

**KRPOCH SCIENTIFIC RESEARCH INSTITUTE**



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# **Value of Life Questionnaire**

**Methodical Manual**



Kharkiv Regional Public Organization “Culture of Health”  
KRPOCH Scientific Research Institute  
KRPOCH Social Psychological Center

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Methodical Manual

Kharkiv  
“KRPOCH”  
2026

UDC 159.9.07:124(072)

DOI <https://doi.org/10.26697/sri.krpoch/melnyk.stadnik.1.2026>

M 48

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*Recommended*

by the Academic Council of the KRPOCH Scientific Research Institute  
(Protocol No. 1 of 10.08.2025)

*Approved*

by the Academic Methodological Council  
of the KRPOCH Scientific Research Institute  
(Protocol No. 1 of 10.08.2025)

**M 48** Melnyk, Y. B., & Stadnik, A. V. (2026). *Value of Life Questionnaire*. KRPOCH. <https://doi.org/10.26697/sri.krpoch/melnyk.stadnik.1.2026>

The manual entitled “Value of Life Questionnaire” provides a detailed explanation of the 12-item questionnaire. It provides an overview of the research methodology, including the criteria, scoring system, levels and indicators. It also provides instructions for the questionnaire, along with a form and statistical software to enable the results to be processed quickly and conveniently. References to similar studies are provided, along with examples and a link to the website with the developed Google Forms. The manual can be used by psychologists and social workers for its intended purpose of assessing the mental state of individuals of different age groups.

**UDC 159.9.07:124(072)**

The edition is available in international databases and repositories: Crossref, Google Scholar, EndNote Click, Scilit, Zenodo, Internet Archive, etc.

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## Value of Life Questionnaire

### INTRODUCTION

The methodical manual entitled “Value of Life Questionnaire” provides a detailed explanation of the 12-item Questionnaire. The manual contains information that provides an insight into the methodology of personality assessment, particularly with regard to how a person views the value of their own life.

The Value of Life Questionnaire (VLQ-12) is a diagnostic toolkit that can be used for its intended purpose and as an auxiliary tool for diagnosing the mental state of an individual. The questionnaire can be used to study persons of different age groups. It is particularly valuable during periods of life crises and in extreme circumstances, when a person’s priorities in life or their attitude towards the value of their own life may change.

The VLQ-12 questionnaire comprises 12 items, which are rated on a scale proposed by the authors. This scale has three negative responses: “Strongly disagree”, “Disagree” and “Somewhat disagree”, as well as three positive responses: “Somewhat agree”, “Agree” and “Strongly agree”.

#### **Criteria of the VLQ-12**

A complex of internal and external factors influences how a person views the value of their own life. We believe that it is appropriate to identify several key groups among these factors, which will form the basis of the criteria we have defined.

The questionnaire includes four criteria: individual characteristics, personal experience, social environment, and cultural-historical context.

Three statements have been formulated for each criterion that reflect the level at which the indicators of the value of life are manifested. This count is minimal, but it is both sufficient and necessary for investigating how a person views the value of their own life (Table 1).

These criteria should primarily be considered in conjunction with one another. Low indicators for a specific criterion do not constitute grounds for considering this to be a deviation from the norm. Further verification using specialised research methods is required for this.

Table 1. Grouping Questions According to Criteria of the Value of Life

Criteria	Questions		
Individual characteristics	1	5	9
Personal experience	2	6	10
Social environment	3	7	11
Cultural-historical context	4	8	12

### Calculating the VLQ-12 Score

Each statement is scored on the following scale: 1 point – strongly disagree; 2 points – disagree; 3 points – somewhat disagree; 4 points – somewhat agree; 5 points – agree; 6 points – strongly agree.

The total score is calculated by taking the correction coefficient into account.

For negative responses (strongly disagree, disagree, or somewhat disagree), a correction coefficient of 1 is applied.

For positive responses (somewhat agree, agree, or strongly agree), a correction coefficient of 2 is applied.

Therefore, a single statement can receive a score ranging from 1 to 12 points.

The total possible score across all statements ranges from 12 to 144 points.

### Levels and Indicators of the VLQ-12

The level (degree) of manifestation of the indicators of the value of life is determined by the number of points scored, and there are four levels:

- minimal;
- moderate;
- average;
- high.

The interpretation of the quality-of-life indicators in accordance with the specified levels is set out in Table 2.

## Value of Life Questionnaire

*Table 2. Levels of Manifestation and Interpretation of Indicators of the Value of Life*

Points	Levels of Manifestation	Interpreting the Indicators of the Value of Life
12 – 36	Minimal	<p>There are significant abnormalities in psychophysical parameters. Adapting to new circumstances can lead to a deterioration in health. Low self-esteem. There is also a lack of firm life principles and personal values. Relationships within the family and with relatives may be conflictual or hostile. There may be a complete refusal to communicate. Friendships are usually formed ad hoc or ignored altogether. When interacting with colleagues, a person often provokes conflict. There is a lack of national identity and no interest in religion or spiritual values. Culture and the arts are ignored.</p> <p>There is a lack of regard for one's own health and life. As a result of rash or impulsive actions, a person may put themselves in danger.</p>
37 – 77	Moderate	<p>There are minor abnormalities in psychophysical indicators. Adapting to new circumstances usually takes considerable time and effort. Life views and personal values are shaped by the social environment and are therefore situational. Family and social relationships are strained, and minor conflicts sometimes arise. The social circle is limited and there are few friends. When dealing with colleagues, there is a sense of detachment, mistrust and competition, with personal motives and interests taking precedence over social goals. There is a general indifference towards the achievements of national culture and religion. Their attitude towards art is shaped by fashion or the views of others.</p> <p>There is a lack of regard for the value of one's own health and life. A person may be put at risk as a result of misinformation and actions instigated by outsiders.</p>

78 – 118	Average	<p>Psychophysical indicators are within normal limits. There is good adaptation to new circumstances. A person's life outlook and personal values are shaped by their upbringing and education. Relationships within the family and with other relatives are neutral or positive. Socialising with friends is regular and provides a sense of support. Interactions with colleagues are predominantly professional and characterised by tact and respect for the chain of command. There is an interest in the achievements of national culture and religion. Visits theatres and museums from time to time and takes an interest in the arts. Cares about their personal health and values their own life. Strives to maintain good health, avoid danger, and anticipate and eliminate potential threats to their life.</p>
119 – 144	High	<p>Psychophysical indicators are functioning at a high level. Adaptation to new circumstances occurs rapidly and stimulates improvements in other indicators. Life outlooks and personal values are shaped by education, personal knowledge and experience, as well as scientific and cultural achievements. Relationships within the family and with relatives are friendly, with mutual support and assistance. Communication with friends is regular and characterised by support and a sense of community. Relationships with colleagues are predominantly friendly and characterised by the collective resolution of institutional problems in order to achieve socially significant goals. National cultural heritage forms an integral part of an individual's worldview. Shows an interest in various religious doctrines. Regularly visits theatres and museums, and is well-versed in the arts.</p> <p>Individual health and life are the highest values. The system looks after people's health. It provides the best conditions for maintaining and developing physical, mental, social and spiritual health.</p>

## Value of Life Questionnaire

This manual is intended for use by psychologists, doctors and social workers in assessing individuals' mental state.

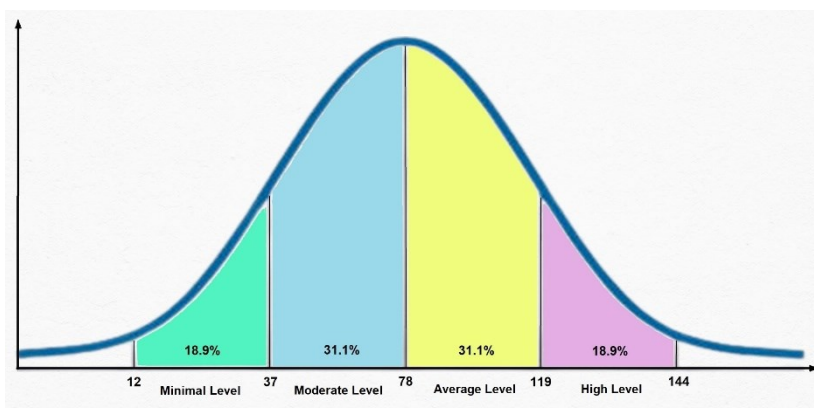
Before the diagnostics begin, the client should carefully read the instructions and complete the response form (Table 3) themselves.

As the questionnaire is based on self-reporting by the client, the psychologist or doctor must check that the form has been completed correctly and that all the answers are present.

The final result is determined by how well the respondent understood the questionnaire and any other relevant information provided by the client. During individual or group diagnosis, the psychologist should avoid providing additional explanations or personal interpretations of statements.

The ranges of the manifestation levels correspond to a normal distribution curve (Figure 1), enabling different datasets to be compared.

*Figure 1. Ranges of Manifestation Levels of Indicators of the Value of Life*



The VLQ-12 levels and indicators were compared with those of numerous other personality assessment measures, all of which relate to how a person views the value of their own life in some way.

This methodics can be used remotely with the help of technical equipment. Studies conducted by the authors (Melnyk et al., 2024; Melnyk & Stadnik, 2026; Mykhaylyshyn et al., 2024; Pypenko et al., 2023, 2025; Stadnik et al., 2022, 2023, 2025) have demonstrated the effectiveness of Google Forms (<https://doi.org/10.26697/sri.research-projects>) and IBM SPSS Statistics 31 software for mathematical data processing.

**Benefits of the VLQ-12**

1. Its short and simple format means clients can complete it themselves.
2. It can be used in several ways, either by the respondent themselves or by a psychologist.
3. It facilitates the diagnosis of psychological personality disorders.
4. It assesses the severity of symptoms based on one's perception of the value or devaluation of one's own life.
5. It has high validity and standardisation.

The questionnaire can be used in clinical and research settings, by psychologists and social workers to do research on the mental state of individuals.

## Value of Life Questionnaire

### INSTRUCTION

This survey is being conducted to explore your views on the value of life. It is voluntary and anonymous.

The questionnaire contains 12 statements and 6 response options regarding the extent to which the thoughts, feelings or actions described below apply to you.

Read each statement carefully, then choose the option (A, B, C, D, E or F) that best reflects your thoughts, feelings or actions.

Three of the responses to the statement indicate disagreement: “Strongly disagree”, “Disagree” and “Somewhat disagree”, while the other three responses indicate agreement: “Somewhat agree”, “Agree” and “Strongly agree”.

Select only one answer option for each statement and mark it on the response form. Make sure you answer all the statements without missing any.

Thank you for your time and answers!

### Questionnaire

1. My temperament and character help me adapt quickly to new circumstances.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

2. My upbringing and education have shaped my outlooks on life (on good and evil).

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

3. Family traditions and rules have shaped my views on life's priorities, morality, and duty.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

4. National traditions and values have helped shape my personal life values.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

5. I always manage to follow good hygiene practices and do my physical exercise.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

6. My experiencing crises and creative highs has helped me define my life goals.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

## Value of Life Questionnaire

7. My family and friends are always there to support me when times get tough; they boost my confidence and make my life happier.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

8. Spiritual values and/or religious beliefs provide me with clear guidance in life.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

9. To me, a sense of security and stability in life is more important than risk and novelty.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

10. My life's successes and setbacks have led me to re-evaluate and/or shape my personal values.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

11. My colleagues and acquaintances often help me with my professional activities and achieving socially significant goals.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

12. The arts and culture play an important role in my life.

A – Strongly disagree;

B – Disagree;

C – Somewhat disagree;

D – Somewhat agree;

E – Agree;

F – Strongly agree.

*Table 3. Response Form*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>

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*Навчальне видання*

## **Опитувальник цінності життя**

**Методичний посібник**  
(Англ. мовою)

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**DOI:** <https://doi.org/10.26697/sri.krpoeh/melnyk.stadnik.1.2026>



Видається в авторській редакції  
Відповідальний випусковий: Ю. Б. Мельник  
Комп'ютерне складання та верстання: А. В. Стаднік  
Дизайн обкладинки: І. С. Пипенко

Формат 60x84/16  
Гарн. "Times". Папір для мн. ап. Друк цифровий.  
Ум. друк. арк. 0,93. Зам. № 2-18  
Тираж 100 пр.

Науково-дослідний інститут ХОГОКЗ  
<https://institute.culturehealth.org>

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Харківська обласна громадська організація "Культура Здоров'я"  
Україна, 61105, м. Харків, пров. Щедрика, 6/6.  
Emails: [CultureHealth@ukr.net](mailto:CultureHealth@ukr.net); [KOSOCH@gmail.com](mailto:KOSOCH@gmail.com)  
<https://doi.org/10.26697/publisher>; T/F: +38 057 775 75 23  
Свідоцтво про державну реєстрацію видавництва  
ДК № 4387 від 10.08.2012



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**The manual entitled “Value of Life Questionnaire” provides a detailed explanation of the 12-item questionnaire. It provides an overview of the research methodology, including the criteria, scoring system, levels and indicators. It also provides instructions for the questionnaire, along with a form and statistical software to enable the results to be processed quickly and conveniently. References to similar studies are provided, along with examples and a link to the website with the developed Google Forms. The manual can be used by psychologists and social workers for its intended purpose of assessing the mental state of individuals of different age groups.**

**DOI: 10.26697**



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