life Work / Pleasure / Appearance /Activities / School / Miscellaneous	Adolescents
Fegg et al. (2008)	Family / Work / Studying / Friends / Partner / Leisure time / Religiosity / Health / Animals / Nature / Finances / Well-being / Hedonism / Altruism / Home (garden)	University students
Lambert et al. (2010)	Happiness / Friends / Family / Religious faith / Achievements / Self-acceptance / Personal growth / Self-worth / Justice-fairness / Personal goals / Intimacy / Helping others	Undergraduate students
Reker (1996)	Engaging in personal relationships with family and friends, Feeling financially secure, Preserving human values and ideals, Meeting basic everyday needs, Participation in leisure activities / Interest in human rights (humanistic concerns) / Being of service to others / Leaving a legacy for the next generation / Preserving culture and tradition / Taking part in creative activities / Experiencing personal growth / Participating in hedonistic activities / Interest in social causes / Being acknowledged for personal achievements / Acquiring material possessions in order to enjoy the good life / Taking part in religious activities	Older adults
Reker & Guppy (1988)	Personal relationships / Altruism / Religious activities / Creative activities / Personal growth / Meeting basic needs / Pleasurable-leisure activities / Personal achievement / Legacy / Enduring values or ideals / Traditions and culture / Social-political causes	Adults
O'Connor & Chamberlain (1996)	Relationship with People / Creativity / Religious-Spiritual / Personal Development / Social-Political / Relationships with Nature	Mid-life adults
Schnell (2009)	Self-transcendence (Vertical: Explicit religiosity / Spirituality - Horizontal: Social commitment / Unison with nature / Self-knowledge / health / generativity) / Self-actualization (Challenge / Individualism / Power / Development / Achievement / Freedom / Knowledge / Creativity) Order (Tradition / Practicality / Morality / Reason) / Well-being / Relatedness (Community / Fun / Love / Comfort / Care / Attentiveness / Harmony)	Adolescents and older adults (German)
Steger et al. (2013)	Hobby - Leisure / Relationships / Pets / Possessions / Everyday necessities / Religion / Education / Technology / Organization-Activities / Physical environment / Occupation - work / Nature / Values / Future aspirations / Self-love, Love / Trust / Heritage / Honesty / Family traditions / Memories	Undergraduate students
Unknown study	Supporting my children / Helping my mum / Love / Giving food to homeless people / Swimming / My career / Trust / My child growing up / Gardening / Walking / Going to church / My partner.	Convenient sample

Note: List includes only studies that used unique sources of meaning

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Steger, M. F., Shim, Y., Rush, B. R., Brueske, L. A., Shin, J. Y., & Merriman, L. A. (2013). The mind's eye: A photographic method for understanding meaning in people's lives. *The Journal of Positive Psychology, 8* (6), 530-542.
 Unknown study, 2016: The study was conducted by students.

Table A2. Sources of meaning: Generated a total of 106 sources of meaning from the literature, including the 12 items from our study.

1. Accidents - Illnesses^a
2. Achievement^a
3. Animals^a / Pets^c
4. Appearance^a
5. Appreciation^c
6. Awe^a
7. Birth^a
8. Care^a
9. Challenge^b
10. Community^a
11. Connection^b
12. Creativity^b
13. Death^a
14. Education^a / Knowledge^c / School^c / Studying^c
15. Fair treatment^b / Justice^b / Fairness^b
16. Faith^b / Religion^b / Belief^b / Going to Church^b
17. Family^a / Bringing up children^c
18. Flow^a
19. Freedom^b / Autonomy^b
20. Friends^a
21. Generativity^b
22. Gratitude^b
23. Hedonistic activities^a / Leisure^b / Fun^b / Indulgence^b
24. Helping others^a / Service^b / Altruism^b / Generosity^c / Humanistic concerns^b / Food to homeless^b
25. Hobbies^a / Activities^c / Swimming^c
26. Home^a
27. Inspiration^b
28. Legacy^b
29. Life changing^b
30. Life satisfaction^b
31. Love^b
32. Marriage^a
33. Mindfulness^a
34. Money^a / Finances^b
35. Nature^a / Gardening^c
36. Necessities^a / Comfort^c
37. Novelty^b
38. Partner^a
39. Peace^a / Safety^b / Harmony^b
40. Personal goals^b / Purpose^a / Independent Pursuits^b / Future aspirations^b
41. Personal growth^b / Reaching personal potential^b / Self^b
42. Physical Environment^a
43. Pleasure^a / Happiness^b / Feel good^b
44. Possessions^a / Major Purchases^c / Obtaining^c
45. Power^b
46. Quality time^a
47. Reflection^a
48. Relationships^a / Restoring a relationship^c
49. Responsibility^b
50. Savoring^a
51. Self-awareness^b / Self-acceptance^b
52. Self-care^b
53. Self-worth^b
54. Separation^a / Divorce^c
55. Societal-political^a
56. Spirituality^a / Self-transcendence^b
57. Support^b / Helping members of the family (child, parent)^c
58. Synchronicity^a
59. Technology^a
60. Tradition^b
61. Validation^b
62. Well-being^a / Health^b
63. Work^a / Occupation^c / Career^c

Note: ^a = semantically unique item, ^b = items similar to single values, ^c = items not semantically unique.

Table A3. Step 3: Definitions of the semantically unique sources of meaning (35).

1. **Accidents – Illnesses:** experiencing an unexpected and undesirable event that resulted in poor health, harm, injury, damage or loss.
2. **Animals:** caring for an animal that you keep as a companion or come to contact with.
3. **Appearance:** being concerned with the outward impression of yourself or others.
4. **Awe:** feeling amazed or being overwhelmed with wonder.
5. **Birth:** experiencing the birth of a child in your family or otherwise.
6. **Care:** giving your full attention to someone or something else than yourself.
7. **Community:** being involved in a group that shares common characteristics or interests.
8. **Death:** losing someone important or someone you were close to.
9. **Education:** becoming familiar with facts, truths or principles through study or investigation.
10. **Family:** people you are related to or feel close to, like parents or children whether you live together or not.

11. **Flow:** losing sense of time while doing something smoothly and effortlessly.
 12. **Friends:** people you are emotionally attached to or are associated with.
 13. **Hedonistic activities:** things that you find intensely pleasurable
 14. **Helping others:** being kind and generous to others, having selfless concerns for others.
 15. **Hobbies:** activities you do in your free time
 16. **Home:** the place in which you live or your affections are centred.
 17. **Marriage:** being legally bound to your partner and having a family with them.
 18. **Mindfulness:** focusing your full attention in the present moment experiencing thoughts, feelings and sensations without judging
 19. **Money:** experiencing financial comfort or lack of.
 20. **Nature:** enjoying the elements of the natural world or feeling connected to them.
 21. **Necessities:** having everything that is needed for your survival and basic needs.
 22. **Partner:** someone you share a romantic relationship with or have a common purpose.
 23. **Personal goals:** dreaming about the future and making plans.
 24. **Physical Environment:** a location that you occupy, visit or use for a specific purpose.
 25. **Possessions:** acquiring material objects, making major purchases.
 26. **Quality time:** spending time with others or self, giving your undivided attention.
 27. **Reflection:** being able to reflect on your experiences while knowing your character, feelings, motives and desires.
 28. **Relationships:** experiences involving people you feel connected to and have a special bond with.
 29. **Savoring:** experiencing things with all your full attention
 30. **Separation:** the ending or interruption of a relationship.
 31. **Societal-political:** things that relate to the wider society to the government or public affairs.
 32. **Synchronicity:** experiencing a coincidence of events.
 33. **Technology:** using a computer, phone etc. as tools of everyday life
 34. **Well-being:** experiencing a good state of being with soundness of body and mind.
 35. **Work:** exercising your skills and knowledge as a means of earning a living.
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Table A4. The 10 basic value domains (Schwartz, 1992; 2012) and the 57 individual values contained in each domain.

1. **Self-Direction:** Creativity / curious / freedom / choosing own goals / independent / private life
 2. **Stimulation :** Daring / a varied life / an exciting life
 3. **Hedonism:** Pleasure / enjoying life / self-indulgent
 4. **Achievement:** Successful / capable / ambitious / influential / intelligent / self-respect
 5. **Power:** Social power / authority / wealth / preserving my public image / social recognition
 6. **Security:** Clean / national security / social order / family security / reciprocation of favors / healthy / sense of belonging
 7. **Conformity:** Politeness / honoring parents and elders / obedient / self-discipline
 8. **Tradition:** Devout / accepting portion in life / humble / moderate / respect for tradition
 9. **Benevolence:** Helpful / honest / forgiving / loyal / responsible / true friendship / a spiritual life / mature love / meaning in life
 10. **Universalism:** Protecting the environment / a world of beauty / unity with nature/ broad-minded / social justice / wisdom / equality / a world at peace / inner harmony
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Table A5. Descriptions of the 10 basic values based on the single values they represent.

- Self-Direction:** Experiences that enhanced your independent thought and action and contained elements such as: creativity, freedom (autonomy), purpose, personal growth, responsibility, self-acceptance, self-awareness, self-care, self-worth and validation.
- Stimulation:** Experiences that gave you a sense of excitement and contained elements such as: novelty, challenge, inspiration, life changing and self-transcendence.
- Hedonism:** Experiences that gave you a sense of sensuous gratification and contained elements such as: happiness, fun, leisure, pleasure, feel good, indulgence and life satisfaction.
- Achievement:** Experiences that gave you a sense of personal success and contained elements of: reaching personal potential and legacy.
- Power:** Experiences that enhanced your social status and prestige and gave you a sense of power, control and dominance over people or resources.
- Security:** Experiences that enhanced (or threatened) your sense of safety and stability and contained elements such as: connection, comfort, intimacy, harmony, understanding, self, well-being.
- Conformity:** Experiences that restrain your actions, inclinations, and impulses like: obedient, self-discipline, politeness, honoring parents and elders.
- Tradition:** Experiences that enhance your sense of respect, commitment, and acceptance of the customs and ideas of your culture and contain elements such as religion and belief.
- Benevolence:** Experiences that preserve and enhance the welfare of those you are in touch with and contain the elements of: altruism, appreciation, generosity, gratitude, love, service and support.
- Universalism:** Experiences that enhance your understanding, appreciation, tolerance, and protection of the welfare of others and of nature and contain the elements such as: justice, fairness, humanistic concern, peace and spirituality.
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