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Psychometric Properties of the *Purpose-In-Life Test* and Age-related Differences among Women Diagnosed with Eating Disorders

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Abstract

The aim of this study was to analyze the psychometric properties of the *Purpose-In-Life Test* (PIL), as well as the age-related differences in meaning in life in women diagnosed with eating disorders. Participants were 250 Spanish women diagnosed with eating disorders who ranged from 12 to 60 years old. Confirmatory Factor Analysis, descriptive analyses, estimation of the internal consistency of the PIL, correlations between the PIL and the *Beck Hopelessness Scale* (BHS), *Overweight Preoccupation Scale* (OPS), and *Body Investment Scale* (BIS), and age differences were calculated. A 19-item model that showed a good fit and internal consistency, a negative correlation between the PIL and both the BHS and OPS, and a positive correlation with the BIS, as well as significant differences between the adolescents and the mature adults, were found. It would be advisable to increase the inclusion of meaning in life in psychotherapeutic interventions with women diagnosed with eating disorders.

Keywords: meaning in life; psychopathology; confirmatory factor analysis; internal consistency; hopelessness; overweight preoccupation; body investment.

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