**S1.** *Measures of well-being or well-being synonyms that were included as indicators of well-being in the meta-analysis*

| **General Well-being** | **Need Satisfaction** | **Positive Affect** | **Life Satisfaction** | **Self-esteem** | **Purpose and Meaning in Life** |
| --- | --- | --- | --- | --- | --- |
| Ryff (1989) Scales of Well-being | General Needs Satisfaction Scale (Gagné, 2003) | Happiness Measure (Fordyce, 1988) | Satisfaction With Life Scale (Diener et al., 1985) | Rosenberg Self-esteem Scale (Rosenberg, 1979) | Meaning in life (Rahe & Tolles, 2002) |
| Keyes (2006) Well-being scales | Basic Needs Satisfaction in General Scale (Johnston & Finney, 2010) | Positive Affect Scale (Watson et al., 1988) | Engaged Living Scale (Trompetter et al., 2013) | Multi-dimensional Self-esteem Inventory (O'Brien & Epstein, 1988) | Life Meaning Subscale from the Brief Stress and Coping Inventory (Konkolÿ Thege et al., 2008) |
| World Health Organization (ten) Well-being Index (Bech et al., 1996) | Basic Psychological Need Satisfaction Scale (Chen et al., 2015) | Time happy (Fordyce, 1988) | Multidimensional Students’ Life Satisfaction Scale (Huebner & Gilman, 2002) |  | Meaning in Life Questionnaire (Steger et al., 2006) |
| Index of Self-Actualization (Jones & Crandall, 1986) | Basic Needs Satisfaction in General (Deci et al., 2001) | Positive Affect (Emmons, 1991) | Temporal Satisfaction With Life Scale (Pavot et al., 1998) |  | Purpose in Life Test (Crumbaugh & Maholick, 1981) |
| Oxford Happiness Inventory (Argyle et al., 1989) | Balanced Measure of Psychological Needs Scale (Sheldon & Hilpert, 2012) | Affect Valence (Diener & Emmons, 1984) |  |  |  |
| Subjective General Well-being (Gombás, 2015) | General Need Satisfaction Scale (Ilardi et al., 1993) | Positive Affect (Diener & Emmons, 1984) |  |  |  |
| Subjective Vitality Scale (Ryan & Frederick, 1997) |  | Scale of Positive Experiences (Diener et al., 2010) |  |  |  |
| Berne Subjective Well-being Questionnaire (Grob, 1995) |  | International Positive Affect Schedule Short Form (Thompson, 2007) |  |  |  |
| Short Depression-Happiness Scale (Joseph et al., 2004) |  |  |  |  |  |
| Subjective Well-being Inventory (Nagpal & Sell, 1992) |  |  |  |  |  |
| Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) |  |  |  |  |  |
| Eudaimonic Well-being Questionnaire (Waterman et al., 2010) |  |  |  |  |  |
| Index of Well-being (Mei et al., 2015) |  |  |  |  |  |

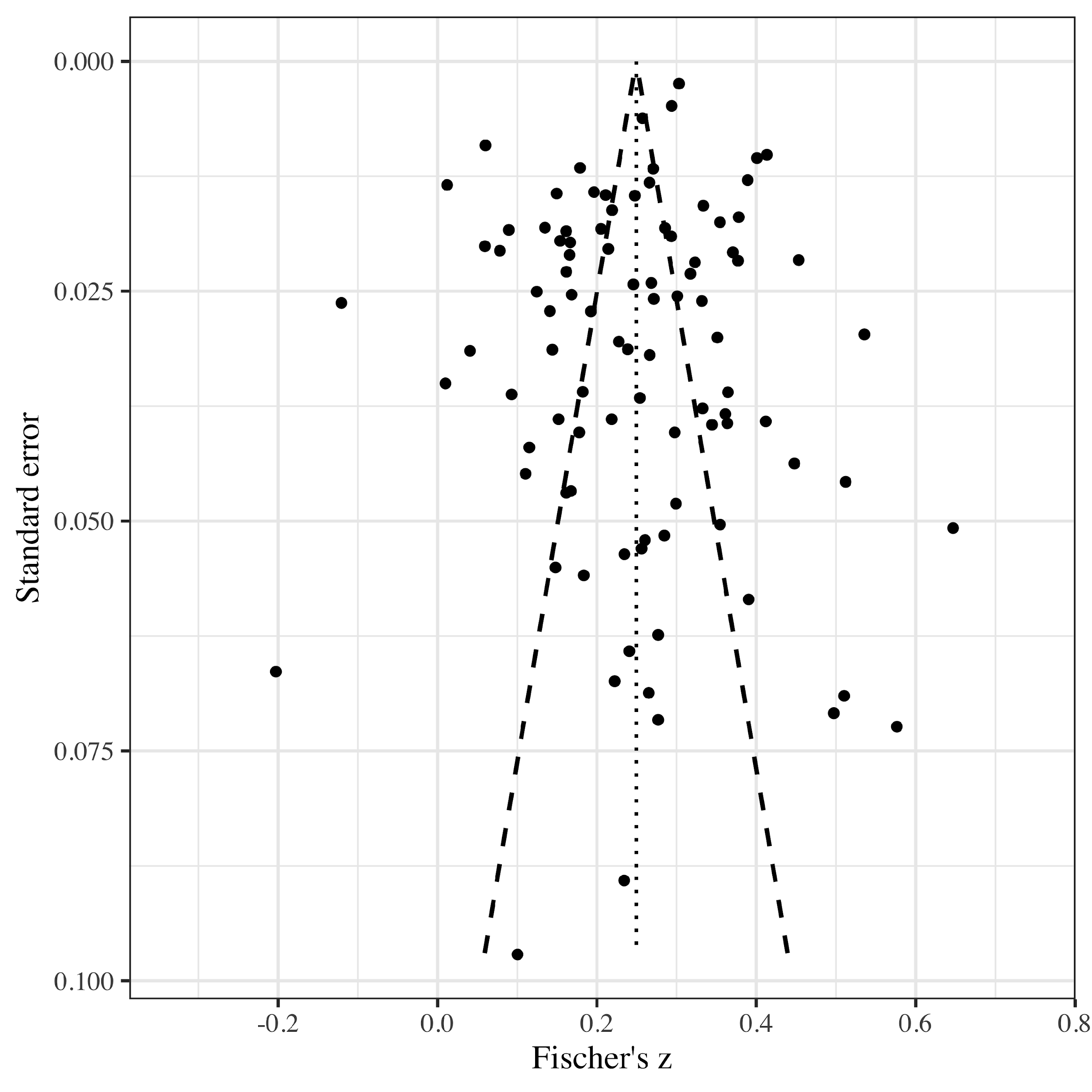
**S2.** *Measures of ill-being or ill-being synonyms that were included as indicators of ill-being in the meta-analysis*

| **Need Frustration** | **Depression and Anxiety** | **Negative Affect** |
| --- | --- | --- |
| Basic Psychological Need Frustration Scale (Chen et al., 2015) | Beck Depression Inventory (Beck et al., 1996) | Negative Affect Scale (Watson et al., 1988) |
| Balanced Measure of Psychological Needs Scale (Sheldon & Hilpert, 2012) | Hopkins Symptoms Checklist (Derogatis et al., 1974) | Time unhappy (Fordyce, 1988) |
|  | State Trait Anxiety Scale (Spielberger et al., 1983) | Negative Affect (Emmons, 1991) |
|  | Center for Epidemiological Studies Depression Scale (Radloff, 1977) | Negative Affect (Diener & Emmons, 1984) |
|  | Self-rating Anxiety Scale (Zung, 1971) | Scale of Negative Experiences (Diener et al., 2010) |
|  | Multidimensional Anxiety Scale for Children (Yen et al., 2010) | International Negative Affect Schedule Short Form (Thompson, 2007) |
|  | Brief Measure of Generalized Anxiety (Spitzer et al., 2006) |  |
|  | General Health Questionnaire (Goldberg et al., 1997) |  |

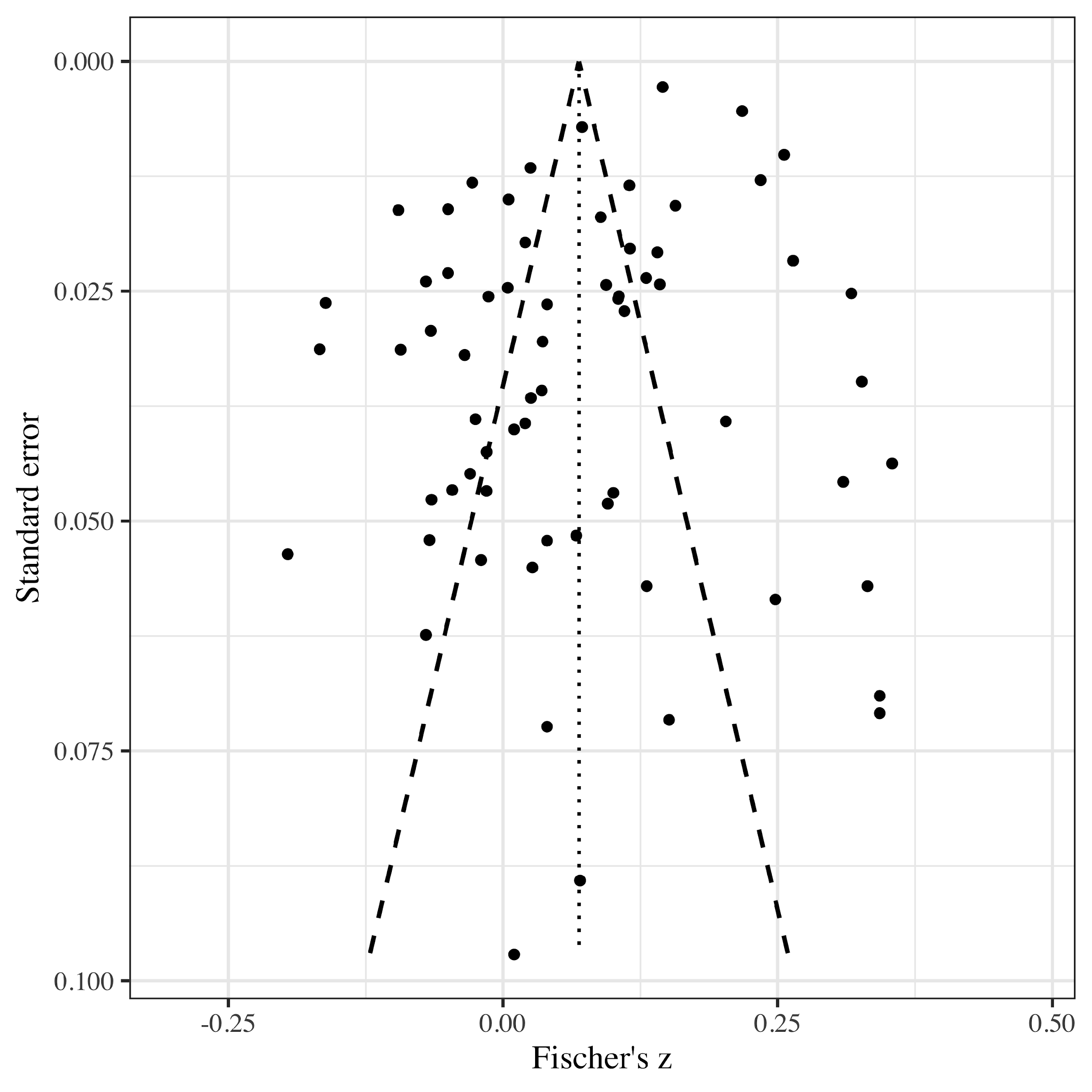
**S3.** *A summary of the studies includes in the meta-analyses, and their effects, divided according to the univariate meta-analyses*

| Authors | Year | Title | Study | *n* | Female (%) | Effects | *r* |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Intrinsic Aspirations & Wellbeing** | | |  |  |  |  |  |
| Ahn & Reeve | 2020 | Developmental pathways of preadolescents’ intrinsic and extrinsic values: The role of basic psychological needs satisfaction | 1 | 241 | 55.60 | 9 | 0.35 to 0.49 |
| Allan & Duffy | 2014 | Calling, goals, and life satisfaction: A moderated mediation model | 1 | 230 | 54.35 | 1 | -0.20 |
| Anic et al. | 2013 | Orientations to happiness, subjective well-being and life goals | 1 | 769 | 62.94 | 2 | 0.21 to 0.37 |
| Berg-Poppe | 2015 | An examination of goal contents, motivation, need satisfaction, and well-being among practicing health professionals | 1 | 280 | 75.36 | 4 | 0.25 to 0.43 |
| Berki & Piko | 2017 | Hungarian adaptation and psychological correlates of source of enjoyment in youth sport questionnaire among high school students | 1 | 526 | 52.28 | 4 | 0.09 to 0.70 |
| Berki et al. | 2020 | Sport commitment profiles of adolescent athletes: Relation between health and psychological behaviour | 1 | 526 | 47.72 | 1 | 0.42 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 2 | 1632 | 50.98 | 16 | 0.15 to 0.40 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 3 | 6063 | 17.80 | 28 | 0.09 to 0.40 |
| Brdar & Anic | 2010 | Životni ciljevi, orijentacije prema sreci i psihološke potrebe adolescenata: Koji je najbolji put do srece? [Adolescent’s life goals, orientations to happiness and psychological needs: Which is the best path to happiness?] | 1 | 218 | 66.97 | 3 | 0.27 to 0.43 |
| Brown & Kasser | 2005 | Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle | 1 | 200 | 65.50 | 2 | 0.31 to 0.37 |
| Brown et al. | 2009 | When what one has is enough: Mindfulness, financial desire discrepancy, and subjective well-being | 1 | 200 | 65.50 | 24 | -0.03 to 0.36 |
| Carver & Baird | 1998 | The American dream revisited: Is it what you want or why you want it that matters? | 1 | 246 | NA | 1 | 0.24 |
| Chan & Joseph | 2000 | Dimensions of personality, domains of aspiration, and subjective well-being | 1 | 107 | 62.62 | 18 | 0.12 to 0.58 |
| Costa et al. | 2020 | Validation of a Portuguese version of the Aspiration Index for adolescents (AI) | 1 | 1359 | 55.85 | 1 | 0.14 |
| Davids et al. | 2017 | Adolescent goals and aspirations in search of psychological well-being: from the perspective of self-determination theory | 1 | 457 | 53.17 | 1 | 0.16 |
| Frost | 1998 | A cross-cultural study of major life aspirations and, psychological well-being | 1 | 217 | 49.50 | 24 | 0.01 to 0.39 |
| Frost & Frost | 2000 | Romanian and American life aspirations in relation to psychological well-being | 1 | 217 | 49.50 | 12 | -0.10 to 0.19 |
| Galand et al. | 2012 | Buts personnels, orientations motivationnelles et bien-eˆtre subjectif : Effets inde ́pendants ou me ́diatise ́s [Personal goals, motivational orientations, and subjective well-being: Independent or mediated effects] | 1 | 333 | 57.96 | 2 | 0.20 to 0.23 |
| Gámez Armas et al. | 2014 | Relaciones entre el autoconcepto relacional, la elección de metas y la satisfacción de necesidades psicológicas en estudiantes universitarios. [Relations between the relational self-construal, the choice of goals and psychological need satisfaction of university students] | 1 | 605 | 40.99 | 5 | 0.16 to 0.26 |
| Gombas | 2015 | Materialistic thinking and its mental-hygienic implications among students of Budapest business school | 1 | 198 | 76.77 | 1 | 0.27 |
| Grumet | 2021 | Prosocial and self-serving values: An investigation of their structure and the role of cultivating gratitude in promoting positive changes | 1 | 376 | 60.90 | 2 | 0.13 to 0.36 |
| Guillen-Royo & Kasser | 2015 | Personal goals, socio-economic context and happiness: Studying a diverse sample in Peru | 1 | 500 | NA | 1 | 0.11 |
| Hakimi & Talepasand | 2020 | Predictors of subjective wellbeing in students of medical sciences: The role of orientation to happiness and life goals | 1 | 285 | 57.19 | 8 | 0.00 to 0.32 |
| Henderson-King & Mitchell | 2011 | Do materialism, intrinsic aspirations, and meaning in life predict students’ meanings of education? | 1 | 232 | 74.57 | 2 | 0.09 to 0.24 |
| Hope et al. | 2014 | Self-growth in the college years: Increased importance of intrinsic values predicts resolution of identity and intimacy stages | 1 | 196 | NA | 4 | 0.25 to 0.50 |
| Hope et al. | 2018 | The path from intrinsic aspirations to subjective well-being is mediated by changes in basic psychological need satisfaction and autonomous motivation: A large prospective test | 1 | 1468 | 78.00 | 2 | 0.15 to 0.17 |
| Humphrey & Vari | 2021 | Meaning matters: Self-perceived meaning in life, its predictors and psychological stressors sssociated with the COVID-19 pandemic | 1 | 260 | 85.77 | 1 | 0.27 |
| Ilhan & Ozbay | 2010 | The predictive role of life goals and psychological need satisfaction on subjective well-being | 1 | 1474 | 47.29 | 1 | 0.32 |
| Janke & Dickhauser | 2018 | A situated process model of vocational achievement goal striving within members of the academic staff at university | 1 | 113 | 66.37 | 2 | 0.08 to 0.19 |
| Kasser | 1996 | Aspirations and well-being in a prison setting | 1 | 66 | 0.00 | 16 | -0.51 to 0.45 |
| Kasser & Ahuvia | 2002 | Materialistic values and well-being in business students | 1 | 92 | 71.74 | 4 | 0.18 to 0.29 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 1 | 118 | 64.41 | 24 | -0.10 to 0.52 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 2 | 198 | 67.17 | 24 | -0.04 to 0.56 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 1 | 100 | 76.00 | 4 | 0.44 to 0.68 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 2 | 192 | 55.73 | 6 | 0.29 to 0.74 |
| Kasser & Ryan | 2001 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 1 | 120 | 49.17 | 6 | 0.18 to 0.49 |
| Kasser & Ryan | 2001 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 2 | 261 | 58.62 | 3 | 0.13 to 0.22 |
| Kim et al. | 2003 | Self-Concept, aspirations, and well-being in South Korea and the United States | 1 | 322 | 55.24 | 6 | -0.06 to 0.36 |
| Konkolÿ Thege et al. | 2008 | A rövidített stressz és megküzdés kérdoív élet értelmességét méro alskálájának (BSCI-LM) pszichometriai jellemzoi. [Psychometric properties of the Life Meaning Subscale from the Brief Stress and Coping Inventory (BSCI-IM)] | 1 | 4524 | 60.19 | 2 | 0.34 to 0.42 |
| Lekes et al. | 2010 | Parental autonomy-support, intrinsic life goals, and well-being among adolescents in China and North America | 1 | 567 | 52.22 | 2 | 0.19 to 0.26 |
| Lekes et al. | 2012 | Influencing value priorities and increasing well- being: The effects of reflecting on intrinsic values | 1 | 113 | 76.99 | 2 | 0.09 to 0.34 |
| Lekes et al. | 2016 | The role of intrinsic values for self-growth and community contribution at different life stages: Differentially predicting the vitality of university students and teachers over one year | 1 | 660 | 72.63 | 6 | 0.09 to 0.27 |
| Li & Feng | 2018 | Goal content, well-being, and psychological needs satisfaction in Chinese adolescents | 1 | 493 | 48.48 | 2 | 0.25 to 0.27 |
| Mackenzie et al. | 2017 | Lifespan differences in a self determination theory model of eudaimonia: A cross-sectional survey of younger, middle-aged, and older adults | 1 | 66 | 81.82 | 9 | -0.09 to 0.30 |
| Margitics & Pauwlik | 2007 | Egyéni aspirációk és depresszió. [Individual aspirations and depression] | 1 | 712 | 76.54 | 3 | 0.16 to 0.46 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 1 | 196 | 46.94 | 12 | 0.21 to 0.42 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 2 | 341 | 49.85 | 12 | 0.21 to 0.37 |
| Martos | 2013 | Életcélok összefüggése a lelki egészséggel és a párkapcsolatokról alkotott vélekedésekkel. [Life goals’ associations with mental health and attitudes toward close relationship] | 1 | 2000 | 53.45 | 3 | 0.33 to 0.42 |
| Martos & Konkolÿ Thege | 2012 | Aki keres, és aki talál – az élet értelmessége keresésének és megélésének mérése az Élet Értelme Kérdoív magyar változatával. [Those who search and those who find – Assessing the presence of and search for the meaning in life with the Hungarian version of the Meaning in Life Questionnaire] | 1 | 219 | 70.32 | 2 | 0.25 to 0.33 |
| Martos & Kopp | 2012 | Life goals and well-being: Does financial status matter? Evidence from a representative Hungarian sample | 1 | 4841 | 58.83 | 2 | 0.34 to 0.44 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 1 | 512 | 64.84 | 6 | 0.02 to 0.23 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 2 | 343 | 51.90 | 2 | 0.29 to 0.40 |
| Merkaš et al. | 2011 | The relation of intrinsic and extrinsic aspirations to adolescent life satisfaction | 1 | 468 | 55.34 | 16 | 0.05 to 0.28 |
| Murphy | 2007 | Individual and relational dynamics of ambition in careers | 1 | 223 | 32.74 | 3 | 0.10 to 0.24 |
| Narayanan | 2015 | Predictors of resilience among adolescents of low socio-economic status in India | 1 | 1451 | 49.48 | 1 | -0.12 to -0.12 |
| Niemiec et al. | 2009 | The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life | 1 | 164 | 69.79 | 48 | -0.01 to 0.62 |
| Nishimura & Suzuki | 2016 | Aspirations and life satisfaction in Japan: The big five personality makes clear | 1 | 474 | 38.82 | 5 | 0.06 to 0.11 |
| Nishimura et al. | 2021 | Satisfaction of basic psychological needs in an interdependence model of fathers’ own aspirations and those of their adolescent children | 1 | 310 | 0.00 | 2 | 0.10 to 0.25 |
| Nishimura et al. | 2021 | Satisfaction of basic psychological needs in an interdependence model of fathers’ own aspirations and those of their adolescent children | 2 | 310 | 50.00 | 2 | 0.11 to 0.45 |
| Olčar et al. | 2019 | Primary school teachers’ life satisfaction: The role of life goals, basic psychological needs and flow at work | 1 | 480 | 100.00 | 4 | 0.10 to 0.19 |
| Oriol et al. | 2020 | Self-transcendent aspirations and life satisfaction: The moderated mediation role of gratitude considering conditional effects of affective and cognitive empathy | 1 | 1356 | 42.18 | 1 | 0.19 |
| Pauwlik & Margitics | 2008 | Személyes törekvések kapcsolata a szubjektív jólléttel foiskolai hallgatóknál. [Correlation between subjective well-being and the personal strivings in the case of college students] | 1 | 712 | 76.54 | 60 | -0.01 to 0.56 |
| Piko et al. | 2006 | Physical activity, psychosocial health and life goals among youth | 1 | 1109 | 60.14 | 5 | 0.00 to 0.04 |
| Proctor et al. | 2016 | The Rogerian fully functioning person: A positive psychology perspective | 1 | 329 | 70.82 | 10 | 0.18 to 0.56 |
| Proctor et al. | 2016 | The Rogerian fully functioning person: A positive psychology perspective | 2 | 307 | 77.52 | 10 | 0.00 to 0.44 |
| Raj & Chettiar | 2012 | Need satisfaction, goal content and subjective well-being | 1 | 100 | 48.00 | 16 | 0.01 to 0.29 |
| Rijavec et al. | 2011 | Aspirations and well-being: Extrinsic vs. intrinsic life goals | 1 | 129 | 93.02 | 1 | 0.23 |
| Rodriguez et al. | 2021 | What do you really want? Change in goals and life satisfaction during emerging adulthood in Brazil | 1 | 970 | 56.80 | 5 | 0.08 to 0.20 |
| Roman et al. | 2015 | Parenting styles and psychological needs influences on adolescent life goals and aspirations in a South African setting | 1 | 853 | 56.98 | 2 | 0.18 to 0.30 |
| Romero et al. | 2012 | Life aspirations, personality traits and subjective well-being in a Spanish sample | 1 | 583 | 71.36 | 6 | 0.22 to 0.47 |
| Ryan et al. | 1999 | The American dream in Russia: Extrinsic aspirations and well-being in two cultures | 1 | 103 | 100.00 | 24 | 0.03 to 0.56 |
| SabzehAra et al. | 2014 | An investigation of the associations between contingent self-worth and aspirations among Iranian university students | 1 | 502 | 66.53 | 3 | 0.15 to 0.32 |
| Schmuck et al. | 2000 | Intrinsic and extrinsic goals: Their structure and relationship to well-being in German and US college students | 1 | 83 | 61.45 | 4 | 0.01 to 0.35 |
| Sheldon | 2005 | Positive value change during college: Normative trends and individual differences | 1 | 109 | 83.49 | 2 | 0.07 to 0.43 |
| Sheldon & Krieger | 2014 | Walking the talk: Value importance, value enactment, and well-being | 2 | 2975 | 41.51 | 1 | 0.09 |
| Sheldon & Krieger | 2014 | Service job lawyers are happier than money job lawyers, despite their lower income | 1 | 5974 | 38.08 | 2 | 0.04 to 0.08 |
| Sheldon et al. | 2018 | Feeling interpersonally controlled while pursuing materialistic goals: A problematic combination for moral behavior | 1 | 109 | 75.23 | 1 | 0.10 |
| Spasovski | 2013 | The relation of basic psychological needs, intrinsic and extrinsic life goals, and collectivism with subjective well-being: A case in Macedonia | 1 | 242 | 62.40 | 2 | 0.42 to 0.52 |
| Steffen | 2014 | Perfectionism and life aspirations in intrinsically and extrinsically religious individuals | 1 | 540 | 63.05 | 2 | 0.22 to 0.25 |
| Stevens et al. | 2011 | Aspirations and wellbeing in Romanian and US undergraduates | 1 | 69 | 54.88 | 12 | -0.16 to 0.41 |
| Tao et al. | 2018 | The cultural shaping of career aspirations: Acculturation and Chinese biculturals’ career identity styles | 1 | 194 | 60.31 | 1 | 0.52 |
| Tessier et al. | 2021 | Adolescents “walking the talk”: How value importance and enactment relate to well‐being and risk‐taking | 1 | 647 | 55.95 | 4 | 0.15 to 0.19 |
| Tóth et al. | 2018 | The impact of goal attainment and goal importance on satisfaction with life-–A polynomial regression and response surface analysis | 1 | 149 | 75.17 | 2 | 0.24 to 0.49 |
| Tuicomepee & Romano | 2005 | Psychological well-being of Thai drug users: Implications for prevention | 1 | 163 | 12.27 | 4 | 0.26 to 0.40 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 1 | 958 | 58.98 | 4 | 0.13 to 0.26 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 2 | 257 | 52.92 | 4 | 0.09 to 0.25 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes | 1 | 202 | 50.99 | 1 | 0.46 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes | 2 | 213 | NA | 1 | 0.47 |
| Vansteenkiste et al. | 2006 | Materialistic values and well-being among business students: Further evidence of their detrimental effect | 1 | 119 | 54.62 | 3 | 0.19 to 0.27 |
| Visser & Pozzebon | 2013 | Who are you and what do you want? Life aspirations, personality, and well-being | 1 | 166 | 69.88 | 5 | -0.11 to 0.07 |
| Werner et al. | 2019 | Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic goals, and well-being | 1 | 642 | NA | 9 | 0.03 to 0.45 |
| Yamaguchi & Halberstadt | 2012 | Goals and well-being in New Zealand | 1 | 97 | 88.66 | 4 | 0.02 to 0.53 |
| Zemojtel-Piotrowska et al. | 2015 | Materialism, subjective well-being and psychological entitlement: Interplay between materialism and social functioning | 1 | 153 | 51.63 | 16 | 0.03 to 0.41 |
| Zhang et al. | 2019 | Personal aspirations, person-environment fit, meaning in work, and meaning in life: A moderated mediation model | 1 | 655 | 38.99 | 4 | 0.05 to 0.39 |
| **Extrinsic Aspirations & Wellbeing** | | |  |  |  |  |  |
| Allan & Duffy | 2014 | Calling, goals, and life satisfaction: A moderated mediation model | 1 | 230 | 54.35 | 1 | 0.08 |
| Anic et al. | 2013 | Orientations to happiness, subjective well-being and life goals | 1 | 769 | 62.94 | 2 | 0.08 to 0.13 |
| Berg-Poppe | 2015 | An examination of goal contents, motivation, need satisfaction, and well-being among practicing health professionals | 1 | 280 | 75.36 | 2 | -0.06 to 0.03 |
| Berki & Piko | 2017 | Hungarian adaptation and psychological correlates of source of enjoyment in youth sport questionnaire among high school students | 1 | 526 | 52.28 | 3 | 0.04 to 0.67 |
| Berki et al. | 2020 | Sport commitment profiles of adolescent athletes: Relation between health and psychological behaviour | 1 | 526 | 47.72 | 1 | 0.34 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 2 | 1632 | 50.98 | 12 | 0.02 to 0.15 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 3 | 6063 | 17.80 | 21 | 0.02 to 0.34 |
| Brdar & Anic | 2010 | Životni ciljevi, orijentacije prema sreci i psihološke potrebe adolescenata: Koji je najbolji put do srece? [Adolescent’s life goals, orientations to happiness and psychological needs: Which is the best path to happiness?] | 1 | 218 | 66.97 | 3 | -0.08 to 0.12 |
| Brown et al. | 2009 | When what one has is enough: Mindfulness, financial desire discrepancy, and subjective well-being | 1 | 200 | 65.50 | 18 | -0.36 to -0.02 |
| Carver & Baird | 1998 | The American dream revisited: Is it what you want or why you want it that matters? | 1 | 246 | NA | 1 | -0.30 |
| Chan & Joseph | 2000 | Dimensions of personality, domains of aspiration, and subjective well-being | 1 | 107 | 62.62 | 6 | -0.21 to 0.34 |
| Costa et al. | 2020 | Validation of a Portuguese version of the Aspiration Index for adolescents (AI) | 1 | 1359 | 55.85 | 1 | 0.11 |
| Davids et al. | 2017 | Adolescent goals and aspirations in search of psychological well-being: from the perspective of self-determination theory | 1 | 457 | 53.17 | 1 | 0.10 |
| Frost | 1998 | A cross-cultural study of major life aspirations and, psychological well-being | 1 | 217 | 49.50 | 8 | -0.23 to 0.21 |
| Frost & Frost | 2000 | Romanian and American life aspirations in relation to psychological well-being | 1 | 217 | 49.50 | 4 | -0.22 to -0.03 |
| Galand et al. | 2012 | Buts personnels, orientations motivationnelles et bien-eˆtre subjectif : Effets inde ́pendants ou me ́diatise ́s [Personal goals, motivational orientations, and subjective well-being: Independent or mediated effects | 1 | 333 | 57.96 | 2 | -0.07 to 0.02 |
| Gámez Armas et al. | 2014 | Relaciones entre el autoconcepto relacional, la elección de metas y la satisfacción de necesidades psicológicas en estudiantes universitarios. [Relations between the relational self-construal, the choice of goals and psychological need satisfaction of university students] | 1 | 605 | 40.99 | 5 | 0.16 to 0.26 |
| Gombas | 2015 | Materialistic thinking and its mental-hygienic implications among students of Budapest business school | 1 | 198 | 76.77 | 1 | 0.15 |
| Grumet | 2021 | Prosocial and self-serving values: An investigation of their structure and the role of cultivating gratitude in promoting positive changes | 1 | 376 | 60.90 | 2 | -0.10 to 0.15 |
| Guillen-Royo & Kasser | 2015 | Personal goals, socio-economic context and happiness: Studying a diverse sample in Peru | 1 | 500 | NA | 1 | -0.03 |
| Górnik-Durose & Pyszkowska | 2020 | Personality matters – Explaining the link between materialism and well-being in young adults | 1 | 415 | 16.87 | 2 | 0.28 to 0.35 |
| Hakimi & Talepasand | 2020 | Predictors of subjective wellbeing in students of medical sciences: The role of orientation to happiness and life goals | 1 | 285 | 57.19 | 6 | -0.01 to 0.16 |
| Henderson-King & Mitchell | 2011 | Do materialism, intrinsic aspirations, and meaning in life predict students’ meanings of education? | 1 | 232 | 74.57 | 2 | -0.11 to 0.08 |
| Humphrey & Vari | 2021 | Meaning matters: Self-perceived meaning in life, its predictors and psychological stressors associated with the COVID-19 pandemic | 1 | 260 | 85.77 | 1 | -0.07 |
| Ilhan & Ozbay | 2010 | The predictive role of life goals and psychological need satisfaction on subjective well-being | 1 | 1747 | 39.90 | 1 | -0.07 |
| Janke & Dickhauser | 2018 | A situated process model of vocational achievement goal striving within members of the academic staff at university | 1 | 113 | 66.37 | 3 | -0.03 to 0.06 |
| Kasser | 1996 | Aspirations and well-being in a prison setting | 1 | 66 | 0.00 | 4 | -0.21 to -0.03 |
| Kasser & Ahuvia | 2002 | Materialistic values and well-being in business students | 1 | 92 | 71.74 | 4 | -0.26 to -0.08 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 1 | 118 | 64.41 | 8 | -0.46 to 0.12 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 2 | 198 | 67.17 | 8 | -0.32 to 0.21 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 1 | 100 | 76.00 | 4 | -0.61 to -0.51 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 2 | 192 | 55.73 | 6 | -0.88 to -0.33 |
| Kasser et al. | 2014 | Changes in materialism, changes in psychological well-being: Evidence from three longitudinal studies and an intervention | 1 | 251 | 62.15 | 4 | -0.24 to 0.01 |
| Lekes et al. | 2010 | Parental autonomy-support, intrinsic life goals, and well-being among adolescents in China and North America | 1 | 567 | 52.22 | 2 | -0.05 to 0.13 |
| Li & Feng | 2018 | Goal content, well-being, and psychological needs satisfaction in Chinese adolescents | 1 | 493 | 48.48 | 2 | -0.05 to -0.02 |
| Margitics & Pauwlik | 2007 | Egyéni aspirációk és depresszió. [Individual aspirations and depression] | 1 | 712 | 76.54 | 3 | 0.06 to 0.38 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 1 | 196 | 46.94 | 12 | 0.06 to 0.24 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 2 | 341 | 49.85 | 12 | 0.04 to 0.25 |
| Martos | 2013 | Életcélok összefüggése a lelki egészséggel és a párkapcsolatokról alkotott vélekedésekkel. [Life goals’ associations with mental health and attitudes toward close relationship] | 1 | 2000 | 53.45 | 3 | 0.19 to 0.27 |
| Martos & Konkolÿ Thege | 2012 | Aki keres, és aki talál – az élet értelmessége keresésének és megélésének mérése az Élet Értelme Kérdoív magyar változatával. [Those who search and those who find – Assessing the presence of and search for the meaning in life with the Hungarian version of the Meaning in Life Questionnaire] | 1 | 219 | 70.32 | 2 | 0.07 to 0.12 |
| Martos & Kopp | 2012 | Life goals and well-being: Does financial status matter? Evidence from a representative Hungarian sample | 1 | 4841 | 58.83 | 2 | 0.21 to 0.29 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 1 | 512 | 64.84 | 3 | -0.08 to 0.06 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 2 | 343 | 51.90 | 1 | -0.02 |
| Merkaš et al. | 2011 | The relation of intrinsic and extrinsic aspirations to adolescent life satisfaction | 1 | 468 | 55.34 | 16 | -0.19 to 0.16 |
| Murphy | 2007 | Individual and relational dynamics of ambition in careers | 1 | 223 | 32.74 | 2 | -0.09 to -0.04 |
| Narayanan | 2015 | Predictors of resilience among adolescents of low socio-economic status in India | 1 | 1451 | 49.48 | 1 | -0.16 |
| Niemiec et al. | 2009 | The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life | 1 | 164 | 69.79 | 36 | -0.11 to 0.36 |
| Nishimura & Suzuki | 2016 | Aspirations and life satisfaction in Japan: The big five personality makes clear | 1 | 474 | 38.82 | 4 | -0.11 to 0.01 |
| Nishimura et al. | 2021 | Satisfaction of basic psychological needs in an interdependence model of fathers’ own aspirations and those of their adolescent children | 1 | 310 | NA | 1 | 0.13 |
| Nishimura et al. | 2021 | Satisfaction of basic psychological needs in an interdependence model of fathers’ own aspirations and those of their adolescent children | 2 | 310 | 50.00 | 1 | 0.32 |
| Olčar et al. | 2019 | Primary school teachers’ life satisfaction: The role of life goals, basic psychological needs and flow at work | 1 | 480 | 100.00 | 3 | -0.01 to 0.08 |
| Pauwlik & Margitics | 2008 | Személyes törekvések kapcsolata a szubjektív jólléttel foiskolai hallgatóknál. [Correlation between subjective well-being and the personal strivings in the case of college students] | 1 | 712 | 76.54 | 48 | -0.34 to 0.38 |
| Piko et al. | 2006 | Physical activity, psychosocial health and life goals among youth | 1 | 1109 | 60.14 | 4 | 0.00 to 0.01 |
| Raj & Chettiar | 2012 | Need satisfaction, goal content and subjective well-being | 1 | 100 | 48.00 | 12 | -0.26 to 0.04 |
| Rijavec et al. | 2011 | Aspirations and well-being: Extrinsic vs. intrinsic life goals | 1 | 129 | 93.02 | 1 | 0.07 |
| Rodriguez et al. | 2021 | What do you really want? Change in goals and life satisfaction during emerging adulthood in Brazil | 1 | 970 | 56.80 | 4 | -0.07 to -0.02 |
| Roman et al. | 2015 | Parenting styles and psychological needs influences on adolescent life goals and aspirations in a South African setting | 1 | 853 | 56.98 | 2 | 0.03 to 0.25 |
| Romero et al. | 2012 | Life aspirations, personality traits and subjective well-being in a Spanish sample | 1 | 583 | 71.36 | 6 | -0.03 to 0.17 |
| Rothman | 2009 | Affluent adolescents: Attachment, entitlement, and subjective well-being | 1 | 95 | 40.00 | 4 | 0.01 to 0.07 |
| SabzehAra et al. | 2014 | An investigation of the associations between contingent self-worth and aspirations among Iranian university students | 1 | 502 | 66.53 | 3 | -0.06 to 0.19 |
| Sheldon et al. | 2018 | Feeling interpersonally controlled while pursuing materialistic goals: A problematic combination for moral behavior | 1 | 109 | 75.23 | 1 | 0.01 |
| Spasovski | 2013 | The relation of basic psychological needs, intrinsic and extrinsic life goals, and collectivism with subjective well-being: A case in Macedonia | 1 | 242 | 62.40 | 2 | 0.29 to 0.31 |
| Steffen | 2014 | Perfectionism and life aspirations in intrinsically and extrinsically religious individuals | 1 | 540 | 63.05 | 2 | -0.24 to -0.08 |
| Stevens et al. | 2011 | Aspirations and wellbeing in Romanian and US undergraduates | 1 | 69 | 54.88 | 12 | -0.24 to 0.23 |
| Tao et al | 2018 | The cultural shaping of career aspirations: Acculturation and Chinese biculturals’ career identity styles | 1 | 194 | 60.31 | 1 | 0.04 |
| Tessier et al. | 2021 | Adolescents “walking the talk”: How value importance and enactment relate to well‐being and risk‐taking | 1 | 647 | 55.95 | 4 | -0.07 to 0.13 |
| Tóth et al | 2018 | The impact of goal attainment and goal importance on satisfaction with life-–A polynomial regression and response surface analysis | 1 | 149 | 75.17 | 2 | 0.06 to 0.41 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 1 | 958 | 58.98 | 4 | -0.10 to -0.09 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 2 | 257 | 52.92 | 4 | -0.16 to 0.02 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 1 | 202 | 50.99 | 1 | 0.33 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 2 | 213 | NA | 1 | 0.33 |
| Vansteenkiste et al. | 2006 | Materialistic values and well-being among business students: Further evidence of their detrimental effect | 1 | 119 | 54.62 | 3 | -0.22 to -0.15 |
| Visser & Pozzebon | 2013 | Who are you and what do you want? Life aspirations, personality, and well-being | 1 | 166 | 69.88 | 4 | -0.07 to 0.02 |
| Wasser | 2011 | Materialism and well-being: Examining the strength of the negative relationship using multiple materialism measures and controlling for important variables | 1 | 71 | 74.65 | 6 | -0.38 to -0.01 |
| Werner et al. | 2019 | Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic goals, and well-being | 1 | 642 | NA | 9 | -0.19 to 0.16 |
| Yamaguchi & Halberstadt | 2012 | Goals and well-being in New Zealand | 1 | 97 | 88.66 | 4 | -0.06 to 0.26 |
| Zemojtel-Piotrowska et al. | 2015 | Materialism, subjective well-being and psychological entitlement: Interplay between materialism and social functioning | 1 | 153 | 51.63 | 12 | -0.04 to 0.38 |
| Zhang et al | 2019 | Personal aspirations, person-environment fit, meaning in work, and meaning in life: A moderated mediation model | 1 | 655 | 38.99 | 4 | -0.11 to 0.20 |
| **Intrinsic Aspirations & Ill-being** | | |  |  |  |  |  |
| Anic et al. | 2013 | Orientations to happiness, subjective well-being and life goals | 1 | 769 | 62.94 | 1 | -0.07 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 1 | 3370 | 77.45 | 4 | -0.05 to 0.04 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 2 | 1632 | 50.98 | 4 | -0.11 to -0.01 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 3 | 6063 | 17.80 | 12 | -0.14 to 0.04 |
| Brdar & Anic | 2010 | Životni ciljevi, orijentacije prema sreci i psihološke potrebe adolescenata: Koji je najbolji put do srece? [Adolescent’s life goals, orientations to happiness and psychological needs: Which is the best path to happiness?] | 1 | 218 | 66.97 | 1 | -0.17 |
| Brown et al. | 2009 | When what one has is enough: Mindfulness, financial desire discrepancy, and subjective well-being | 1 | 200 | 65.50 | 8 | -0.21 to -0.04 |
| Davids et al. | 2017 | Adolescent goals and aspirations in search of psychological well-being: from the perspective of self-determination theory | 1 | 457 | 53.17 | 1 | 0.04 |
| Gámez Armas et al. | 2014 | Relaciones entre el autoconcepto relacional, la elección de metas y la satisfacción de necesidades psicológicas en estudiantes universitarios. [Relations between the relational self-construal, the choice of goals and psychological need satisfaction of university students] | 1 | 605 | 40.99 | 1 | -0.31 |
| Grumet | 2021 | Prosocial and self-serving values: An investigation of their structure and the role of cultivating gratitude in promoting positive changes | 1 | 376 | 60.90 | 1 | -0.03 |
| Hakimi & Talepasand | 2020 | Predictors of subjective wellbeing in students of medical sciences: The role of orientation to happiness and life goals | 1 | 285 | 57.19 | 4 | -0.01 to 0.09 |
| Kasser | 1996 | Aspirations and well-being in a prison setting | 1 | 66 | 0.00 | 16 | -0.51 to 0.41 |
| Kasser & Ahuvia | 2002 | Materialistic values and well-being in business students | 1 | 92 | 71.74 | 1 | -0.27 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 2 | 198 | 67.17 | 24 | -0.50 to 0.22 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 1 | 100 | 76.00 | 4 | -0.44 to -0.19 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 2 | 192 | 55.73 | 6 | -0.32 to -0.04 |
| Kim et al. | 2003 | Self-Concept, aspirations, and well-being in South Korea and the United States | 1 | 322 | 55.24 | 4 | -0.12 to 0.01 |
| Komlósi et al. | 2006 | Az aspirációs index hazai alkalmazásával szerzett tapasztalatok. [Experience gained in the domestic application of the aspiration index] | 1 | 261 | NA | 1 | -0.15 |
| Margitics & Pauwlik | 2007 | Egyéni aspirációk és depresszió. [Individual aspirations and depression] | 1 | 712 | 76.54 | 2 | -0.38 to -0.34 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 1 | 196 | 46.94 | 6 | -0.30 to -0.15 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 2 | 341 | 49.85 | 6 | -0.18 to -0.06 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 1 | 512 | 64.84 | 4 | -0.08 to -0.03 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 2 | 343 | 51.90 | 2 | -0.31 to -0.24 |
| Niemiec et al. | 2009 | The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life | 1 | 164 | 69.79 | 16 | -0.34 to 0.12 |
| Pauwlik & Margitics | 2008 | Személyes törekvések kapcsolata a szubjektív jólléttel foiskolai hallgatóknál. [Correlation between subjective well-being and the personal strivings in the case of college students] | 1 | 712 | 76.54 | 15 | -0.46 to 0.14 |
| Proctor et al. | 2016 | The Rogerian fully functioning person: A positive psychology perspective | 1 | 329 | 70.82 | 2 | -0.30 to 0.10 |
| Proctor et al. | 2016 | The Rogerian fully functioning person: A positive psychology perspective | 2 | 307 | 77.52 | 2 | -0.24 to 0.01 |
| Roman et al. | 2015 | Parenting styles and psychological needs influences on adolescent life goals and aspirations in a South African setting | 1 | 853 | 56.98 | 2 | 0.07 to 0.19 |
| Romero et al. | 2012 | Life aspirations, personality traits and subjective well-being in a Spanish sample | 1 | 583 | 71.36 | 3 | -0.18 to -0.02 |
| Ryan et al. | 1999 | The American dream in Russia: Extrinsic aspirations and well-being in two cultures | 1 | 103 | 100.00 | 8 | -0.34 to 0.03 |
| Schmuck et al. | 2000 | Intrinsic and extrinsic goals: Their structure and relationship to well-being in German and US college students | 1 | 83 | 61.45 | 4 | -0.28 to -0.11 |
| Sheldon & Krieger | 2014 | Walking the talk: Value importance, value enactment, and well-being | 1 | 1992 | 58.43 | 2 | -0.08 to -0.05 |
| Sheldon & Krieger | 2014 | Walking the talk: Value importance, value enactment, and well-being | 2 | 2975 | 41.51 | 1 | -0.03 |
| Sheldon & Krieger | 2014 | Service job lawyers are happier than money job lawyers, despite their lower income | 1 | 5974 | 38.08 | 1 | -0.08 |
| Steffen | 2014 | Perfectionism and life aspirations in intrinsically and extrinsically religious individuals | 1 | 540 | 63.05 | 4 | -0.17 to -0.13 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 1 | 958 | 58.98 | 4 | -0.05 to 0.04 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 2 | 257 | 52.92 | 4 | -0.09 to -0.02 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 1 | 202 | 50.99 | 1 | -0.06 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 2 | 213 | NA | 2 | -0.25 to -0.20 |
| Vansteenkiste et al. | 2006 | Materialistic values and well-being among business students: Further evidence of their detrimental effect | 1 | 119 | 54.62 | 3 | -0.14 to -0.07 |
| Werner et al. | 2019 | Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic goals, and well-being | 1 | 642 | NA | 6 | -0.10 to -0.01 |
| Xie et al. | 2011 | Mediating effect of social support in relationship between materialism and anxiety | 1 | 443 | 58.01 | 4 | -0.16 to -0.02 |
| Yamaguchi & Halberstadt | 2012 | Goals and well being in New Zealand | 1 | 97 | 88.66 | 4 | -0.19 to 0.10 |
| Zemojtel-Piotrowska et al. | 2015 | Materialism, subjective well-being and psychological entitlement: Interplay between materialism and social functioning | 1 | 153 | 51.63 | 8 | -0.15 to 0.07 |
| **Extrinsic Aspirations & Ill-being** | | |  |  |  |  |  |
| Ahn & Reeve | 2020 | Developmental pathways of preadolescents’ intrinsic and extrinsic values: The role of basic psychological needs satisfaction | 1 | 241 | 55.60 | 9 | -0.05 to 0.18 |
| Anic et al. | 2013 | Orientations to happiness, subjective well-being and life goals | 1 | 769 | 62.94 | 1 | 0.12 |
| Bradshaw et al | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 1 | 3370 | 77.45 | 3 | -0.01 to 0.07 |
| Bradshaw et al | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 2 | 1632 | 50.98 | 3 | 0.00 to 0.06 |
| Bradshaw et al | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 3 | 6063 | 17.80 | 9 | 0.15 to 0.26 |
| Brdar & Anic | 2010 | Životni ciljevi, orijentacije prema sreci i psihološke potrebe adolescenata: Koji je najbolji put do srece? [Adolescent’s life goals, orientations to happiness and psychological needs: Which is the best path to happiness?] | 1 | 218 | 66.97 | 1 | 0.20 |
| Brown et al. | 2009 | When what one has is enough: Mindfulness, financial desire discrepancy, and subjective well-being | 1 | 200 | 65.50 | 6 | 0.01 to 0.21 |
| Davids et al. | 2017 | Adolescent goals and aspirations in search of psychological well-being: from the perspective of self-determination theory | 1 | 457 | 53.17 | 1 | -0.04 |
| Grumet | 2021 | Prosocial and self-serving values: An investigation of their structure and the role of cultivating gratitude in promoting positive changes | 1 | 376 | 60.90 | 1 | 0.24 |
| Hakimi & Talepasand | 2020 | Predictors of subjective wellbeing in students of medical sciences: The role of orientation to happiness and life goals | 1 | 285 | 57.19 | 3 | 0.15 to 0.17 |
| Kasser | 1996 | Aspirations and well-being in a prison setting | 1 | 66 | 0.00 | 4 | 0.15 to 0.22 |
| Kasser & Ahuvia | 2002 | Materialistic values and well-being in business students | 1 | 92 | 71.74 | 4 | 0.16 to 0.22 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 2 | 198 | 67.17 | 8 | -0.11 to 0.36 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 1 | 100 | 76.00 | 4 | 0.28 to 0.48 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 2 | 192 | 55.73 | 6 | 0.10 to 0.52 |
| Kasser et al. | 2014 | Changes in materialism, changes in psychological well-being: Evidence from three longitudinal studies and an intervention | 1 | 118 | NA | 2 | 0.16 to 0.19 |
| Komlósi et al. | 2006 | Az aspirációs index hazai alkalmazásával szerzett tapasztalatok. [Experience gained in the domestic application of the aspiration index] | 1 | 261 | NA | 1 | 0.14 |
| Ling | 2016 | Intrinsic and extrinsic goals as moderators of stress and depressive symptoms in Chinese undergraduate students: A multi-wave longitudinal study | 1 | 462 | 46.10 | 1 | 0.10 to 0.10 |
| Margitics & Pauwlik | 2007 | Egyéni aspirációk és depresszió. [Individual aspirations and depression] | 1 | 712 | 76.54 | 2 | -0.23 to -0.21 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 1 | 196 | 46.94 | 6 | -0.11 to 0.09 |
| Martela et al. | 2019 | Expanding the map of intrinsic and extrinsic aspirations using network analysis and multidimensional scaling: Examining four new aspirations | 2 | 341 | 49.85 | 6 | -0.07 to 0.05 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 1 | 512 | 64.84 | 2 | 0.02 to 0.06 |
| Martos et al. | 2006 | Az aspirációs index rövidített változatának pszichometriai jellemzoi hazai mintán. [Psychometric Characteristics of the Shortened Aspiration Index in Hungarian Sample] | 2 | 343 | 51.90 | 1 | 0.04 |
| Niemiec et al. | 2009 | The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life | 1 | 164 | 69.79 | 12 | -0.12 to 0.22 |
| Pauwlik & Margitics | 2008 | Személyes törekvések kapcsolata a szubjektív jólléttel foiskolai hallgatóknál. [Correlation between subjective well-being and the personal strivings in the case of college students] | 1 | 712 | 76.54 | 12 | -0.21 to 0.13 |
| Roman et al. | 2015 | Parenting styles and psychological needs influences on adolescent life goals and aspirations in a South African setting | 1 | 853 | 56.98 | 2 | 0.05 to 0.14 |
| Romero et al. | 2012 | Life aspirations, personality traits and subjective well-being in a Spanish sample | 1 | 583 | 71.36 | 3 | -0.07 to 0.12 |
| Steffen | 2014 | Perfectionism and life aspirations in intrinsically and extrinsically religious individuals | 1 | 540 | 63.05 | 4 | 0.11 to 0.24 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 1 | 958 | 58.98 | 4 | 0.14 to 0.20 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 2 | 257 | 52.92 | 4 | 0.16 to 0.30 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 1 | 202 | 50.99 | 1 | 0.13 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 2 | 213 | NA | 2 | -0.11 to 0.01 |
| Vansteenkiste et al. | 2006 | Materialistic values and well-being among business students: Further evidence of their detrimental effect | 1 | 119 | 54.62 | 3 | 0.10 to 0.13 |
| Werner et al. | 2019 | Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic goals, and well-being | 1 | 642 | NA | 6 | 0.04 to 0.10 |
| Xie et al. | 2011 | Mediating effect of social support in relationship between materialism and anxiety | 1 | 443 | 58.01 | 3 | 0.02 to 0.12 |
| Yamaguchi & Halberstadt | 2012 | Goals and well being in New Zealand | 1 | 97 | 88.66 | 4 | -0.01 to 0.23 |
| Zemojtel-Piotrowska et al. | 2015 | Materialism, subjective well-being and psychological entitlement: Interplay between materialism and social functioning | 1 | 153 | 51.63 | 6 | 0.06 to 0.16 |
| **Intrinsic & Extrinsic Aspirations** | | |  |  |  |  |  |
| Allan & Duffy | 2014 | Calling, goals, and life satisfaction: A moderated mediation model | 1 | 230 | 54.35 | 1 | -0.77 |
| Anic et al. | 2013 | Orientations to happiness, subjective well-being and life goals | 1 | 769 | 62.94 | 1 | 0.13 |
| Berg-Poppe | 2015 | An examination of goal contents, motivation, need satisfaction, and well-being among practicing health professionals | 1 | 280 | 75.36 | 1 | 0.12 |
| Berki & Piko | 2017 | Hungarian adaptation and psychological correlates of source of enjoyment in youth sport questionnaire among high school students | 1 | 526 | 52.28 | 12 | 0.02 to 0.52 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 1 | 3370 | 77.45 | 12 | -0.05 to 0.32 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 2 | 1632 | 50.98 | 12 | 0.07 to 0.29 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 3 | 6063 | 17.80 | 12 | 0.08 to 0.36 |
| Brdar & Anic | 2010 | Životni ciljevi, orijentacije prema sreci i psihološke potrebe adolescenata: Koji je najbolji put do srece? [Adolescent’s life goals, orientations to happiness and psychological needs: Which is the best path to happiness?] | 1 | 218 | 66.97 | 1 | 0.15 |
| Chan & Joseph | 2000 | Dimensions of personality, domains of aspiration, and subjective well-being | 1 | 107 | 62.62 | 6 | 0.31 to 0.53 |
| Costa et al. | 2020 | Validation of a Portuguese version of the Aspiration Index for adolescents (AI) | 1 | 1359 | 55.85 | 1 | 0.40 |
| Davids et al. | 2017 | Adolescent goals and aspirations in search of psychological well-being: from the perspective of self-determination theory | 1 | 457 | 53.17 | 1 | 0.72 |
| Galand et al. | 2012 | Buts personnels, orientations motivationnelles et bien-eˆtre subjectif : Effets inde ́pendants ou me ́diatise ́s [Personal goals, motivational orientations, and subjective well-being: Independent or mediated effects] | 1 | 333 | 57.96 | 1 | 0.03 |
| Gámez Armas et al. | 2014 | Relaciones entre el autoconcepto relacional, la elección de metas y la satisfacción de necesidades psicológicas en estudiantes universitarios. [Relations between the relational self-construal, the choice of goals and psychological need satisfaction of university students] | 1 | 605 | 40.99 | 1 | 0.21 |
| Gombas | 2015 | Materialistic thinking and its mental-hygienic implications among students of Budapest business school | 1 | 198 | 76.77 | 1 | 0.27 |
| Grumet | 2021 | Prosocial and self-serving values: An investigation of their structure and the role of cultivating gratitude in promoting positive changes | 1 | 376 | 60.90 | 1 | 0.05 |
| Guillen-Royo & Kasser | 2015 | Personal goals, socio-economic context and happiness: Studying a diverse sample in Peru | 1 | 500 | NA | 1 | 0.31 to 0.31 |
| Hakimi & Talepasand | 2020 | Predictors of subjective wellbeing in students of medical sciences: The role of orientation to happiness and life goals | 1 | 285 | 57.19 | 12 | 0.14 to 0.37 |
| Henderson-King & Mitchell | 2011 | Do materialism, intrinsic aspirations, and meaning in life predict students’ meanings of education? | 1 | 232 | 74.57 | 1 | -0.05 |
| Humphrey & Vari | 2021 | Meaning matters: Self-perceived meaning in life, its predictors and psychological stressors sssociated with the COVID-19 pandemic | 1 | 260 | 85.77 | 1 | 0.28 |
| Janke & Dickhauser | 2018 | A situated process model of vocational achievement goal striving within members of the academic staff at university | 1 | 113 | 66.37 | 1 | -0.12 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 1 | 118 | 64.41 | 2 | -0.22 to 0.21 |
| Kasser & Ryan | 1993 | A dark side of the American dream: Correlates of financial success as a central life aspiration | 2 | 198 | 67.17 | 2 | 0.08 to 0.22 |
| Kasser & Ryan | 1996 | Further examining the American dream: Differential correlates of intrinsic and extrinsic goals | 2 | 192 | 55.73 | 2 | 0.28 to 0.58 |
| Lekes et al | 2010 | Parental autonomy-support, intrinsic life goals, and well-being among adolescents in China and North America | 1 | 567 | 52.22 | 2 | 0.21 to 0.52 |
| Li & Feng | 2018 | Goal content, well-being, and psychological needs satisfaction in Chinese adolescents | 1 | 493 | 48.48 | 1 | 0.18 |
| Ling | 2016 | Intrinsic and extrinsic goals as moderators of stress and depressive symptoms in Chinese undergraduate students: A multi-wave longitudinal study | 1 | 970 | 56.04 | 14 | 0.01 to 0.49 |
| Martos & Kopp | 2012 | Life goals and well-being: Does financial status matter? Evidence from a representative Hungarian sample | 1 | 4841 | 58.83 | 1 | 0.65 |
| Merkaš et al. | 2011 | The relation of intrinsic and extrinsic aspirations to adolescent life satisfaction | 1 | 468 | 55.34 | 10 | -0.03 to 0.33 |
| Murphy | 2007 | Individual and relational dynamics of ambition in careers | 1 | 223 | 32.74 | 6 | 0.04 to 0.18 |
| Narayanan | 2015 | Predictors of resilience among adolescents of low socio-economic status in India | 1 | 1451 | 49.48 | 1 | 0.62 |
| Niemiec et al. | 2009 | The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life | 1 | 164 | 69.76 | 48 | -0.06 to 0.52 |
| Nishimura & Suzuki | 2016 | Aspirations and life satisfaction in Japan: The big five personality makes clear | 1 | 474 | 38.82 | 1 | 0.40 |
| Nishimura et al. | 2021 | Satisfaction of basic psychological needs in an interdependence model of fathers’ own aspirations and those of their adolescent children | 1 | 310 | NA | 2 | -0.55 to 0.35 |
| Nishimura et al. | 2021 | Satisfaction of basic psychological needs in an interdependence model of fathers’ own aspirations and those of their adolescent children | 2 | 310 | 50.00 | 2 | -0.51 to 0.65 |
| Olčar et al. | 2019 | Primary school teachers’ life satisfaction: The role of life goals, basic psychological needs and flow at work | 1 | 480 | 100.00 | 12 | -0.02 to 0.25 |
| Piko et al. | 2006 | Physical activity, psychosocial health and life goals among youth | 1 | 1109 | 60.14 | 13 | -0.02 to 0.86 |
| Raj & Chettiar | 2012 | Need satisfaction, goal content and subjective well-being | 1 | 100 | 48.00 | 3 | 0.47 to 0.68 |
| Rijavec et al. | 2011 | Aspirations and well-being: Extrinsic vs. intrinsic life goals | 1 | 129 | 93.02 | 1 | 0.10 |
| Roman et al. | 2015 | Parenting styles and psychological needs influences on adolescent life goals and aspirations in a South African setting | 1 | 853 | 56.98 | 1 | 0.20 |
| Romero et al. | 2012 | Life aspirations, personality traits and subjective well-being in a Spanish sample | 1 | 583 | 71.36 | 3 | 0.17 to 0.52 |
| Rothman | 2009 | Affluent adolescents: Attachment, entitlement, and subjective well-being | 1 | 95 | 40.00 | 1 | 0.08 |
| SabzehAra et al. | 2014 | An investigation of the associations between contingent self-worth and aspirations among Iranian university students | 1 | 502 | 66.53 | 3 | 0.29 to 0.57 |
| Sheldon | 2005 | Positive value change during college: Normative trends and individual differences | 1 | 109 | 83.49 | 4 | -0.14 to 0.08 |
| Sheldon et al. | 2018 | Feeling interpersonally controlled while pursuing materialistic goals: A problematic combination for moral behavior | 1 | 109 | 75.23 | 1 | 0.10 |
| Spasovski | 2013 | The relation of basic psychological needs, intrinsic and extrinsic life goals, and collectivism with subjective well-being: A case in Macedonia | 1 | 242 | 62.40 | 1 | 0.49 |
| Steffen | 2014 | Perfectionism and life aspirations in intrinsically and extrinsically religious individuals | 1 | 540 | 63.05 | 2 | -0.04 to 0.07 |
| Stevens et al. | 2011 | Aspirations and wellbeing in Romanian and US undergraduates | 1 | 69 | 54.88 | 4 | 0.25 to 0.62 |
| Tao et al. | 2018 | The cultural shaping of career aspirations: Acculturation and Chinese biculturals’ career identity styles | 1 | 194 | 60.31 | 1 | 0.27 |
| Tessier et al. | 2021 | Adolescents “walking the talk”: How value importance and enactment relate to well‐being and risk‐taking | 1 | 647 | 55.95 | 1 | 0.01 |
| Tóth et al. | 2018 | The impact of goal attainment and goal importance on satisfaction with life-–A polynomial regression and response surface analysis | 1 | 149 | 75.17 | 2 | 0.28 to 0.55 |
| Unanue et al | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 1 | 958 | 58.98 | 1 | -0.05 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 1 | 202 | 50.99 | 1 | 0.56 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 2 | 213 | NA | 1 | 0.61 |
| Werner et al. | 2019 | Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic goals, and well-being | 1 | 642 | NA | 9 | -0.06 to 0.16 |
| Xie et al. | 2011 | Mediating effect of social support in relationship between materialism and anxiety | 1 | 443 | 58.01 | 12 | 0.19 to 0.34 |
| Zemojtel-Piotrowska et al | 2015 | Materialism, subjective well-being and psychological entitlement: Interplay between materialism and social functioning | 1 | 153 | 51.63 | 24 | 0.01 to 0.40 |
| Zhang et al. | 2019 | Personal aspirations, person-environment fit, meaning in work, and meaning in life: A moderated mediation model | 1 | 655 | 53.59 | 1 | 0.49 |
|  |  |  |  |  |  |  |  |
| **Well-being and Ill-being** | | |  |  |  |  |  |
| Anic et al. | 2013 | Orientations to happiness, subjective well-being and life goals | 1 | 769 | 62.94 | 2 | -0.39 to -0.38 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 2 | 1632 | 50.98 | 4 | -0.61 to -0.38 |
| Bradshaw et al. | 2021 | A configural approach to aspirations: The social breadth of aspiration profiles predicts well-being over and above the intrinsic and extrinsic aspirations that comprise the profiles | 3 | 6063 | 17.80 | 21 | -0.32 to 0.07 |
| Brdar & Anic | 2010 | Životni ciljevi, orijentacije prema sreci i psihološke potrebe adolescenata: Koji je najbolji put do srece? [Adolescent’s life goals, orientations to happiness and psychological needs: Which is the best path to happiness?] | 1 | 218 | 66.97 | 3 | -0.57 to -0.17 |
| Davids et al. | 2017 | Adolescent goals and aspirations in search of psychological well-being: from the perspective of self-determination theory | 1 | 457 | 53.17 | 1 | 0.43 |
| Gámez Armas et al. | 2014 | Relaciones entre el autoconcepto relacional, la elección de metas y la satisfacción de necesidades psicológicas en estudiantes universitarios. [Relations between the relational self-construal, the choice of goals and psychological need satisfaction of university students] | 1 | 605 | 40.99 | 4 | -0.25 to 0.43 |
| Grumet | 2021 | Prosocial and self-serving values: An investigation of their structure and the role of cultivating gratitude in promoting positive changes | 1 | 376 | 60.90 | 2 | -0.35 to -0.13 |
| Hakimi & Talepasand | 2020 | Predictors of subjective wellbeing in students of medical sciences: The role of orientation to happiness and life goals | 1 | 285 | 57.19 | 2 | -0.14 to 0.57 |
| Niemiec et al. | 2009 | The path taken: Consequences of attaining intrinsic and extrinsic aspirations in post-college life | 1 | 164 | 69.51 | 6 | -0.53 to -0.22 |
| Proctor et al. | 2016 | The Rogerian fully functioning person: A positive psychology perspective | 1 | 329 | 70.82 | 5 | -0.53 to 0.33 |
| Proctor et al. | 2016 | The Rogerian fully functioning person: A positive psychology perspective | 2 | 307 | 77.52 | 5 | -0.54 to 0.24 |
| Roman et al. | 2015 | Parenting styles and psychological needs influences on adolescent life goals and aspirations in a South African setting | 1 | 853 | 56.98 | 4 | -0.13 to -0.07 |
| Romero et al. | 2012 | Life aspirations, personality traits and subjective well-being in a Spanish sample | 1 | 583 | 71.36 | 2 | -0.14 to 0.27 |
| Sheldon & Krieger | 2014 | Service job lawyers are happier than money job lawyers, despite their lower income | 1 | 5974 | 38.08 | 1 | -0.43 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 1 | 958 | 58.98 | 16 | -0.65 to -0.31 |
| Unanue et al. | 2014 | Materialism and well-being in the UK and Chile: Basic need satisfaction and basic need frustration as underlying psychological processes | 2 | 257 | 52.92 | 16 | -0.66 to -0.17 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 1 | 202 | 50.99 | 1 | -0.29 |
| Van Hiel & Vansteenkiste | 2009 | Ambitions fulfilled? The effects of intrinsic and extrinsic goal attainment on older adults’ ego-integrity and death attitudes. | 2 | 213 | NA | 2 | -0.54 to -0.27 |
| Werner et al. | 2019 | Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic goals, and well-being | 1 | 642 | NA | 6 | -0.46 to -0.24 |
| Zemojtel-Piotrowska et al. | 2015 | Materialism, subjective well-being and psychological entitlement: Interplay between materialism and social functioning | 1 | 153 | 51.63 | 2 | -0.26 to -0.15 |

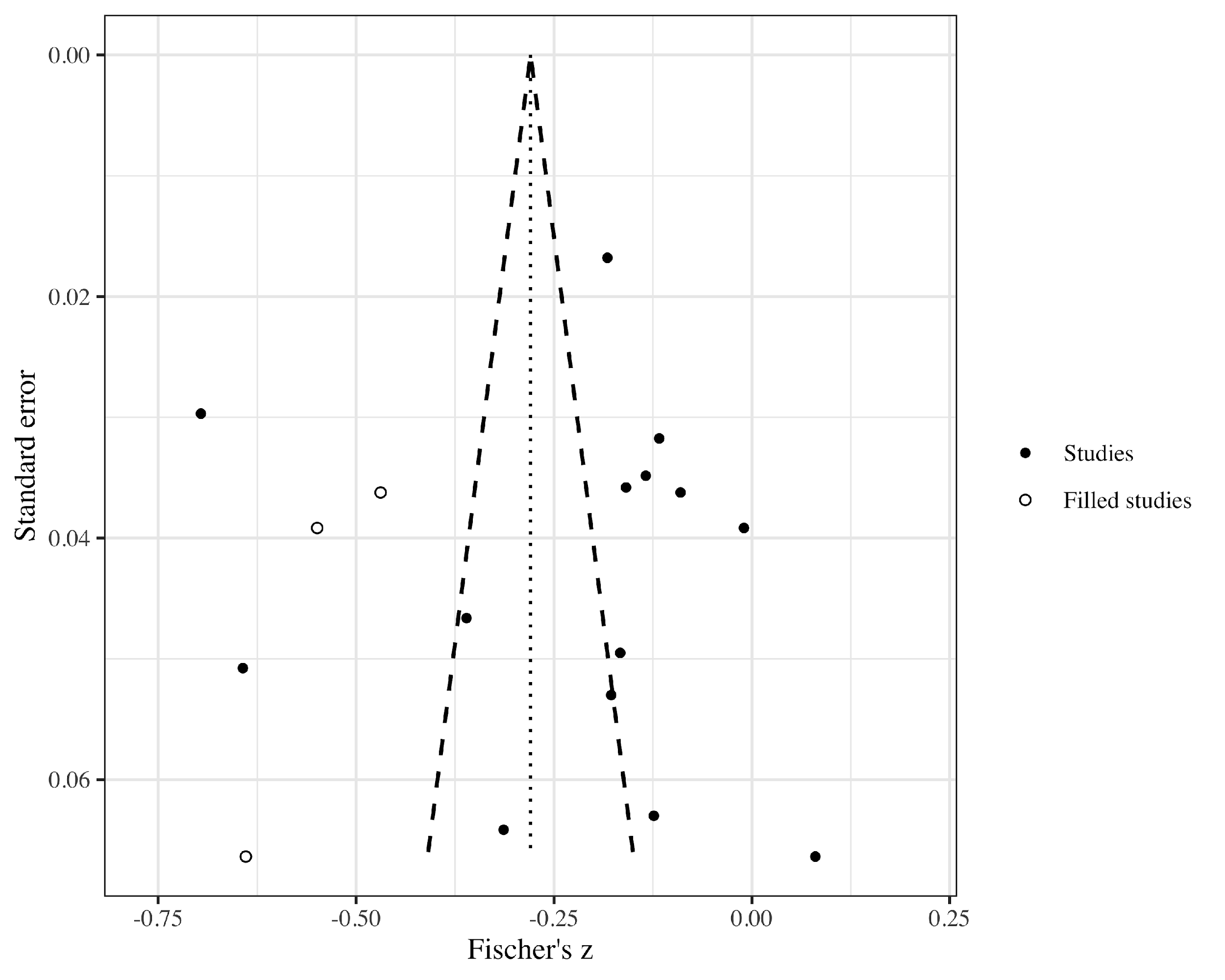
**S4.** *Funnel plot for the association between intrinsic aspirations and well-being. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



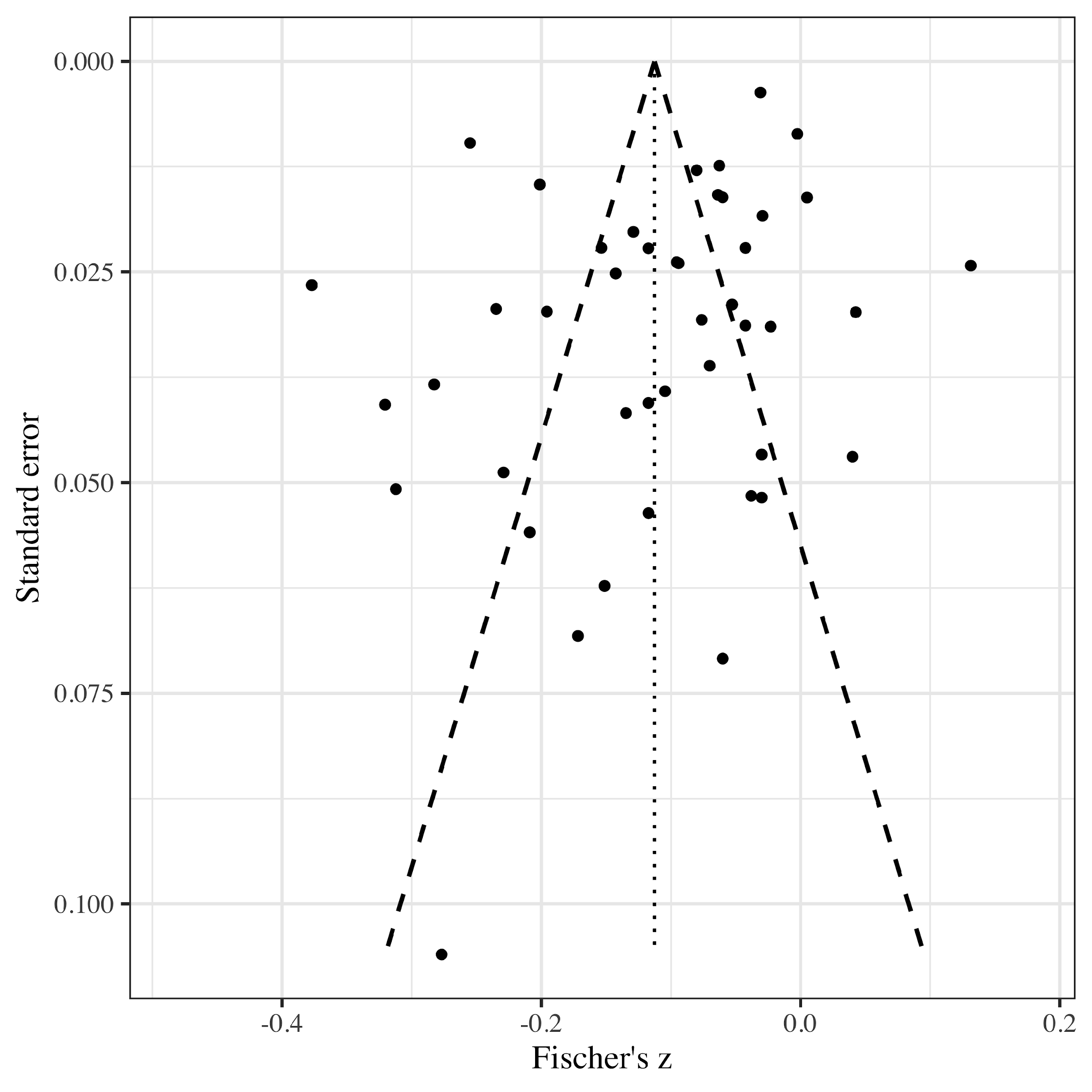
**S5.** *Funnel plot for the association between extrinsic aspiration simple scores and well-being. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



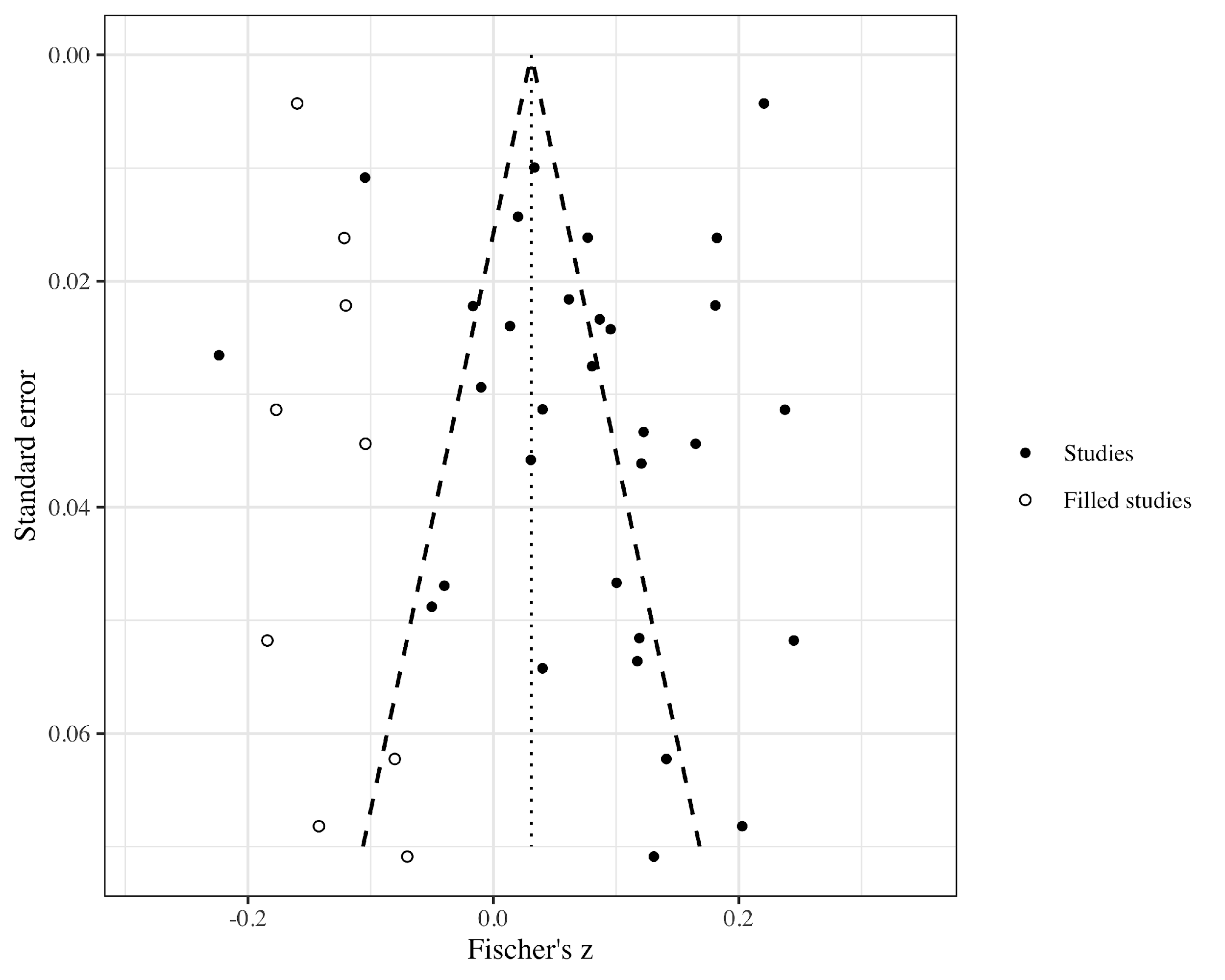
**S6.** *Funnel plot for the association between extrinsic aspiration relative centrality scores and well-being. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



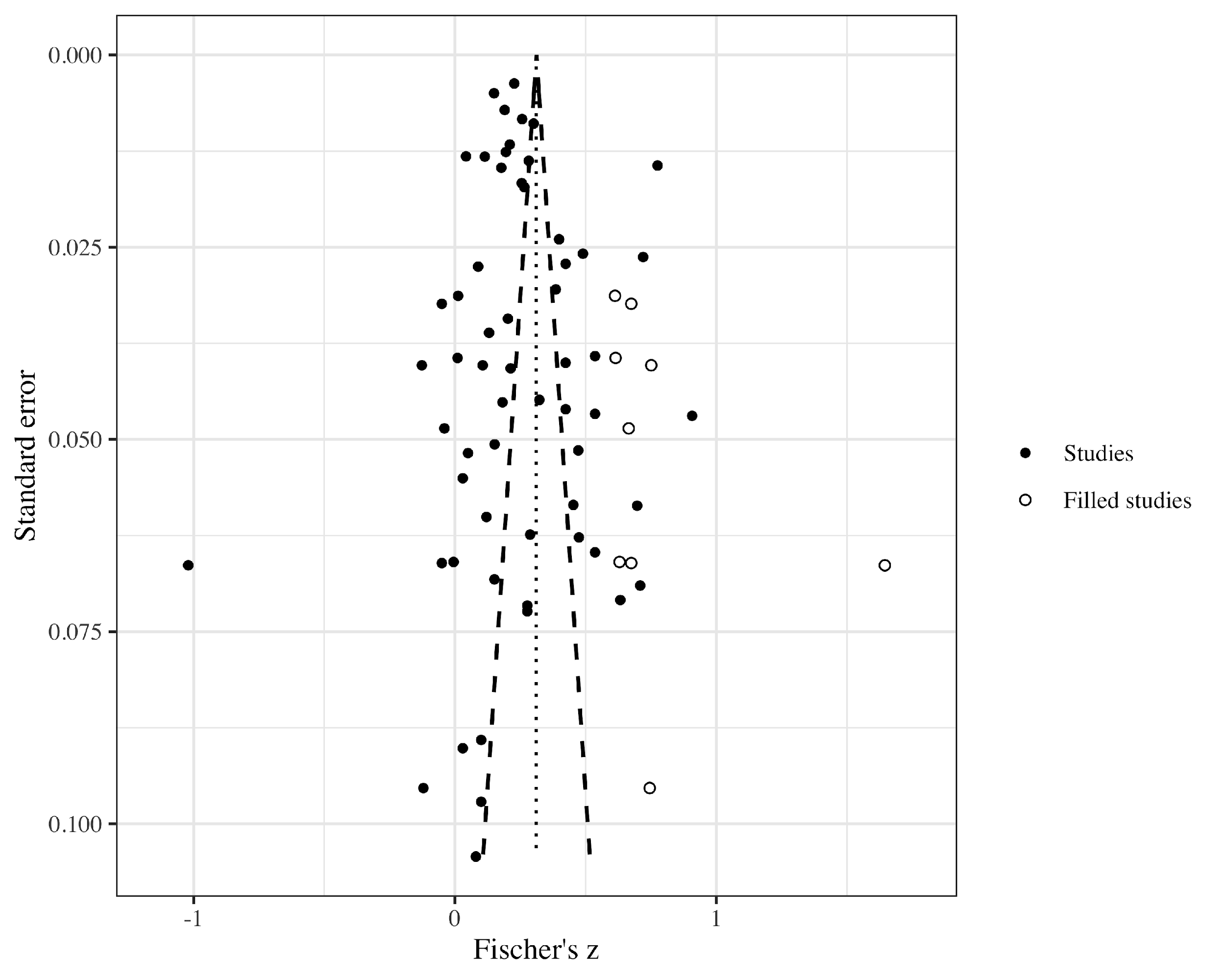
**S7.** *Funnel plot for the association between intrinsic aspirations and ill-being. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



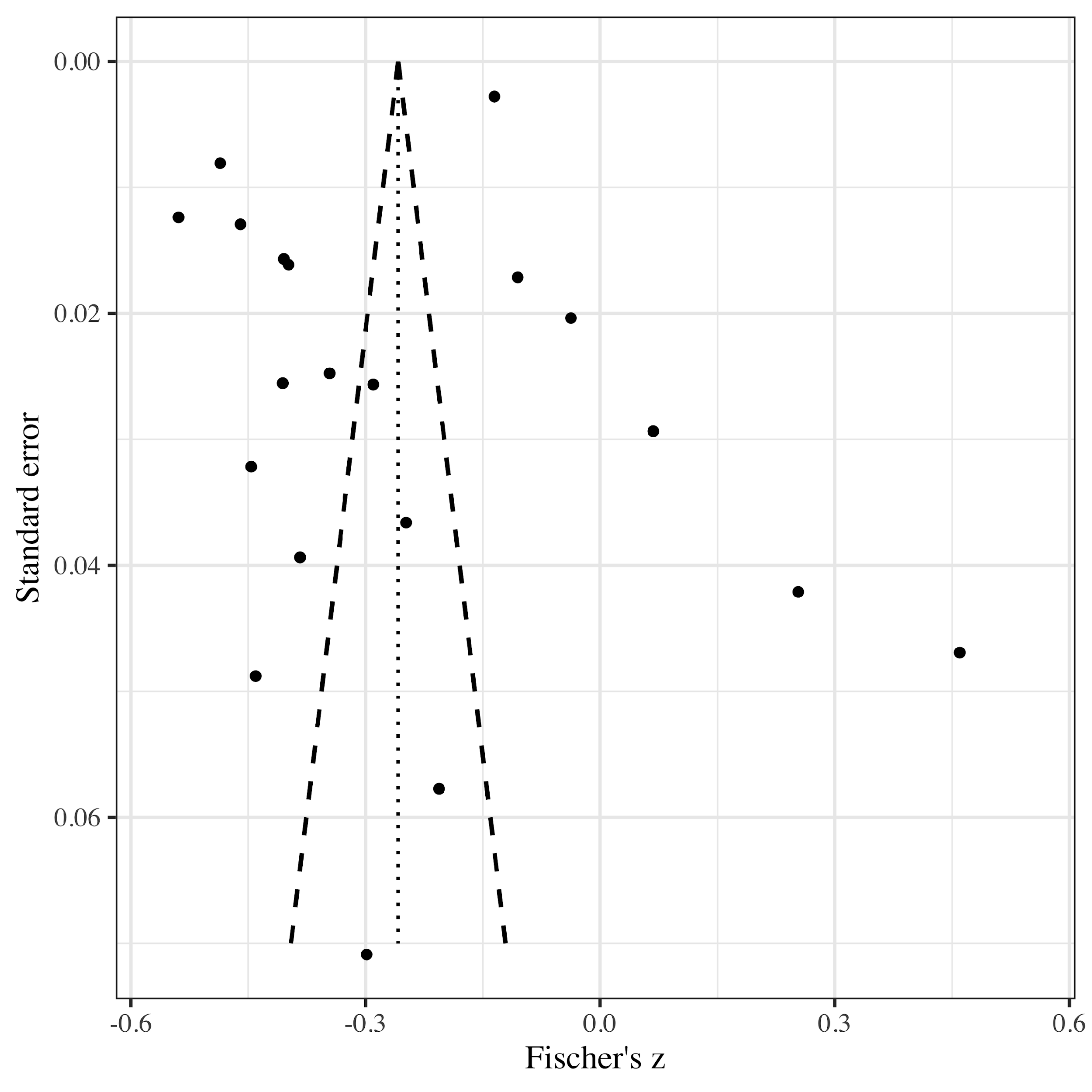
**S8.** *Funnel plot for the association between extrinsic aspiration simple scores and ill-being. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



**S9.** *Funnel plot for the association between intrinsic and extrinsic aspirations. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



**S10.** *Funnel plot for the association between well-being and ill-being. Data were first aggregated to the cluster level using fixed-effects meta-analysis.*



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