

7 Appendix

7.1 Appendix A: Overview of Prior Theoretical Writings and Empirical Studies on Longing

7.1.1 Theoretical Writings

Boesch (1998)

Definition of longing:

- Somewhat painful affect of desiring something while being distant to it

Proposed characteristics of longing:

- Desired object appears essential for meaningful life
- Alternative version of the present
- Symbolic nature of desired objects and associated impossibility of fulfillment
- Two-fold regret about failure of attaining object and limits of action potentials
- Increases awareness of imperfection of life
- Always represents a search for happiness and meaning (i.e., a state of complete harmony between self and world)
- Ambivalent function: Inspiration and illusion

Schoch (1994)

Definition of longing:

- Diffuse concept targeting a desired emotional state

Proposed characteristics of longing:

- Comprises desire for concrete object, yet real target is emotional state the object causes
- Bittersweet feeling
- Sequences of imaginations; emotionally driven thought process that ignores laws of logic

Tretter (1994)

Definition of longing:

State of tension between negatively evaluated present situation and positively evaluated, fictitious, idealized, alternative situation

Proposed characteristics of longing:

- Excessive and intense, with tendency to indulge in the feeling
- Involves needs and motivational processes
- Deals with fictitious processes and limits of what is realistically possible
- Discrepancy between actual and desired state
- Motivational (drive), emotional, and cognitive (imagined alternative situation) components
- Precursor for addiction

Verres (1999)

Definition of longing:

- Wish for something different from what one has at that moment, accompanied by emotional activation

Proposed characteristics of longing:

- Something one does not talk about easily
- Unattainability of desired object (which makes it seductive)
- Search for fulfillment

*Vogt (1993)**Definition of longing:*

- Emotional movement with the sensation of being drawn to something more or less concrete, connecting the memory of a joyful experience with the wish for its repetition

Proposed characteristics of longing:

- Elicited by a discrepancy between actual and desired state
- Not or only partially attainable
- Can be conscious or unconscious
- Temporal dimension: Involves regressive and progressive component
- Idealization of memories
- Precursor for addiction

7.1.2 Empirical Studies*Belk, Ger, & Askegaard (2003)**Method:*

- Students and community-residing adults of different ages in Turkey, USA, and Denmark
- Qualitative analyses of 109 journals, 265 interviews, and 139 projective tests on current or past desires (tangible possessions, experiences, and persons or pets)

Definition of longing:

- Longing as instantiated in consumer desires

Proposed characteristics of longing:

- Embodied passion (intense and usually highly positive state, but sometimes with addictive character)
- Desire for otherness (temporal or spatial transformation, otherness of self)
- Desire for sociality (love and admiration of other people)
- Danger of immorality and uncontrollability
- Distance and inaccessibility of desired object

*Holm (1999, 2001); Holm et al. (2000, 2002)**Method:*

- Series of studies with children aged 4 to 15
- Qualitative analysis of interviews with 4-6 year old children
- Quantitative analyses of 13-item longing questionnaire

Definition of longing:

- Blend of the primary emotions of love or happiness and sadness or depression, experienced as a need for something – a thing, a state, a relationship – without which life does not feel complete

Proposed characteristics of longing:

- Varies on the dimensions of focus (self – object), specificity (general – specific), activity (active – passive), direction (toward – from), expectation (positive – negative), time (past – future), agent (self – other), coping (concentrate – distract), intensity (high – low), and endurance (always – seldom)

*Palaian (1993)**Method:*

- 10 psychotherapists and artists aged 31 to 40 years
- Qualitative analysis of open-ended interviews on experiences of longing

Definition of longing:

- Persistent unceasing desire, which occurs over an indefinite length or distance, and has elements of fervor, earnestness, and prolongation

Proposed characteristics of longing:

- Pull across a distance, stretching toward connection, call to action
- Pain of loss, absence, something missing, accompanied by frustration and insatiability
- Changing over time, yet enduring lifelong experience
- Escape from the present to capture the past or fantasize with anticipation of the infinite future
- Internal solitary experience with somatic bodily awareness

*Ravicz (1998)**Method:*

- 12 members of the Knoxville Writers Guild aged 31 to 52 years
- Qualitative analysis of interviews on experiences of longing

Definition of longing:

- Reaching for a desired object and encountering a barrier producing a bittersweet feeling

Proposed characteristics of longing:

- Dynamic state shifting between an “as is” (phenomena experienced as existing in the world) and “as if” (phenomena experienced as fantasy or imagination) state of consciousness
- Desire for transformation of ontological states (to become other than who one is at that moment)

*Schurer (2001)**Method:*

- 3 women aged 25 to 40 years
- Qualitative analysis of open-ended interviews on longing

Proposed characteristics of longing:

- Can be state or process
- Polarity between actual state of deprivation and fictional, desired state
- Temporal dimension: Imaginations of past or future
- Motivational component
- Longing process: Reduction of polarity by changing environment or concretization of longing-related imaginations

7.2 Appendix B: Description of Pilot Studies

Three pilot studies were conducted to explore the effectiveness of different methods for the assessment of longing and to develop an initial item pool for the Longing Questionnaire. Longings are a relatively intimate part of the self-concept and may not be readily disclosed in a research setting. At the same time, longings may not be spontaneously accessible to conscious awareness. Hence, suitable methods had to address limits in participants' ability and willingness to verbally report on longings (see Nisbett & Wilson, 1977; Sudman et al., 1996; Wilson, 2002). Methods that encouraged participants to reflect about their lives in general and their longings in particular were considered. The search for suitable methods was paralleled by the development and refinement of the theoretical conceptualization of longing. Therefore, the specific characteristics of longing that were assessed varied slightly between pilot studies.

In all pilot studies, participants were recruited from the pool of previous study participants at the Max Planck Institute for Human Development. Previous studies were on age stereotypes, cognitive training, word perception, personal goals, and similar topics, and hence, unrelated to longing.

7.2.1 Pilot Study 1

The first pilot study explored the methods of “thinking aloud” (Ericsson & Simon, 1984; Smith & Baltes, 1990), a half-standardized interview, and a pilot version of the Longing Questionnaire. The thinking-aloud task was intended to facilitate participants' access to their longing representations, so that they would give more valid responses in the subsequent interview and questionnaire. The interview assessed the same aspects as the questionnaire and served to check whether participants' understanding of the questionnaire items matched the intended meaning.

Method

Participants were two younger (24 and 27 years) and two older adults (66 and 71 years), with one woman and one man in each group. Each participant attended an individual session of about 90 to 120 minutes. Participants were paid 20 Euro for their participation.

Participants first generated two lists of personal longings (one for present and one for past longings) and then selected from these lists one longing that was highly important and could be easily brought to mind. No definition of longing was provided; thus, participants were required to rely on their own understanding of the concept. This was followed by the thinking-aloud task. In two warm-up tasks, participants were asked to (1) retrace the route from their

home to the research institute (adapted from Ericsson & Simon, 1984; Smith & Baltes, 1990) and (2) remember a past meeting with a close person in as much detail as possible. In the main task, participants were asked to bring to mind the feeling of their previously selected longing and report their thoughts and feelings as they appeared in their mind.

A subsequent half-standardized interview and questionnaire inquired about longing characteristics that were identified as important in the literature on longing. They included the intensity, frequency, duration, and nature of longing-related emotions, idealization, tritime focus, perceived barrier to attainment, lack of something important, symbolic nature, and changes of longing over the life course.

The questionnaire was a pilot version of the questionnaire used in the main study (see Section 3.3.1). It contained subscales for each aspect of longing identified as important. Following the usual recommendations for scale development (e.g., DeVellis, 1991; Noar, 2003; Sudman & Bradburn, 1982), items were generated according to multiple criteria: (1) items should be clear and concise and contain only one thought per item, (2) ambiguous sentences, words, and double negatives should be avoided, (3) both positively and negatively worded items should be included so that individuals must pay attention to the items when answering them, (4) the reading level of items should be kept low, so that they could be used with various populations, and (5) items should be sufficiently unique to avoid redundancy.

The initial item pool was reviewed by a group of colleagues with expertise in the area of motivational development to ensure face validity and readability. Some items were rewritten to increase their readability. At least six items were generated for each subscale to allow item selection in the main study (which aimed for 3 to 4 items per subscale). Although it would have been desirable to start with even more than six items per subscale, a compromise had to be made so that the initial item pool could be administered in a single test session. Items were rated on 7-point scales, ranging from 0 (*does not apply at all*) to 6 (*applies very much*).

Results and Discussion

Due to the low number of subjects, no statistical analyses were performed. Responses in the interview and questionnaire were screened for discrepancies, and ambiguous questionnaire items were reworded.

Two main problems emerged in the pilot study. First, some of the selected longings did not fit the theoretical conceptualization. They did not appear to be holistic representations of desired alternative life realities that are enduring or recurring and difficult or impossible to attain. In some cases, they also seemed to lack the intense emotionality typical of longings. For example, the young women reported longing for the spring, and the young man reported longing for the

end of his dissertation (which he was about to finish). These examples can be better perceived of as momentary wishes or concrete, attainable goals. Consequently, in the following studies, participants were provided with a common-language definition of longing.

A second problem was that some participants appeared to have difficulty to evoke their longing in imaginary detail. They often switched to a meta-level and gave general comments or reported parts of their life story. To remedy this problem, in the second pilot study, participants were asked to think aloud about a specific past longing episode, and recall cues were provided.

7.2.2 *Pilot Study 2*

The second pilot study refined the methods used in the first pilot study, with several changes. First, participants were given a common-language definition of longing. Second, in order to obtain a more comprehensive picture of person's longings, each participant selected and answered questions about two longings. Third, in the thinking-aloud task, participants were asked to remember a specific episode in which they experienced their previously selected longing very intensely. Fourth, in order to explore the suitability of different contexts of assessment, participants reported on their longings twice, once in the research institute and once at home.

Method

Participants in the second pilot study were four young (mean age 24.8 years \pm 1.6 years) and four older (mean age 68.3 years, \pm 3.0 years) adults, with two women and two men in each group. The study consisted of two individual sessions, one held at the research institute and the other one held at home. Each session lasted about 90 to 120 minutes. The time interval between the two sessions was about one week, and their order was counterbalanced. Participants received 40 Euro for their participation.

The procedure was identical to the first pilot study, except for the changes indicated above. The definition of longings given to participants was a prior version of the one used in the main study (see Appendix C). In the home version, the thinking-aloud procedure was slightly adapted. Only a written version of the main task was presented, without prior warm-up tasks. A number of guiding questions were provided to facilitate recall of the specific longing episode. These pertained to when the episode took place, how long it lasted, where it took place, whether other persons were present and who, what happened, and what participants thought and felt during the episode. The half-standardized interview and questionnaire (with several reworded items) completed the assessment.

After a short break, the complete set of measures was administered again for the second selected longing. The interview was only administered if the session took place at the institute. At

the end of the second session, participants were explicitly asked for feedback on the study procedure, particularly whether they found it easier to report on their longings at the research institute or at home.

Results and Discussion

A screening of selected longings indicated a better fit to the theoretical conceptualization than in the first pilot study. For example, participants reported longings for living by the sea or in a big city, for the deceased mother, or for having a large, happy family. These examples refer to more global alternative life realities that are difficult or impossible to attain. Hence, the provision of a common-language definition of longing proved useful.

Some participants found it easier to complete the written as compared to the oral version of the thinking-aloud task. Probably, they did not feel comfortable to report on their longings in a face-to-face setting with an unfamiliar research assistant. However, the home context led to new problems. For example, one person reported that she looked up the definition of longing in a dictionary prior to completion of the questionnaire. Consequently, a guided mental journey performed in a group setting was substituted for the thinking-aloud task in subsequent studies. This procedure allowed for a high degree of control over the context of assessment, while at the same time providing participants with a relatively anonymous atmosphere to report on their longings.

Participants reported problems to answer questions if they had selected a past longing that they no longer had. Several interview questions and questionnaire items did not seem applicable in these cases. Hence, the past longing list was dropped in subsequent studies.

Internal consistencies and retest-correlations were obtained for each subscale of the Longing Questionnaire. These indices varied substantially between subscales. Mean internal consistencies across the four conditions (2 longings \times 2 contexts) ranged from .02 to .90, mean retest-correlations across the two longings ranged from .49 to .90. For the subscales Frequency, Duration, Intensity, Ego-Centrality, and Attainability, indices were uniformly high (internal consistencies greater than .63; retest correlations greater than .56), indicating that they measured very homogeneous characteristics of longings. For subsequent applications of the questionnaire, a decision was therefore made to reduce these subscales to single items.

All items were screened for their distributions. Items were considered acceptable if they had a mean close to the center of the range of possible scores (3.0), had reasonable skewness and kurtosis (the value divided by its standard error should not be greater than 2), and did not produce a substantial drop in internal consistency if deleted. Several items with excessive skewness or kurtosis were reworded or substituted by new items.

7.2.3 *Pilot Study 3*

The third pilot study had three main goals. First, it explored a new method for facilitating the recall of longings: a guided mental journey through five life periods. This procedure was based on the technique of guided affective imagery originally developed within the framework of Catathymic-Imaginary Psychotherapy (Leuner, 1969). In the original procedure, the client reclines with closed eyes and undergoes a brief relaxation. Guided by the therapist, the client then engages in an unfolding mental imagery, or waking dream, and continually describes it. The technique is well suited for the induction of waking fantasies and can elicit distinct and sometimes powerful affect (Bott & Klinger, 1985). The procedure was adapted for this and the main study. Because the primary intention of this task was to facilitate recall of longings, participants did not report on their mental imagery. A second goal was to test the utility of a group setting for the assessment of longing in an attempt to enhance anonymity. Third, the study served to derive the initial item pool to be used in the main study. Reflecting the refinement of the theoretical conceptualization, several subscales were added, and item characteristics were analyzed.

Method

The sample comprised 19 young (11 women, 8 men; mean age 24.0 years \pm 3.20 years) and 15 older (9 women, 6 men; mean age 68.1 years \pm 3.42 years) adults. Participants attended two group sessions of 7 to 12 people. The first session assessed longing and lasted about 90 to 120 minutes. The second session assessed different measures of personality, intelligence, and subjective well-being and lasted about 50 to 80 minutes. Only item analyses of the Longing Questionnaire are relevant in the present context and are thus reported. Participants received 35 Euro for their participation.

The procedure for the assessment of longing was identical to the main study (see Section 3.3.1). Thus, it involved the generation of a list of personal longings during a guided mental journey through life and the detailed rating of the three most important longings in a questionnaire. At the end of the second session, the research assistant asked participants for feedback on the study procedure, particularly regarding the mental journey through life.

The Longing Questionnaire was a pilot version of the final Longing Questionnaire (see Section 3.3.1), with minor differences in the wording of items and a different response scale. Whereas in all three pilot studies, the response scale was odd (ranging from 0 to 6), the main study used an even response scale (ranging from 0 to 5). This modification was based on subsequent considerations that it would be desirable to avoid “uncertain” or neutral responses. The Ambivalent Emotions subscale was not yet available in this pilot study.

Results and Discussion

The feedback interview revealed that 45 % of participants found it easy to engage in the mental journey through life, 39 % found it difficult, and 16 % found it neither easy nor difficult. Furthermore, 66 % of participants reported that the mental journey through life helped them recall their longings. For 24 % of participants, the procedure was not perceived as helpful (primarily because they “knew” their longings already beforehand), and 10 % of participants were uncertain about its helpfulness. Overall, the guided mental journey thus proved practicable and useful for facilitating the recall of longings in a group setting.

The next step involved the evaluation of all individual items. As in the second pilot study, item means, variances, skewness, kurtosis, and change in internal consistency if item was deleted were considered. Items with unfavorable characteristics (i.e., an absolute skewness or kurtosis value divided by its standard error greater than 2) were reworded or substituted.

For further analyses, items were aggregated across the three longings of each person. The four single items for duration, intensity, frequency, and ego-centrality were highly interrelated (ranging from .65 to .77) and were combined in to a subscale labeled “Salience.” Internal consistencies of most questionnaire subscales were satisfactory: Incompleteness, .81; Symbolic Nature, .33; Personal Utopia, .59; Tritime, .10; Reflection, .70; Salience, .90; Control Over Longing Experience, .78; Control Over Longing Realization, .77; Directionality, .69; Managing Nonrealizability, .68; Positive Emotions, .92; and Negative Emotions, .89. Subscales with low internal consistency (particularly Symbolic Nature and Personal Utopia) also contained most of the unfavorable items that were reworded. The Tritime Focus subscale consisted of only two indicators and was not further optimized. Instead, it was planned to use single indicators to measure this construct.

In sum, results of the third pilot study were very promising. The mental journey through life proved useful for facilitating the recall of longings, and an initial item pool for the new Longing Questionnaire was obtained.

7.3 Appendix C: Instructions Used in the Longing Generation Phase

7.3.1 Definition of Longing Given to Study Participants

Original German Wording

Mit persönlichen Sehnsüchten meinen wir Personen, Dinge, Erfahrungen oder Erlebnisse, die Sie sich sehr stark herbeiwünschen, die aber weit weg, im Moment schwer erreichbar oder unwahrscheinlich sind. Dies können Personen, Dinge, Erfahrungen oder Erlebnisse aus ihrer Vergangenheit sein, die Sie jetzt vermissen. Oder es können Personen, Dinge, Erfahrungen oder Erlebnisse sein, die Sie sich im Moment oder für die Zukunft herbeisehnen.

- Wir meinen nicht Ihre Ziele, Pläne oder Vorhaben, denen überhaupt nichts im Weg steht und von denen Sie wissen, dass Sie sie in der nächsten Zeit ohne Weiteres erreichen können.
- Wir meinen Sehnsüchte, die Sie längere Zeit in Ihrem Leben begleiten oder die immer wieder auftauchen. Wir meinen also nicht flüchtige Gedanken oder Wünsche, die kurzfristig in einer Situation auftauchen und danach nicht wiederkehren.
- Beispielsweise empfinden manche Menschen Sehnsucht, wenn sie an Ihre Lebensträume, Idealvorstellungen oder verpassten Chancen denken. Andere erleben Sehnsucht, wenn sie sich an intensive vergangene Erlebnisse oder Zeitabschnitte erinnern, die sie gerne wiedererleben würden.

Was wir also mit persönlichen Sehnsüchten meinen, sind intensive, längerfristige und gegenwärtig schwer (oder gar nicht) erfüllbare Wünsche nach Personen, Dingen, Erfahrungen oder Erlebnissen aus Ihrer Vergangenheit, Gegenwart oder Zukunft.

English Translation

By “personal longings,” we mean strong wishes for persons, objects, experiences, or events that are remote, not easily attainable at present, or very unlikely. They may be persons, objects, experiences, or events from your past that you are missing. They may also be persons, objects, experiences, or events that you are longing for for the present or the future.

- We do not mean your goals, plans, or projects that have nothing standing in the way or that you know you can easily attain in the near future.
- We mean longings that are enduring or recurring. We do not mean fleeting ideas or desires that emerge in a particular situation, but do not return thereafter.

- For example, some people experience longing when they think about their life dreams, ideals, or missed opportunities. Other persons experience longing when they remember intense past experiences or life periods they would like to relive.

In brief, what we mean by “personal longings” are wishes for persons, objects, experiences, or events from your past, present, or future that are intense, enduring, and not easily attainable at present.

7.3.2 Guided Mental Journey Through Life

A research assistant read the following text aloud. In the text, the sign “(-)” denotes a short pause (approximately 2 seconds); “(--)” denotes a longer pause (approximately 5 seconds). Before the guided mental journey, participants were instructed that the life course could be subdivided into five periods: childhood, adolescence, young adulthood, middle adulthood, and old adulthood. They were given a blank page with the heading “Longing List,” which they were asked to fill in during the course of the guided mental journey.

Original German Wording

Um Ihnen den Zugang zu Ihren Sehnsüchten zu erleichtern, möchten wir mit Ihnen eine gedankliche Reise durch Ihr Leben machen. Das heißt, wir werden Sie bitten, bestimmte Bilder aus diesen fünf Lebensphasen vor Ihrem inneren Auge aufleben zu lassen. Dies soll Ihnen helfen, sich die Sehnsüchte zu vergegenwärtigen, die mit bestimmten Phasen in Ihrem Leben zusammenhängen. Je nachdem, wie alt Sie gerade sind, werden einige dieser Lebensphasen hinter Ihnen liegen, andere werden noch vor Ihnen liegen. Im letzteren Fall stellen Sie sich diese zukünftigen Lebensphasen bitte einfach vor.

Menschen unterscheiden sich natürlich darin, welche Bilder für sie wichtig sind. Es gibt daher keine falschen Bilder. Alles, was Ihnen bei der folgenden Übung in den Sinn kommt, ist wichtig. Es kann auch sein, dass einem mal mehr als ein einziges Bild in den Sinn kommt, oder aber es stellt sich gar kein Bild ein. Das ist überhaupt nicht schlimm. Diese Übungen sollen ja schließlich eine Hilfestellung für Sie selbst sein. Sie können also gar nichts falsch machen. ...

Wir werden jetzt also nacheinander die fünf Lebensphasen durchgehen. Während Sie sich die jeweilige Lebensphase vorstellen, werden Sie erstmal nichts aufschreiben müssen. Erst nachdem Sie sich jede dieser Lebensphasen vorgestellt haben, wird es kurz um Ihre Sehnsüchte gehen. Erst dann werden wir Sie jeweils bitten, etwas auf Ihre Sehnsuchtsliste zu schreiben.

Noch einmal zur Erinnerung: Mit Sehnsüchten meinen wir intensive, längerfristige und gegenwärtig schwer – oder auch gar nicht – erfüllbare Wünsche nach Personen, Dingen, Erfahrungen oder Erlebnissen aus Ihrer Vergangenheit, Gegenwart oder Zukunft.

(1. Kindheit)

Nun werden wir mit der Lebensreise beginnen. Bitte legen Sie Ihren Stift nun aus der Hand. Ich werde Ihnen Bescheid sagen, wenn etwas aufgeschrieben werden soll. Setzen Sie sich bitte so bequem wie möglich hin. (-) Suchen Sie sich eine Stellung, in der Sie ganz bequem sitzen können. (--) Wenn Sie möchten, schließen Sie die Augen. Versuchen Sie, Ihre Gedanken und Sorgen, die Sie heute beschäftigen, loszulassen. (-) Versuchen Sie, Ihre Muskeln zu entspannen. (--)

Bitte begeben Sie sich jetzt in Gedanken in Ihre **Kindheit**. (--)

Vielleicht gibt es *Orte oder Plätze*, die Sie ganz besonders mit Ihrer **Kindheit** verbinden, z.B. eine Stadt (-), ein Haus (-), ein Zimmer (-) oder ein Stück Natur. (--) Stellen Sie sich diese Orte oder Plätze vor. Warten Sie ruhig einen Moment, bis sich diese Bilder vor Ihrem inneren Auge einstellen. (15 Sekunden Pause)

Vielleicht gibt es besondere *Personen*, die in dieser Lebensphase eine wichtige Rolle spielen. (-) Stellen Sie sich diese Personen vor. Warten Sie ruhig einen Moment, bis das Bild dieser Personen vor Ihrem inneren Auge auftaucht. (15 Sekunden Pause)

Vielleicht gibt es auch besondere *Ereignisse*, die Sie mit Ihrer Kindheit in Verbindung bringen (-), z.B. einen Urlaub, (-) eine Feier, (-) ein Gespräch (-) oder eine Unternehmung. (-)

Vergegenwärtigen Sie sich diese Ereignisse. (-) Warten Sie ruhig einen Moment, bis Sie diese Ereignisse vor Ihrem inneren Auge sehen. (15 Sekunden Pause)

Jetzt haben Sie sich Ihre Kindheit mit Hilfe dieser Bilder vergegenwärtigt. Nun kommen wir zu Ihren **Sehnsüchten**. Vielleicht haben Sie Sehnsüchte, die mit dieser Lebensphase in Zusammenhang stehen, d.h. Sehnsüchte, die Sie in Ihrer Kindheit hatten und die noch bis in die heutige Zeit hineinreichen – oder Sehnsüchte nach dieser Zeit bzw. nach Personen, Orten oder Ereignissen aus dieser Zeit. Falls dies so ist, schreiben Sie bitte jetzt diese Sehnsucht oder diese Sehnsüchte jeweils mit einem Stichpunkt auf Ihre Sehnsuchtsliste – und zwar immer ein Stichpunkt unter den anderen. ... (ca. 1,5 Minuten Pause)

(2. Jugend)

Bitte legen Sie den Stift nun wieder aus der Hand. Setzen Sie sich bitte so bequem wie möglich hin. (--) Wenn Sie möchten, schließen Sie wieder die Augen. Versuchen Sie, alles, was Sie beschäftigt, loszulassen. (-) Entspannen Sie auch wieder Ihre Muskeln. (--)

Bitte begeben Sie sich jetzt in Gedanken in Ihre **Jugend**. (--)

Vielleicht gibt es *Orte oder Plätze*, die Sie ganz besonders mit Ihrer **Jugend** verbinden. (-) Stellen Sie sich diese Orte oder Plätze vor. (15 Sekunden Pause)

Vielleicht gibt es besondere *Personen*, die in dieser Lebensphase eine wichtige Rolle spielen. Stellen Sie sich diese Personen vor. (15 Sekunden Pause)

Vielleicht gibt es auch *Ereignisse*, die Sie mit Ihrer Jugend in Verbindung bringen. Vergegenwärtigen Sie sich diese Ereignisse. (15 Sekunden Pause)

Jetzt haben Sie sich Ihre Jugend mit Hilfe dieser Bilder vergegenwärtigt. Nun kommen wir wieder zu Ihren **Sehnsüchten**. Vielleicht haben Sie Sehnsüchte, die mit **dieser** Lebensphase in Zusammenhang stehen, z.B. Sehnsüchte, die Sie in Ihrer Jugend hatten, die noch bis in die heutige Zeit hineinreichen – oder Sehnsüchte nach dieser Zeit bzw. nach Personen, Orten oder Ereignissen aus dieser Zeit. Falls dies so ist, schreiben Sie bitte diese Sehnsüchte jeweils mit einem Stichpunkt auf Ihre Sehnsuchtsliste, einfach fortlaufend unter die Sehnsüchte Ihrer Kindheit. ... (ca. 1,5 Minuten Pause)

(3. Junges Erwachsenenalter)

Bitte legen Sie den Stift nun wieder aus der Hand und setzen Sie sich so bequem wie möglich hin. (--) Wenn Sie möchten, schließen Sie wieder die Augen und versuchen Sie, sich zu entspannen. (--)

Bitte begeben Sie sich jetzt in Gedanken in die Zeit Ihres **jungen Erwachsenenalters**. (--)

Vielleicht gibt es *Orte oder Plätze*, die Ihnen einfallen (--), *Personen* (--), oder bestimmte *Ereignisse*, die Sie ganz besonders mit Ihrem **jungen Erwachsenenalter** verbinden (-). Stellen Sie sich diese vor. (45 Sekunden)

Jetzt haben Sie sich die Zeit Ihres jungen Erwachsenenalters mit Hilfe dieser Bilder vergegenwärtigt. Nun kommen wir wieder zu Ihren **Sehnsüchten**. Vielleicht haben Sie Sehnsüchte, die mit **dieser** Lebensphase in Zusammenhang stehen. Falls dies so ist, schreiben Sie bitte diese Sehnsüchte jeweils mit einem Stichpunkt auf Ihre Sehnsuchtsliste, einfach fortlaufend unter die Sehnsüchte Ihrer Jugend. ... (ca. 1,5 Minuten Pause)

Der letzte Teil wurde noch einmal für die Lebensphasen mittleres und hohes Erwachsenenalter wiederholt.

English Translation

Perhaps, you are not always completely aware of your longings. We would therefore like to take you on a mental journey through your life. That is, we would like to ask you to visualize important images from these five periods of your life. We hope this will help you become aware of your longings that are linked with different times in your life. Depending on your age, some of

these periods of life will be in the past, whereas others will lie ahead. In the latter case, please try to imagine your future.

Of course, each person's set of important images is unique; thus, there are no right or wrong images. Everything that comes to your mind is important. Perhaps, many images may enter your mind, or perhaps there is a life period without any images. Either situation is just fine. This task is really meant to help you; therefore, you just cannot do anything wrong. ...

In the following, we will go through the five life periods one by one. While you visualize each life period, you will not have to write anything down. Only after you have pictured each life period, will we ask you to add something to your list of longings.

A short reminder before we start: By personal longings, we mean wishes for people, objects, experiences, or events from your personal past, present, or future that are intense, enduring, and not easily attainable at present.

(1. Childhood)

We will now begin the mental journey through life. Please put your pen aside. I will let you know when it is time to write something down. Please try to sit on your chair as comfortably as possible. (-) Find a comfortable position. (--) If you like, close your eyes. Try to let go of all the concerns and worries you have in your mind today. (--) Try to relax your muscles. (--)

Please let your thoughts wander off to your **childhood** now. (--)

Maybe there are particular *places* that are especially linked to your **childhood**, such as a town (-), a house (-), a room (-), or a particular landscape or scenery (--) . Picture these places. Take your time until these images appear in your mind's eye. (*pause for 15 seconds*)

Maybe there are special *persons* who are important during this life period (-). Picture these persons. Take your time until you can see these individuals in your mind's eye. (*15 seconds*)

Maybe there are also particular *events* linked to your childhood (-), for example a vacation (-), a celebration (-), a conversation (-), or a personal project (-). Picture these events. Take your time until these events come to your mind's eye. (*pause for 15 seconds*)

Now you have visualized your childhood by means of these images. At this point, we want to turn to your **longings**. Maybe you have longings that are linked to this period of your life, that is, longings which you had had in your childhood and which are still present today – or longings for this period of your life, or for particular people, places, or events belonging to this period in your life. If this is the case, please make a note of this longing or these longings on your list of longings – just one note after the other. ... (*pause for ca. 1.5 minutes*)

(2. Youth)

Please put your pen aside now. Try to sit on your chair as comfortably as possible. (-)
Close your eyes if you like. Try to let go of everything that is worrying you. Try to relax your muscles again. (-)

Please let your thoughts wander off to your **youth** now. (--)

Maybe there are particular *places* that are especially linked to your **youth**. Picture these places. (*pause for 15 seconds*)

Maybe there are special *persons* who are important during this life period. Picture these persons. (*pause for 15 seconds*)

Maybe there are also particular *events* that are linked to your youth. Picture these events. (*pause for 15 seconds*)

Now you have visualized your youth by means of these images. At this point, we would like to turn to your **longings**. Perhaps you have longings that are linked to this period of your life, that is, longings which you had in your youth and which are still present today – or longings for this period of your life, or for special people, places, or events belonging to this period of your life. If this is the case, please make a note of each of these longings on your personal list of longings, just after the longings from your childhood. ... (*pause for ca. 1.5 minutes*)

(3. Young Adulthood)

Please put your pen aside now. Try to sit on your chair as comfortably as possible. (-)
If you like, close your eyes, and try to relax your muscles. (-)

Please let your thoughts wander off to the time of your **young adulthood** now. (--)

Maybe there are particular *places* that come to your mind (--), *persons* (--), or *events* that are especially linked to your **young adulthood**. (-) Picture them. (*pause for 45 seconds*)

Now you have visualized your young adulthood by means of these images. At this point, we would like to turn to your **longings**. Maybe you have longings that are linked to this period of your life. If this is the case, please make a note of these longings on your personal list of longings, just after the longings from your youth. ... (*pause for ca. 1.5 minutes*)

The last section was repeated for the periods of middle and old adulthood.

7.4 Appendix D: Item Characteristics of the Longing Questionnaire

Table A.1

Item Characteristics of the Structural Elaboration Scales

Indicators	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Longing 1</i>								
<i>Incompleteness</i>								
I1	3.20	1.88	0	5	-.61 (.14)	-1.12 (.28)	5	--
I2	3.22	1.87	0	5	-.69 (.14)	-1.01 (.28)	4	--
I3	2.98	1.85	0	5	-.50 (.14)	-1.17 (.28)	1	--
I4	2.37	1.95	0	5	.05 (.14)	-1.55 (.28)	3	--
I5	3.19	1.75	0	5	-.62 (.14)	-.89 (.28)	3	--
I6	2.39	1.82	0	5	-.08 (.14)	-1.43 (.28)	1	--
<i>Symbolic Nature</i>								
S1	3.09	1.82	0	5	-.58 (.14)	-1.07 (.29)	9	--
S2	3.84	1.71	0	5	-1.37 (.14)	.50 (.28)	3	--
S3	3.17	1.92	0	5	-.66 (.14)	-1.12 (.28)	1	--
S4	3.61	1.73	0	5	-1.13 (.14)	-.08 (.28)	4	--
S5	1.10	1.64	0	5	1.21 (.14)	.05 (.28)	2	--
S6	1.52	1.71	0	5	.69 (.14)	-.93 (.28)	3	--
<i>Personal Utopia</i>								
U1	1.84	1.82	0	5	.48 (.14)	-1.21 (.28)	7	--
U2	3.07	1.83	0	5	-.53 (.14)	-1.15 (.28)	2	--
U3	2.51	1.98	0	5	-.05 (.14)	-1.59 (.28)	5	--
U4	3.97	1.49	0	5	-1.54 (.14)	1.42 (.29)	10	--
U5	2.99	1.63	0	5	-.55 (.14)	-.79 (.29)	10	--
U6	2.20	1.94	0	5	.13 (.14)	-1.54 (.28)	2	--
<i>Ambivalent Emotions</i>								
E1	2.64	1.79	0	5	-.17 (.14)	-1.26 (.28)	7	--
E2	1.79	1.92	0	5	.46 (.14)	-1.39 (.28)	2	--
E3	2.45	1.87	0	5	-.11 (.14)	-1.47 (.28)	3	--
E4	1.92	1.90	0	5	.34 (.14)	-1.44 (.28)	3	--
E5	2.70	1.96	0	5	-.24 (.14)	-1.49 (.28)	3	--
E6	2.37	1.76	0	5	-.11 (.14)	-1.34 (.28)	4	--
<i>Tritime Focus</i>								
T1	3.65	1.14	0	5	-.66 (.14)	-.18 (.28)	4	--
T2	2.91	1.20	0	5	-.52 (.14)	-.14 (.28)	2	--
<i>Reflection</i>								
R1	3.37	1.64	0	5	-.86 (.14)	-.42 (.28)	5	--
R2	3.72	1.49	0	5	-1.14 (.14)	.44 (.28)	2	--
R3	3.35	1.67	0	5	-.82 (.14)	-.54 (.28)	4	--
R4	3.01	1.77	0	5	-.58 (.14)	-1.02 (.28)	2	--
R5	2.48	1.73	0	5	-.10 (.14)	-1.28 (.28)	2	--
R6	2.10	1.76	0	5	.23 (.14)	-1.28 (.28)	1	--

(table continued)

Table A.1. (continued)

Indicators	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Aggregated Across the Three Longings</i>								
<i>Incompleteness</i>								
I1	2.88	1.44	0	5	-.44 (.14)	-.77 (.28)	0	0
I2	2.87	1.37	0	5	-.37 (.14)	-.62 (.28)	0	0
I3	2.75	1.37	0	5	-.37 (.14)	-.70 (.28)	0	0
<i>Symbolic Nature</i>								
S1	2.96	1.43	0	5	-.48 (.14)	-.72 (.28)	1	0
S2	3.65	1.28	0	5	-1.11 (.14)	.67 (.28)	0	0
S3	2.98	1.48	0	5	-.50 (.14)	-.71 (.28)	0	0
<i>Personal Utopia</i>								
U1	1.89	1.31	0	5	.29 (.14)	-.72 (.28)	0	0
U2	3.01	1.34	0	5	-.42 (.14)	-.62 (.28)	0	0
U3	2.43	1.43	0	5	.03 (.14)	-.95 (.28)	0	0
<i>Ambivalent Emotions</i>								
E1	2.30	1.25	0	5	.01 (.14)	-.49 (.28)	0	0
E2	1.71	1.39	0	5	.37 (.14)	-.91 (.28)	1	0
E3	2.23	1.45	0	5	.08 (.14)	-.98 (.28)	0	0
E4	1.78	1.39	0	5	.43 (.14)	-.81 (.28)	0	0
<i>Tritime Focus</i>								
T1	3.51	.85	1.33	5	-.13 (.14)	-.58 (.28)	3	0
T2	2.83	1.01	0	5	-.53 (.14)	.05 (.28)	1	0
<i>Reflection</i>								
R1	3.12	1.26	0	5	-.54 (.14)	-.36 (.28)	0	0
R2	3.40	1.23	0	5	-.71 (.14)	-.19 (.28)	0	0
R3	3.17	1.29	0	5	-.58 (.14)	-.49 (.28)	0	0
R4	2.88	1.36	0	5	-.47 (.14)	-.61 (.28)	0	0

Note. *N* = 299. For Longing 1, items printed in bold were included in the final scales. Outliers were adjusted only at the level of aggregated items (i.e., item parcels).

Table A.2

Item Characteristics of the Salience Scale

Indicators	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Longing 1</i>								
Frequency	4.02	1.08	0	5	-1.22 (.14)	1.55 (.28)	2	--
Duration	3.65	1.19	0	5	-.60 (.14)	-.33 (.28)	2	--
Intensity	4.06	1.01	0	5	-1.01 (.14)	.70 (.28)	1	--
Centrality	3.96	1.28	0	5	-1.36 (.14)	1.40 (.28)	1	--
<i>Aggregated Across the Three Longings</i>								
Frequency	3.66	.84	1.11	5	-.53 (.14)	.16 (.28)	0	4
Duration	3.33	.93	.54	5	-.27 (.14)	-.07 (.28)	0	1
Intensity	3.82	.81	1.32	5	-.64 (.14)	.29 (.28)	0	2
Centrality	3.69	.99	.62	5	-.96 (.14)	.69 (.28)	0	0

Note. *N* = 299. Outliers were adjusted only at the level of aggregated items (i.e., item parcels).

Table A.3
Item Characteristics of the Longing Control Scales

Indicators	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Longing 1</i>								
<i>Control Over Longing Experience</i>								
CE1	3.16	1.59	0	5	-.67 (.14)	-.59 (.28)	3	--
CE2	2.73	1.55	0	5	-.31 (.14)	-.86 (.28)	3	--
CE3	2.41	1.72	0	5	-.01 (.14)	-1.28 (.28)	4	--
CE4	2.43	1.80	0	5	-.04 (.14)	-1.38 (.28)	3	--
CE5	2.99	1.79	0	5	-.31 (.14)	-1.32 (.28)	2	--
CE6	3.26	1.67	0	5	-.49 (.14)	-1.07 (.28)	2	--
<i>Control Over Longing Realization</i>								
CR1	2.54	1.84	0	5	-.21 (.14)	-1.39 (.28)	3	--
CR2	2.99	1.70	0	5	-.55 (.14)	-.91 (.28)	3	--
CR3	2.51	1.78	0	5	-.20 (.14)	-1.29 (.28)	4	--
CR4	2.25	1.96	0	5	.18 (.14)	-1.52 (.28)	2	--
CR5	3.28	1.88	0	5	-.60 (.14)	-1.16 (.28)	3	--
CR6	2.24	1.94	0	5	.08 (.14)	-1.59 (.28)	2	--
CR7	2.30	2.00	0	5	.19 (.14)	-1.55 (.28)	3	--
CR8	2.74	1.85	0	5	-.06 (.14)	-1.46 (.28)	3	--
<i>Aggregated Across the Three Longings</i>								
<i>Control Over Longing Experience</i>								
CE1	3.16	1.24	0	5	-.53 (.14)	-.29 (.28)	0	0
CE2	2.79	1.20	0	5	-.34 (.14)	-.18 (.28)	1	0
CE3	2.57	1.33	0	5	-.05 (.14)	-.73 (.28)	2	0
<i>Control Over Longing Realization</i>								
CR1	2.56	1.41	0	5	-.22 (.14)	-.85 (.28)	0	0
CR2	2.93	1.33	0	5	-.43 (.14)	-.44 (.28)	0	0
CR3	2.51	1.47	0	5	-.14 (.14)	-.98 (.28)	0	0

Note. *N* = 299. For Longing 1, items printed in bold were included in the final scale. Reversed items were recoded before calculating descriptives. Outliers were adjusted only at the level of aggregated items (i.e., item parcels).

Table A.4
Item Characteristics of the Longing Function Scales

Indicators	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Longing 1</i>								
<i>Directionality</i>								
D1	2.48	1.82	0	5	-.09 (.14)	-1.42 (.28)	6	--
D2	3.29	1.75	0	5	-.75 (.14)	-.79 (.29)	8	--
D3	3.00	1.77	0	5	-.47 (.14)	-1.15 (.28)	1	--
D4	3.75	1.55	0	5	-1.28 (.14)	.60 (.28)	6	--
D5	2.56	1.91	0	5	-.08 (.14)	-1.47 (.28)	2	--
D6	2.48	1.97	0	5	-.04 (.14)	-1.56 (.28)	2	--
<i>Managing Nonrealizability</i>								
MN1	1.75	1.82	0	5	.44 (.14)	-1.33 (.28)	5	--
MN2	1.64	1.89	0	5	.64 (.14)	-1.17 (.28)	5	--
MN3	2.55	2.13	0	5	-.10 (.14)	-1.72 (.28)	1	--
MN4	1.90	1.83	0	5	.30 (.14)	-1.41 (.28)	5	--
MN5	2.24	2.06	0	5	.10 (.14)	-1.69 (.28)	3	--
MN6	1.87	1.96	0	5	.39 (.14)	-1.49 (.28)	1	--
<i>Aggregated Across the Three Longings</i>								
<i>Directionality</i>								
D1	2.32	1.43	0	5	-.03 (.14)	-1.00 (.28)	0	0
D2	3.00	1.33	0	5	-.53 (.14)	-.43 (.28)	0	0
D3	2.70	1.42	0	5	-.20 (.14)	-.97 (.28)	0	0
<i>Managing Nonrealizability</i>								
MN1	1.85	1.49	0	5	.37 (.14)	-.98 (.28)	0	0
MN2	1.78	1.47	0	5	.50 (.14)	-.68 (.28)	0	0
MN3	2.51	1.60	0	5	-.02 (.14)	-1.15 (.28)	0	0

Note. *N* = 299. For Longing 1, items printed in bold were included in the final scale. Reversed items were recoded before calculating descriptives. Outliers were adjusted only at the level of aggregated items (i.e., item parcels).

7.5 Appendix E: Intercorrelations Between Items of the Longing Questionnaire

Tables A.6 to A.8 present correlation matrices for indicators, on which confirmatory factor analyses of the Longing Questionnaire were based. In all tables, item intercorrelations for Longing 1 are presented in the bottom half of the table, and intercorrelations for item parcels (aggregated across the three longings) in the top half of the table. Among item parcels (top halves of the tables), only parcels that were part of final measurement models are included. For reasons of parsimony, correlation matrices for Longings 2 and 3 and for re-assessment data are not shown. There were comparable to the presented data.

Table A.5

Intercorrelations Between Items of the Structural Elaboration Scales: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)

Indic- ators	Incompleteness						Symbolic Nature					
	I1	I2	I3	I4	I5	I6	S1	S2	S3	S4	S5	S6
I1	—	.75	.45				.33	.16	.14			
I2	.68	—	.46				.24	.22	.13			
I3	.46	.44	—				.47	.32	.20			
I4	-.01	-.04	-.29	—								
I5	.15	.24	.35	-.09	—							
I6	-.26	-.22	-.44	.34	-.22	—						
S1	.30	.22	.43	-.23	.29	-.23	—	.36	.39			
S2	.16	.12	.28	-.12	.16	-.23	.27	—	.24			
S3	.10	.04	.11	.03	.01	.12	.24	.19	—			
S4	.07	.19	.11	.01	.13	.00	.06	-.06	-.05	—		
S5	.22	.08	.00	.14	-.02	.15	.11	.06	.26	-.17	—	
S6	-.07	-.05	-.14	.14	-.03	.15	-.11	-.17	-.06	.08	.10	—
U1	.04	.06	-.07	.32	-.14	.28	-.04	-.03	.07	.04	.20	.15
U2	.20	.23	.11	.05	.06	.11	.06	.01	.07	.01	.13	.08
U3	.06	.16	.10	.01	.16	.07	.16	.15	.10	.09	.13	-.02
U4	.12	.13	.15	-.04	.29	-.12	.27	.20	.10	.01	.06	-.16
U5	.05	.15	.22	-.13	.39	-.15	.14	.06	.06	.19	-.13	-.06
U6	.36	.31	.37	-.06	.14	-.19	.28	.28	.15	.09	.14	-.04
E1	.12	.05	.12	.11	-.06	.03	.04	.21	.10	.03	.17	.07
E2	.29	.21	.18	-.02	.00	-.06	.19	.14	.03	.10	.27	.01
E3	.28	.34	.16	.05	.07	.02	.06	.09	.04	.01	.25	.04
E4	.14	.08	.10	.10	.06	.02	.08	.19	.14	.01	.26	.08
E5	.22	.17	.06	.08	.10	.03	.11	.12	.11	-.04	.13	.08
E6	.17	.14	.11	.06	.01	.01	.18	.09	.06	-.01	.25	.08
T1	.19	.13	.32	-.16	.07	-.17	.22	.00	.15	-.01	.09	-.05
T2	.13	.13	.19	-.17	.12	-.11	.19	.06	.04	.07	.12	.04
R1	.33	.28	.27	-.08	.07	-.16	.33	.16	.12	.03	.13	-.06
R2	.19	.18	.24	-.15	.07	-.18	.40	.18	.25	-.06	.06	-.19
R3	.35	.35	.36	-.11	.11	-.29	.44	.21	.21	-.03	.09	-.08
R4	.23	.20	.26	-.08	.18	-.26	.26	.24	.08	-.06	.10	.00
R5	.05	.09	.06	.06	-.04	.05	.03	.01	.06	.06	.16	.10
R6	-.12	.00	-.17	.21	.03	.29	-.23	-.15	-.03	.10	-.03	.22

(right part of table continues)

Table A.5. (*right part continued*)

Indic- ators	Personal Utopia						Ambivalent Emotions					
	U1	U2	U3	U4	U5	U6	E1	E2	E3	E4	E5	E6
I1	.23	.27	.17				.16	.30	.35	.21		
I2	.21	.26	.21				.14	.22	.39	.22		
I3	-.01	.11	.18				.04	.20	.15	.18		
S1	.06	.07	.28				.10	.24	.20	.21		
S2	.00	.02	.20				.15	.11	.09	.17		
S3	.14	.15	.16				.17	.14	.17	.29		
U1	—	.43	.28				.34	.21	.34	.32		
U2	.28	—	.45				.23	.24	.31	.26		
U3	.15	.40	—				.19	.23	.31	.27		
U4	-.03	.03	.23	—								
U5	-.32	-.21	.02	.10	—							
U6	.11	.16	.25	.14	.15	—						
E1	.19	.17	.15	-.10	-.12	.15	—	.37	.35	.56		
E2	.10	.25	.18	.12	-.14	.25	.37	—	.48	.55		
E3	.19	.22	.23	.00	-.03	.29	.25	.35	—	.51		
E4	.12	.20	.22	-.07	-.02	.17	.44	.45	.34	—		
E5	.16	.15	.22	.25	.04	.11	-.07	.09	.13	-.02	—	
E6	.19	.30	.27	.00	-.08	.23	.29	.38	.22	.24	.13	—
T1	-.02	.06	.10	.17	.09	.22	.04	.13	.07	.13	.23	.12
T2	-.04	.03	.13	.09	.08	.15	.08	.19	.03	.18	.13	.11
R1	.02	.18	.12	.05	.01	.25	.08	.20	.15	.20	.10	.15
R2	.05	.17	.21	.10	.00	.25	.11	.12	.12	.14	.12	.15
R3	.02	.17	.14	.11	.07	.32	.06	.18	.16	.15	.12	.20
R4	.02	.15	.14	.18	.04	.20	.11	.11	.12	.10	.16	.08
R5	.23	.07	.04	.02	-.09	.17	.08	.12	.14	.14	.19	.03
R6	.10	.06	.07	-.06	.00	-.14	.00	-.04	-.01	.00	.02	-.09

(right part of table continues)

Table A.5. (*right part continued*)

Indic- ators	Tritime Focus		Reflection					
	T1	T2	R1	R2	R3	R4	R5	R6
I1	.15	.19	.41	.30	.43	.37		
I2	.13	.16	.34	.31	.41	.34		
I3	.37	.28	.37	.38	.45	.40		
S1	.24	.24	.44	.53	.60	.40		
S2	.13	.15	.22	.30	.26	.30		
S3	.17	.10	.19	.25	.26	.19		
U1	-.03	.10	.12	.10	.09	.11		
U2	.05	.04	.23	.25	.22	.19		
U3	.10	.16	.28	.33	.29	.24		
E1	.00	.08	.18	.17	.12	.13		
E2	.10	.17	.25	.17	.23	.25		
E3	.10	.07	.26	.23	.23	.24		
E4	.18	.20	.29	.19	.23	.22		
T1	—	.50	.18	.19	.20	.26		
T2	.43	—	.31	.23	.27	.28		
R1	.15	.26	—	.63	.70	.51		
R2	.16	.12	.38	—	.72	.46		
R3	.21	.18	.45	.59	—	.57		
R4	.15	.15	.36	.30	.46	—		
R5	.09	.07	.02	-.03	-.08	.10	—	
R6	-.14	-.10	-.28	-.31	-.38	-.17	.23	—

Note. $N = 299$. Items printed in bold were included in the final scales. Correlations with an absolute magnitude greater than .15 are significantly different from zero ($p < .01$). For items, see Method section, Table 7.

Table A.6

Intercorrelations Between Items of the Salience Scale: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)

Indicators	Sal1	Sal2	Sal3	Sal4
Sal1	—	.66	.61	.55
Sal2	.50	—	.62	.45
Sal3	.49	.50	—	.49
Sal4	.44	.43	.46	—

Note. $N = 299$. All correlations are significant at $p < .01$. For items, see Method section, Table 7.

Table A.7

Intercorrelations Between Items of the Longing Control Scales: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)

Indic- ators	Control Over Longing Experience						Control Over Longing Realization							
	CE1	CE2	CE3	CE4	CE5	CE6	CR1	CR2	CR3	CR4	CR5	CR6	CR7	CR8
CE1	—	.54	.51				.12	.23	.15					
CE2	.42	—	.67				.05	.09	.09					
CE3	.31	.38	—				.03	.12	.09					
CE4	.32	.24	.33	—										
CE5	.25	.10	.10	.16	—									
CE6	.30	.16	.12	.16	.52	—								
CR1	.09	-.01	-.08	.19	.01	.11	—	.66	.64					
CR2	.20	.03	.05	.19	-.02	.12	.47	—	.56					
CR3	.11	.04	-.05	.15	-.08	-.03	.62	.44	—					
CR4	.04	-.15	-.11	.15	.16	.26	.61	.37	.40	—				
CR5	-.06	-.13	-.16	.05	.02	.18	.49	.40	.30	.46	—			
CR6	.17	.09	.07	.16	-.11	-.07	.28	.40	.26	.21	.23	—		
CR7	.04	-.09	-.08	-.16	-.05	.06	.16	.12	.12	.18	.32	.15	—	
CR8	.09	-.04	-.03	.12	.20	.24	.13	.21	.10	.37	.20	.11	.12	—

Note. $N = 299$. Items printed in bold were included in the final scales. Correlations with an absolute magnitude greater than .15 are significantly different from zero ($p < .01$). For items, see Method section, Table 7.

Table A.8

Intercorrelations Between Items of the Longing Function Scales: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)

Indic- ators	Directionality						Managing Nonrealizability					
	D1	D2	D3	D4	D5	D6	MN1	MN2	MN3	MN4	MN5	MN6
D1	—	.56	.65				.10	-.02	-.07			
D2	.45	—	.61				.11	.04	.02			
D3	.55	.48	—				.05	-.01	-.08			
D4	.40	.64	.40	—								
D5	-.35	-.29	-.42	-.26	—							
D6	-.35	-.27	-.42	-.21	.57	—						
MN1	.00	.02	-.02	.03	.14	.31	—	.58	.40			
MN2	.00	.04	-.02	.00	.13	.21	.42	—	.62			
MN3	-.10	-.03	-.14	-.06	.21	.30	.36	.47	—			
MN4	.17	.11	.10	-.01	.13	.12	.42	.34	.22	—		
MN5	-.01	.07	.00	-.05	.16	.17	.46	.27	.24	.46	—	
MN6	.22	.17	.16	.19	-.05	.04	.27	.42	.37	.27	.14	—

Note. $N = 299$. Items printed in bold were included in the final scales. Correlations with an absolute magnitude greater than .15 are significantly different from zero ($p < .01$). For items, see Method section, Table 7.

7.6 Appendix F: Descriptive Statistics and Intercorrelations of Central Variables in the Study

Table A.9

Descriptive Statistics for Final Longing Subscales (Aggregated Across the Three Longings)

Scales	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Longing Content Domains</i>								
Health	3.09	1.46	.00	5.00	-.34 (.14)	-.98 (.28)	0	0
Physical Well-Being	3.62	1.17	.11	5.00	-.86 (.14)	.11 (.28)	0	4
Personal Characteristics	3.25	1.32	.00	5.00	-.76 (.14)	.00 (.28)	0	0
Religiosity	.97	1.34	.00	4.99	1.25 (.14)	.43 (.28)	0	3
Finances	2.24	1.49	.00	5.00	.05 (.14)	-.92 (.28)	0	0
Work/education	2.26	1.54	.00	5.00	.03 (.14)	-1.08 (.28)	0	0
Leisure	2.77	1.44	.00	5.00	-.34 (.14)	-.76 (.28)	0	0
Living	2.64	1.43	.00	5.00	-.38 (.14)	-.82 (.28)	0	0
Partnership	3.13	1.41	.00	5.00	-.54 (.14)	-.60 (.28)	0	0
Family	3.42	1.42	.00	5.00	-.72 (.14)	-.37 (.28)	0	0
Friendships	3.01	1.45	.00	5.00	-.43 (.14)	-.81 (.28)	0	0
Societal Values	2.46	1.51	.00	5.00	-.09 (.14)	-1.09 (.28)	0	0
Politics	1.74	1.50	.00	5.00	.46 (.14)	-.82 (.28)	0	0
<i>Structural Elaboration</i>								
<i>Intensity/Scope (IS)</i>	3.09	.76	.81	4.89	-.63 (.14)	.18 (.28)	0	2
Incompleteness (Inc)	2.83	1.17	.00	5.00	-.38 (.14)	-.57 (.28)	0	0
Symbolic Nature (Sym)	3.20	1.04	.00	5.00	-.48 (.14)	-.30 (.28)	0	0
Tritime Focus (Tri)	3.17	.81	.83	4.87	-.36 (.14)	-.18 (.28)	0	0
Reflection (Ref)	3.14	1.07	.00	5.00	-.58 (.14)	-.14 (.28)	0	0
<i>Utopia/Ambivalence (UA)</i>	2.23	.90	.33	4.61	.18 (.14)	-.65 (.28)	0	0
Personal Utopia (Uto)	2.44	1.05	.00	4.89	-.04 (.14)	-.48 (.28)	0	0
Ambivalent Emotions (Amb)	2.01	1.06	.00	4.50	.23 (.14)	-.72 (.28)	0	0
<i>Salience</i>								
Salience (Sal)	3.62	.73	1.40	5.00	-.57 (.14)	.32 (.28)	0	2
<i>Longing Control</i>								
Control Over Longing Experience (CE)	2.84	1.06	.00	5.00	-.24 (.14)	-.27 (.28)	0	0
Control Over Longing Realization (CR)	2.67	1.21	.00	5.00	-.33 (.14)	-.46 (.28)	0	0
<i>Longing Function</i>								
Directionality (ID)	2.67	1.20	.00	5.00	-.20 (.14)	-.70 (.28)	0	0
Managing Nonrealizability (MN)	2.04	1.26	.00	5.00	.28 (.14)	-.79 (.28)	0	0
<i>Additional Subscales and Items</i>								
Positive Emotions (PE)	2.40	1.16	.00	5.00	.18 (.14)	-.64 (.28)	0	0
Negative Emotions (NE)	1.68	1.00	.00	4.58	.37 (.14)	-.36 (.28)	1	0
Past Focus (PaF)	3.65	1.27	.00	5.00	-.99 (.14)	.43 (.28)	4	0
Present Focus (PrF)	3.58	1.22	.00	5.00	-.92 (.14)	.57 (.28)	7	0
Future Focus (FuF)	3.19	1.53	.00	5.00	-.61 (.14)	-.61 (.28)	11	0
Attainability (Att)	2.78	1.29	.00	5.00	-.40 (.14)	-.48 (.28)	0	0
Number of Life Domains (LD)	5.70	2.21	.67	12.35	.31 (.14)	-.25 (.28)	0	1

Note. *N* = 299. All scales and items are aggregated across the three longings. Reversed items were recoded before calculating descriptives.

Table A.10
Descriptive Statistics for Background Characteristics, Control Variables, and Subjective Well-Being Indicators

Scales	<i>M</i>	<i>SD</i>	Min	Max	Skew (<i>SE</i>)	Kurt (<i>SE</i>)	<i>N</i> _{miss}	<i>N</i> _{out}
<i>Self-Rated Health</i>								
Self-rated physical health (PH)	3.44	1.10	1	5	-.50 (.15)	-.31 (.29)	6	2
Self-rated mental health (MH)	3.63	1.10	1	5	-.66 (.15)	-.16 (.29)	6	3
Self-rated mental fitness (MF)	3.83	.82	2	5	-.39 (.15)	-.26 (.29)	6	4
<i>Intelligence Screening</i>								
Mental speed (MS)	48.79	11.33	15	81	-.03 (.15)	.09 (.29)	3	1
Verbal knowledge (VK)	26.36	4.27	13	34	-.86 (.14)	.54 (.29)	1	1
<i>Socially Desirable Responding</i>								
Socially Desirable Responding (SDR)	.68	.20	.08	1.00	-.51 (.15)	-.09 (.30)	16	2
<i>Domain-General Control Beliefs</i>								
General emotion regulation (GER)	2.82	.83	.60	4.70	-.30 (.14)	-.42 (.29)	2	0
General self-efficacy (GSE)	3.30	.74	1.10	5.00	-.60 (.14)	.39 (.29)	2	0
<i>Subjective Well-Being</i>								
<i>Happiness (Happ)</i>	2.88	.77	.92	4.81	-.19 (.14)	-.38 (.29)	1	0
Life satisfaction, global (gLS)	3.01	1.06	.00	5.00	-.50 (.14)	-.09 (.29)	1	0
Life satisfaction, domain-specific (sLS)	2.62	.86	.15	5.00	-.05 (.14)	-.09 (.29)	2	0
Positive affect (PA)	3.15	.82	.66	5.00	-.49 (.15)	.16 (.29)	3	1
Negative affect (NA)	2.27	.95	.07	4.79	.07 (.15)	-.71 (.29)	3	0
<i>Positive Psychological Functioning (Ryff)</i>	3.46	.58	1.72	4.50	-.51 (.14)	-.13 (.29)	1	2
Autonomy (Aut)	3.35	.67	1.34	4.89	-.24 (.14)	-.35 (.29)	1	1
Environmental Mastery (Env)	3.45	.86	.87	5.00	-.54 (.14)	-.04 (.29)	1	2
Personal Growth (PGr)	3.50	.70	1.40	5.00	-.50 (.14)	-.11 (.29)	1	2
Social Relations (Soc)	3.54	.85	.99	5.00	-.46 (.14)	-.30 (.29)	1	1
Purpose/ Personal Goals (Pur)	3.42	.78	1.33	5.00	-.27 (.14)	-.38 (.29)	1	0
Self-Acceptance (SAcc)	3.47	.88	.89	4.89	-.68 (.14)	.02 (.29)	1	1

Note. *N* = 287.

Table A.11
Intercorrelations Between Central Variables of the Study

	IS	Inc	Sym	Tri	Ref	UA	Uto	Amb	Sal
IS	—								
Inc	.78 (.001)*	—							
Sym	.75 (.001)*	.39 (.001)*	—						
Tri	.58 (.001)*	.29 (.001)*	.26 (.001)*	—					
Ref	.83 (.001)*	.54 (.001)*	.53 (.001)*	.33 (.001)*	—				
UA	.42 (.001)*	.36 (.001)*	.30 (.001)*	.17 (.003)*	.38 (.001)*	—			
Uto	.33 (.001)*	.28 (.001)*	.22 (.001)*	.11 (.05)+	.32 (.001)*	.85 (.001)*	—		
Amb	.39 (.001)*	.33 (.001)*	.30 (.001)*	.18 (.002)*	.33 (.001)*	.86 (.001)*	.45 (.001)*	—	
Sal	.51 (.001)*	.37 (.001)*	.34 (.001)*	.33 (.001)*	.48 (.001)*	.06 (.29)	.00 (.94)	.11 (.06)	—
	CE	CR	D	MN	PE	NE	PaF	PrF	FuF
IS	-.06 (.26)	.25 (.001)*	.67 (.001)*	.28 (.001)*	.01 (.81)	.46 (.001)*	.08 (.18)	.48 (.001)*	.40 (.001)*
Inc	-.09 (.10)	.04 (.48)	.40 (.001)*	.24 (.001)*	-.22 (.001)*	.48 (.001)*	.06 (.30)	.27 (.001)*	.17 (.003)*
Sym	.03 (.60)	.28 (.001)*	.58 (.001)*	.28 (.001)*	.17 (.003)*	.21 (.001)*	.01 (.92)	.22 (.001)*	.25 (.001)*
Tri	-.03 (.57)	.28 (.001)*	.39 (.001)*	.04 (.54)	.11 (.06)	.22 (.001)*	.25 (.001)*	.70 (.001)*	.66 (.001)*
Ref	-.09 (.13)	.18 (.001)*	.61 (.001)*	.24 (.001)*	.03 (.64)	.41 (.001)*	-.04 (.53)	.32 (.001)*	.21 (.001)*
UA	.10 (.10)	-.11 (.07)	.13 (.02)+	.58 (.001)*	-.03 (.57)	.41 (.001)*	.22 (.001)*	.06 (.30)	-.07 (.26)
Uto	.11 (.06)	-.16 (.006)*	.12 (.04)+	.44 (.001)*	-.03 (.66)	.29 (.001)*	.17 (.004)*	.01 (.91)	-.07 (.21)
Amb	.05 (.34)	-.02 (.69)	.10 (.07)	.55 (.001)*	-.03 (.59)	.40 (.001)*	.20 (.001)*	.10 (.10)	-.04 (.51)
Sal	-.17 (.004)*	.29 (.001)*	.59 (.001)*	-.06 (.30)	.04 (.49)	.19 (.001)*	.00 (.97)	.44 (.001)*	.29 (.001)*
	Att	LD	PH	MH	MF	MS	VK	SDR	GER
IS	.11 (.05)+	.39 (.001)*	-.14 (.02)+	-.19 (.002)*	.00 (.94)	-.06 (.34)	-.11 (.07)	.00 (.97)	-.17 (.004)*
Inc	-.08 (.15)	.18 (.002)*	-.15 (.01)+	-.25 (.001)*	-.05 (.42)	.03 (.56)	-.11 (.07)	-.07 (.25)	-.25 (.001)*
Sym	.17 (.003)*	.38 (.001)*	-.03 (.62)	-.01 (.80)	.05 (.38)	-.07 (.22)	-.14 (.02)+	.10 (.11)	.01 (.80)
Tri	.21 (.001)*	.22 (.001)*	-.15 (.01)+	-.06 (.31)	.06 (.34)	-.05 (.36)	.08 (.21)	-.08 (.21)	-.06 (.28)
Ref	.10 (.10)	.37 (.001)*	-.09 (.13)	-.19 (.001)*	-.03 (.62)	-.09 (.15)	-.12 (.05)	.05 (.45)	-.18 (.002)*
UA	-.25 (.001)*	.17 (.003)*	-.07 (.23)	-.08 (.17)	-.09 (.15)	-.06 (.34)	-.03 (.62)	-.08 (.19)	-.12 (.05)
Uto	-.28 (.001)*	.15 (.01)+	-.06 (.32)	-.04 (.56)	-.08 (.21)	-.09 (.11)	-.01 (.83)	-.08 (.17)	-.09 (.13)
Amb	-.14 (.02)+	.14 (.02)+	-.06 (.29)	-.10 (.08)	-.07 (.24)	.00 (.96)	-.04 (.53)	-.05 (.38)	-.11 (.07)
Sal	.25 (.001)*	.25 (.001)*	-.01 (.83)	.01 (.90)	.09 (.12)	-.02 (.80)	.03 (.67)	.06 (.34)	-.03 (.60)
	GSE	Happ	gLS	sLS	PA	NA	Ryff	Aut	Env
IS	.02 (.69)	-.29 (.001)*	-.18 (.002)*	-.27 (.001)*	-.14 (.02)+	.36 (.001)*	-.18 (.002)*	-.09 (.12)	-.24 (.001)*
Inc	-.10 (.10)	-.39 (.001)*	-.33 (.001)*	-.30 (.001)*	-.25 (.001)*	.39 (.001)*	-.29 (.001)*	-.15 (.01)+	-.34 (.001)*
Sym	.13 (.03)+	-.04 (.54)	.07 (.24)	-.09 (.12)	.05 (.43)	.13 (.03)+	.01 (.85)	-.01 (.88)	-.01 (.91)
Tri	.03 (.65)	-.09 (.11)	-.06 (.32)	-.13 (.02)+	-.01 (.81)	.09 (.12)	-.03 (.61)	-.01 (.88)	-.13 (.03)+
Ref	.03 (.59)	-.30 (.001)*	-.17 (.004)*	-.26 (.001)*	-.16 (.006)*	.40 (.001)*	-.19 (.002)*	-.08 (.17)	-.20 (.001)*
UA	-.01 (.84)	-.18 (.002)*	-.09 (.13)	-.12 (.04)+	-.12 (.05)+	.27 (.001)*	-.26 (.001)*	-.10 (.10)	-.22 (.001)*
Uto	.03 (.59)	-.12 (.04)+	-.04 (.53)	-.11 (.08)	-.07 (.21)	.19 (.001)*	-.20 (.001)*	-.05 (.36)	-.13 (.03)+
Amb	-.05 (.38)	-.18 (.002)*	-.12 (.05)+	-.10 (.09)	-.13 (.03)+	.26 (.001)*	-.25 (.001)*	-.11 (.06)	-.24 (.001)*
Sal	.04 (.46)	-.08 (.19)	-.04 (.45)	-.14 (.02)+	.04 (.48)	.12 (.05)+	.03 (.62)	-.04 (.47)	-.02 (.70)
	PGr	Soc	Pur	SAcc	Age	Sex ^a	Education ^b		
IS	.03 (.60)	-.15 (.01)+	-.10 (.11)	-.22 (.001)*	-.09 (.14)	.05 (.37)	-.02 (.68)		
Inc	-.02 (.80)	-.22 (.001)*	-.18 (.003)*	-.32 (.001)*	-.17 (.003)*	.06 (.27)	-.07 (.21)		
Sym	.04 (.50)	-.01 (.85)	.05 (.41)	-.01 (.86)	.01 (.91)	.00 (.95)	.02 (.70)		
Tri	.15 (.01)+	-.06 (.31)	-.01 (.86)	-.04 (.45)	-.01 (.88)	.05 (.36)	.11 (.07)		
Ref	-.04 (.47)	-.13 (.03)+	-.12 (.05)+	-.23 (.001)*	-.06 (.32)	.04 (.50)	-.09 (.13)		
UA	-.15 (.01)+	-.23 (.001)*	-.31 (.001)*	-.14 (.02)+	.04 (.51)	.04 (.53)	-.03 (.61)		
Uto	-.14 (.02)+	-.19 (.001)*	-.25 (.001)*	-.09 (.13)	.10 (.07)	-.01 (.85)	.05 (.42)		
Amb	-.11 (.07)	-.20 (.001)*	-.27 (.001)*	-.15 (.01)+	-.04 (.53)	.07 (.21)	-.10 (.10)		
Sal	.11 (.08)	.01 (.93)	.14 (.02)+	-.05 (.41)	-.02 (.68)	.11 (.06)	-.02 (.78)		

(table continues)

Table A.11. (*continued*)

	CE	CR	D	MN	PE	NE	PaF	PrF	FuF
CE	—								
CR	.15 (.009)*	—							
D	-.09 (.12)	.40 (.001)*	—						
MN	.23 (.001)*	-.07 (.22)	.02 (.75)	—					
PE	.28 (.001)*	.40 (.001)*	.22 (.001)*	.17 (.004)*	—				
NE	-.15 (.01)+	-.10 (.10)	.18 (.001)*	.14 (.02)+	-.45 (.001)*	—			
PaF	.05 (.39)	-.18 (.002)*	-.13 (.02)+	.32 (.001)+	.04 (.50)	.09 (.12)	—		
PrF	-.08 (.18)	.29 (.001)*	.46 (.001)*	-.16 (.008)*	-.03 (.60)	.25 (.001)*	-.05 (.41)	—	
FuF	-.11 (.06)	.37 (.001)*	.37 (.001)*	-.25 (.001)*	.05 (.36)	.08 (.16)	-.21 (.001)*	.51 (.001)*	—
	Att	LD	PH	MH	MF	MS	VK	SDR	GER
CE	.05 (.39)	.16 (.006)*	.08 (.19)	.26 (.001)*	.08 (.17)	-.16 (.007)*	-.04 (.53)	.28 (.001)*	.46 (.001)*
CR	.69 (.001)*	.22 (.001)*	.13 (.02)+	.23 (.001)*	.20 (.001)*	.04 (.54)	-.14 (.02)+	.05 (.37)	.17 (.005)*
D	.32 (.001)*	.36 (.001)*	-.01 (.85)	.03 (.67)	.05 (.41)	-.08 (.19)	-.06 (.34)	.05 (.43)	.01 (.85)
MN	-.26 (.001)*	.20 (.001)*	-.04 (.50)	.04 (.49)	-.03 (.64)	-.13 (.03)+	-.10 (.10)	.08 (.19)	.07 (.21)
PE	.27 (.001)*	.28 (.001)*	.09 (.11)	.27 (.001)*	.12 (.05)	-.21 (.001)*	.00 (.94)	.14 (.02)+	.27 (.001)*
NE	-.17 (.003)*	.13 (.03)+	-.13 (.03)+	-.26 (.001)*	-.02 (.70)	.10 (.10)	-.11 (.06)	-.20 (.001)*	-.27 (.001)*
PaF	-.26 (.001)*	.00 (.99)	-.11 (.06)	.03 (.68)	.00 (.96)	-.08 (.20)	.22 (.001)*	-.02 (.78)	.03 (.66)
PrF	.26 (.001)*	.23 (.001)*	-.11 (.07)	.00 (.94)	.03 (.66)	-.03 (.64)	.05 (.45)	-.05 (.39)	-.04 (.46)
FuF	.33 (.001)*	.14 (.02)+	-.13 (.04)+	-.10 (.11)	.07 (.27)	.04 (.56)	-.04 (.52)	-.04 (.52)	-.06 (.31)
	GSE	Happ	gLS	sLS	PA	NA	Ryff	Aut	Env
CE	.28 (.001)*	.31 (.001)*	.26 (.001)*	.23 (.001)*	.33 (.001)*	-.21 (.001)*	.16 (.006)*	.11 (.12)	.30 (.001)*
CR	.28 (.001)*	.14 (.02)+	.19 (.001)*	-.08 (.16)	.25 (.001)*	-.10 (.10)	.22 (.001)*	.02 (.78)	.15 (.01)+
D	.12 (.04)+	-.05 (.37)	.01 (.83)	-.11 (.06)	.05 (.41)	.12 (.05)+	.02 (.75)	.00 (.96)	-.01 (.83)
MN	.08 (.15)	.02 (.71)	.09 (.14)	.02 (.68)	.07 (.23)	.09 (.11)	-.12 (.04)+	-.08 (.18)	.00 (.98)
PE	.33 (.001)*	.29 (.001)*	.30 (.001)*	.16 (.007)*	.36 (.001)*	-.18 (.002)*	.23 (.001)*	.09 (.12)	.26 (.001)*
NE	-.12 (.05)+	-.44 (.001)*	-.32 (.001)*	-.35 (.001)*	-.32 (.001)*	.46 (.001)*	-.35 (.001)*	-.19 (.002)*	-.39 (.001)*
PaF	-.04 (.53)	.10 (.09)	.06 (.35)	.15 (.01)+	.07 (.25)	-.07 (.26)	.00 (.98)	.03 (.62)	.01 (.92)
PrF	-.01 (.83)	-.05 (.38)	-.01 (.83)	-.12 (.05)+	-.01 (.88)	.04 (.52)	.02 (.76)	-.05 (.39)	-.05 (.42)
FuF	.08 (.21)	-.14 (.02)+	-.09 (.12)	-.20 (.001)*	-.08 (.21)	.10 (.11)	.02 (.77)	.00 (.99)	-.10 (.11)
	PGr	Soc	Pur	SAcc	Age	Sex ^a	Education ^b		
CE	-.06 (.34)	.09 (.12)	-.01 (.88)	.23 (.001)*	.22 (.001)*	-.09 (.13)	-.08 (.17)		
CR	.20 (.001)*	.21 (.001)*	.21 (.001)*	.16 (.006)*	-.16 (.004)*	-.05 (.35)	.03 (.61)		
D	.08 (.19)	.00 (.99)	.06 (.32)	-.03 (.57)	-.02 (.74)	-.04 (.51)	.00 (.97)		
MN	-.24 (.001)*	-.13 (.02)+	-.16 (.006)*	.02 (.70)	.14 (.02)+	.06 (.32)	-.14 (.02)+		
PE	.01 (.83)	.20 (.001)*	.15 (.01)+	.25 (.001)*	.24 (.001)*	-.10 (.07)	.05 (.36)		
NE	-.08 (.19)	-.27 (.001)*	-.27 (.001)*	-.32 (.001)*	-.28 (.001)*	.05 (.38)	-.13 (.02)+		
PaF	.00 (.99)	-.01 (.90)	-.10 (.10)	.08 (.18)	.23 (.001)*	.14 (.02)+	.04 (.51)		
PrF	.17 (.005)*	-.01 (.84)	.08 (.20)	-.03 (.65)	-.06 (.34)	.00 (.94)	.10 (.09)		
FuF	.16 (.008)*	-.01 (.82)	.11 (.07)	-.06 (.33)	-.15 (.009)*	.05 (.38)	.09 (.12)		
	Att	LD	PH	MH	MF	MS	VK	SDR	GER
Att	—								
LD	.14 (.01)+	—							
PH	.14 (.02)+	-.04 (.46)	—						
MH	.17 (.004)*	.07 (.21)	.36 (.001)*	—					
MF	.21 (.001)*	.08 (.20)	.20 (.001)*	.44 (.001)*	—				
MS	-.02 (.68)	-.24 (.001)*	.14 (.02)+	.00 (.97)	.16 (.008)*	—			
VK	-.04 (.52)	-.16 (.01)*	-.12 (.05)+	.02 (.81)	.04 (.53)	-.01 (.87)	—		
SDR	.05 (.40)	.16 (.01)+	.01 (.81)	.16 (.01)+	.06 (.37)	-.25 (.001)*	.00 (.95)	—	
GER	.11 (.07)	.07 (.22)	.25 (.001)*	.56 (.001)*	.31 (.001)*	-.03 (.62)	.04 (.56)	.28 (.001)*	—

(table continues)

Table A.11. (continued)

	GSE	Happ	gLS	sLS	PA	NA	Ryff	Aut	Env
Att	.16 (.006)*	.16 (.006)*	.16 (.009)*	.02 (.69)	.20 (.001)*	-.16 (.007)*	.19 (.001)*	.03 (.58)	.18 (.003)*
LD	.15 (.01)+	.02 (.72)	.06 (.29)	-.04 (.45)	.11 (.06)	.06 (.34)	-.04 (.50)	-.01 (.91)	.04 (.50)
PH	.13 (.04)+	.23 (.001)*	.22 (.001)*	.12 (.05)+	.21 (.001)*	-.19 (.001)*	.22 (.001)*	.00 (.98)	.24 (.001)*
MH	.41 (.001)*	.62 (.001)*	.57 (.001)*	.38 (.001)*	.58 (.001)*	-.52 (.001)*	.60 (.001)*	.25 (.001)*	.62 (.001)*
MF	.30 (.001)*	.26 (.001)*	.28 (.001)*	.09 (.12)	.34 (.001)*	-.17 (.004)*	.37 (.001)*	.14 (.02)+	.33 (.001)*
MS	.03 (.61)	-.13 (.03)+	-.10 (.11)	-.17 (.005)*	-.12 (.05)	.08 (.18)	.05 (.40)	-.08 (.20)	-.08 (.18)
VK	-.10 (.09)	.17 (.004)*	.08 (.19)	.21 (.001)*	.04 (.52)	-.24 (.001)*	.11 (.07)	.16 (.007)*	.08 (.17)
SDR	.20 (.001)*	.26 (.001)*	.18 (.003)*	.29 (.001)*	.21 (.001)*	-.20 (.001)*	.19 (.002)*	.09 (.13)	.32 (.001)*
GER	.56 (.001)*	.63 (.001)*	.56 (.001)*	.44 (.001)*	.54 (.001)*	-.54 (.001)*	.59 (.001)*	.31 (.001)*	.61 (.001)*
	PGr	Soc	Pur	SAcc	Age	Sex ^a	Education ^b		
Att	.18 (.002)*	.15 (.01)+	.19 (.001)*	.12 (.05)+	-.02 (.76)	-.15 (.01)+	.01 (.81)		
LD	-.09 (.12)	-.08 (.20)	-.03 (.66)	-.02 (.72)	.13 (.03)+	-.06 (.31)	-.04 (.55)		
PH	.05 (.37)	.22 (.001)*	.13 (.03)+	.26 (.001)*	-.17 (.005)*	-.01 (.92)	.02 (.71)		
MH	.23 (.001)*	.41 (.001)*	.44 (.001)*	.64 (.001)*	.10 (.09)	-.11 (.07)	.02 (.72)		
MF	.25 (.001)*	.25 (.001)*	.31 (.001)*	.34 (.001)*	-.04 (.52)	-.10 (.11)	.03 (.65)		
MS	.21 (.001)*	.05 (.38)	.11 (.07)	.04 (.54)	-.58 (.001)*	.20 (.001)*	.14 (.02)+		
VK	.11 (.07)	.03 (.61)	.02 (.76)	.09 (.15)	.42 (.001)*	.01 (.90)	.31 (.001)*		
SDR	-.06 (.34)	.19 (.002)*	.09 (.12)	.16 (.01)+	.33 (.001)*	-.02 (.68)	-.09 (.16)		
GER	.22 (.001)*	.45 (.001)*	.38 (.001)*	.58 (.001)*	.18 (.001)*	-.02 (.80)	.05 (.36)		
	GSE	Happ	gLS	sLS	PA	NA	Ryff	Aut	Env
GSE	—								
Happ	.41 (.001)*	—							
gLS	.50 (.001)*	.86 (.001)*	—						
sLS	.19 (.001)*	.77 (.001)*	.56 (.001)*	—					
PA	.40 (.001)*	.83 (.001)*	.67 (.001)*	.46 (.001)*	—				
NA	-.26 (.001)*	-.85 (.001)*	-.59 (.001)*	-.56 (.001)*	-.66 (.001)*	—			
Ryff	.55 (.001)*	.67 (.001)*	.60 (.001)*	.50 (.001)*	.53 (.001)*	-.61 (.001)*	—		
Aut	.38 (.001)*	.25 (.001)*	.22 (.001)*	.22 (.001)*	.14 (.02)+	-.29 (.001)*	.58 (.001)*	—	
Env	.52 (.001)*	.74 (.001)*	.66 (.001)*	.57 (.001)*	.59 (.001)*	-.65 (.001)*	.82 (.001)*	.41 (.001)*	—
	PGr	Soc	Pur	SAcc	Age	Sex ^a	Education ^b		
GSE	.26 (.001)*	.30 (.001)*	.38 (.001)*	.57 (.001)*	.01 (.85)	-.11 (.07)	-.03 (.61)		
Happ	.18 (.003)*	.49 (.001)*	.45 (.001)*	.74 (.001)*	.36 (.001)*	-.10 (.11)	.07 (.22)		
gLS	.10 (.08)	.40 (.001)*	.40 (.001)*	.76 (.001)*	.28 (.001)*	-.10 (.09)	.06 (.36)		
sLS	.07 (.12)	.45 (.001)*	.29 (.001)*	.50 (.001)*	.42 (.001)*	-.06 (.31)	.13 (.02)+		
PA	.17 (.004)*	.38 (.001)*	.35 (.001)*	.60 (.001)*	.24 (.001)*	-.10 (.08)	-.02 (.69)		
NA	-.26 (.001)*	-.42 (.001)*	-.45 (.001)*	-.58 (.001)*	-.30 (.001)*	.05 (.45)	-.08 (.16)		
Ryff	.62 (.001)*	.75 (.001)*	.82 (.001)*	.80 (.001)*	.12 (.04)+	.02 (.69)	.14 (.02)+		
Aut	.31 (.001)*	.24 (.001)*	.36 (.001)*	.35 (.001)*	.17 (.005)*	-.05 (.42)	.06 (.35)		
Env	.27 (.001)*	.53 (.001)*	.58 (.001)*	.74 (.001)*	.28 (.001)*	-.01 (.82)	.07 (.25)		
	PGr	Soc	Pur	SAcc	Age	Sex ^a	Education ^b		
PGr	—				-.15 (.01)+	.06 (.29)	.20 (.001)*		
Soc	.42 (.001)*	—			.04 (.54)	.08 (.16)	.11 (.06)		
Pur	.57 (.001)*	.56 (.001)*	—		.01 (.93)	.07 (.24)	.14 (.02)+		
SAcc	.29 (.001)*	.51 (.001)*	.55 (.001)*	—	.15 (.01)+	-.06 (.31)	.07 (.23)		

Note. $N = 287$ to 299 . p -values (two-sided) are shown in brackets. For variable identifiers, see Tables A.9 and A.10.

^a Coding: 1 = men, 2 = women. ^b Coding: 1 = primary education, 2 = lower secondary education, 3 = high school, 4 = college/ university.

* $p < .01$; + $p < .05$

7.7 Appendix G: Items of Newly Developed Scale for General Emotion Regulation

Table A.12.

Items of Newly Developed Scale for General Emotion Regulation

Aspects	Items	
	English	German
General emotion regulation capacity	I can always control my feelings very well. I can influence in which situations I have certain feelings.	Ich kann meine Gefühle immer sehr gut kontrollieren. Ich kann selbst bestimmen, in welchen Situationen ich bestimmte Gefühle habe.
Ability to up-regulate positive emotions	I wish I could enjoy positive experiences more than I usually do. Whenever I want, I can prolong pleasant feelings (e.g., joy, excitement) for a while. When I want to feel good, I can focus my thoughts on the good aspects of the situation. When I experience something pleasant, I cannot enjoy it for very long. (R)	Ich wünschte, ich könnte mich mehr über die schönen Dinge freuen, die ich erlebe. (R) Wann immer ich will, schaffe ich es, angenehme Gefühle (z.B. Freude, Begeisterung) noch etwas länger festzuhalten. Wenn ich mich gut fühlen will, kann ich meine Gedanken auf das Gute in der Situation lenken. Wenn ich etwas Schönes erlebe, gelingt es mir nicht, mich lange daran zu erfreuen. (R)
Ability to down-regulate negative emotions	When I am sad or mad, I cannot keep my thoughts from constantly revolving around it. (R) Whenever I want, I have means and ways to distract myself from negative feelings (e.g., sadness, anger, disappointment). If my feelings become too unpleasant, I can change my thoughts to feel better again. When I get unpleasant feelings, I feel completely helpless in face of them. (R)	Wenn ich traurig oder wütend bin, kann ich nicht verhindern, dass meine Gedanken ständig darum kreisen. (R) Wann immer ich will, habe ich Mittel und Wege, um mich von negativen Gefühlen (z.B. Traurigkeit, Wut, Enttäuschung) abzulenken. Wenn meine Gefühle zu unangenehm werden, kann ich meine Gedanken so ändern, dass ich mich wieder gut fühle. Wenn in mir unangenehme Gefühle hochkommen, fühle ich mich diesen völlig ausgeliefert. (R)

Note. (R) = reversed item.

7.8 Appendix H: Control Analyses for the Prediction of the Two Functions of Longing and Subjective Well-Being

Table A.13

Controlling for Background Characteristics When Predicting the Functions of Longing

Predictors	Directionality		Managing Nonrealizability	
	β (<i>p</i>)	ΔR^2 (<i>p</i>)	β (<i>p</i>)	ΔR^2 (<i>p</i>)
<i>Step 1</i>		.00 (.81)		.02 (.04)+
Sex ^a	-.06 (.13)		.05 (.10)	
Education ^b	.00 (.95)		-.10 (.02)+	
<i>Step 2</i>		.53 (.001)*		.37 (.001)*
Intensity/Scope	.66 (.001)*		.09 (.12)	
Utopia/Ambivalence	-.12 (.01)+		.52 (.001)*	
Control Over Longing	-.08 (.07)		.19 (.001)*	
Experience				
Control Over Longing	.23 (.001)*		-.06 (.23)	
Realization				
<i>Overall explained variance (R²)</i>		.53 (.001)*		.39 (.001)*

Note. *N* = 299. β -values are from final regression equation.

^a Coding: 1 = men, 2 = women. ^b Coding: 1 = primary education, 2 = lower secondary education, 3 = high school, 4 = college/ university.

* $p < .01$; + $p < .05$.

Table A.14

Controlling for Generalized Control Beliefs When Predicting the Functions of Longing

Predictors	Directionality		Managing Nonrealizability	
	β (<i>p</i>)	ΔR^2 (<i>p</i>)	β (<i>p</i>)	ΔR^2 (<i>p</i>)
<i>Step 1</i>		.02 (.06)		.01 (.31)
General Self-Efficacy	.01 (.93)		.02 (.70)	
General Emotion Regulation	.13 (.02)+		.07 (.24)	
<i>Step 2</i>		.51 (.001)*		.37 (.001)*
Intensity/Scope	.66 (.001)*		.11 (.05)+	
Utopia/Ambivalence	-.10 (.05)+		.51 (.001)*	
Control Over Longing	-.12 (.01)+		.18 (.002)*	
Experience				
Control Over Longing	.23 (.001)*		-.09 (.10)	
Realization				
<i>Overall explained variance (R²)</i>		.53 (.001)*		.38 (.001)*

Note. *N* = 299. β -values are from final regression equation.

* $p < .01$; + $p < .05$.

Table A.15
Controlling for Background Characteristics When Predicting Subjective Well-Being

Predictors	Happiness		Positive Psychological Functioning	
	β (<i>p</i>)	ΔR^2 (<i>p</i>)	β (<i>p</i>)	ΔR^2 (<i>p</i>)
<i>Step 1</i>		.01 (.13)		.02 (.05)
Sex ^a	-.04 (.45)		.07 (.18)	
Education ^b	.10 (.05)+		.15 (.009)*	
<i>Step 2</i>		.24 (.001)*		.16 (.001)*
Intensity/Scope	-.45 (.001)*		-.24 (.004)*	
Utopia/Ambivalence	-.13 (.05)		-.20 (.006)*	
Control Over Longing	.26 (.001)*		.16 (.007)*	
Experience				
Control Over Longing	.11 (.07)		.18 (.006)*	
Realization				
Directionality	.23 (.002)*		.15 (.06)	
Managing Nonrealizability	.19 (.006)*		.05 (.50)	
Overall explained variance (R^2)		.26 (.001)*		.18 (.001)*

Note. $N = 284$ (Three multivariate outliers deleted prior to analyses). β -values are from final regression equation.

^a Coding: 1 = men, 2 = women. ^b Coding: 1 = primary education, 2 = lower secondary education, 3 = high school, 4 = college/ university.

* $p < .01$; + $p < .05$.

Table A.16
Controlling for Generalized Control Beliefs When Predicting Subjective Well-Being

Predictors	Happiness		Positive Psychological Functioning	
	β (<i>p</i>)	ΔR^2 (<i>p</i>)	β (<i>p</i>)	ΔR^2 (<i>p</i>)
<i>Step 1</i>		.40 (.001)*		.41 (.001)*
General Self-Efficacy	.10 (.07)		.32 (.001)*	
General Emotion Regulation	.48 (.001)*		.42 (.001)*	
<i>Step 2</i>		.06 (.001)*		.06 (.001)*
Intensity/Scope	-.31 (.001)*		-.07 (.37)	
Utopia/Ambivalence	-.07 (.24)		-.13 (.04)+	
Control Over Longing	.03 (.52)		-.11 (.04)+	
Experience				
Control Over Longing	.06 (.24)		.08 (.14)	
Realization				
Directionality	.12 (.08)		-.01 (.90)	
Managing Nonrealizability	.10 (.09)		-.05 (.35)	
Overall explained variance (R^2)		.46 (.001)*		.47 (.001)*

Note. $N = 284$ (Three multivariate outliers deleted prior to analyses). β -values are from final regression equation.

* $p < .01$; + $p < .05$.

7.9 Appendix I: Detailed Results Regarding the Three Subgroups With Different Longing Profiles

Table A.17

Subgroup Differences in Socio-Demographic Variables, Longing Characteristics (Other Than Structural Elaboration), and Subjective Well-Being

Constructs	Cluster 1 ("Low") <i>n</i> = 37		Cluster 2 ("High") <i>n</i> = 49		Cluster 3 ("Mixed") <i>n</i> = 68		<i>F</i> (2, 137)	<i>p</i>	η ²
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
<i>Background characteristics</i>									
Age in years	51.94	18.45	49.69	15.71	47.64	16.77	.87	.42	.01
Sex (Men : Women) ¹	38: 62		57: 43		53: 47		--	--	--
Education ²	2.62	1.01	2.67	1.23	2.99	1.06	2.35	.10	.03
<i>Longing characteristics</i>									
Salience	3.23 ^a	.65	3.68 ^b	.60	3.77 ^b	.54	13.42	.001*	.16
Control Over Longing									
Experience	3.09	1.12	3.13	.98	2.69	1.02	3.61	.03+	.05
Control Over Longing									
Realization	2.80	1.17	2.72	1.14	2.86	1.07	.04	.97	.00
Directionality	1.74 ^a	.97	3.10 ^b	.90	2.94 ^b	.83	32.09	.001*	.31
Managing Nonrealiz-									
ability	1.55 ^a	1.11	3.33 ^b	.92	1.64 ^a	.90	46.72	.001*	.40
Positive Emotions	2.46	1.18	2.66	1.15	2.35	.99	.59	.55	.01
Negative Emotions	1.04 ^a	.79	2.13 ^b	1.00	1.76 ^b	.96	16.91	.001*	.19
Past Focus	3.18	1.25	3.88	1.13	3.40	1.27	3.76	.03+	.05
Present Focus	2.88 ^a	1.26	3.54 ^b	.79	3.90 ^b	.85	14.79	.001*	.17
Future Focus	2.52 ^a	1.27	3.03 ^{a,b}	1.27	3.54 ^b	1.45	6.70	.002*	.09
Attainability	3.14	1.07	2.65	1.23	3.08	1.06	.77	.47	.01
Number of Life									
Domains	4.06 ^a	2.01	5.34 ^b	1.89	4.38 ^{a,b}	1.39	5.67	.004*	.07
<i>Subjective well-being</i>									
Happiness	3.27 ^a	.61	2.65 ^b	.70	2.64 ^b	.74	10.55	.001*	.13
Positive Psychological									
Functioning	3.75 ^a	.39	3.22 ^b	.56	3.47 ^{a,b}	.52	10.55	.001*	.13

Note. *N* = 154 (Only the 50 % most prototypical individuals for a given cluster were included). Means without or with the same superscript for a given variable are not significantly different according to post hoc Tukey tests ($p < .01$). In addition to the cluster differences indicated in the table, there were several statistical trends ($p < .05$): Clusters 1 and 2 differed in past focus ($p = .02$); Clusters 1 and 3 differed in positive psychological functioning ($p = .01$); and Clusters 2 and 3 differed in negative longing-accompanying emotions ($p = .02$), number of life domains ($p = .03$), and positive psychological functioning ($p = .04$).

¹ $X^2(2, N = 154) = 3.40, p = .18$. ² Coding: 1 = primary education, 2 = lower secondary education, 3 = high school, 4 = college/ university.

* $p < .01$; + $p < .05$.

Table A.18

Bivariate Age Associations of Main Longing Characteristics, Separately for the Three Subgroups With Different Longing Profiles¹⁸

Longing Characteristics	Cluster 1 ("Low") <i>n</i> = 37	Cluster 2 ("High") <i>n</i> = 49	Cluster 3 ("Mixed") <i>n</i> = 68
Intensity/Scope	-.46 (.004)*	.06 (.71)	-.16 (.18)
Utopia/Ambivalence	-.03 (.87)	.06 (.69)	-.01 (.94)
Salience	-.11 (.52)	-.06 (.69)	.01 (.96)
Control Over Longing Experience	.32 (.06)	.10 (.51)	.16 (.19)
Control Over Longing Realization	-.24 (.15)	-.25 (.08)	-.16 (.19)
Directionality	-.24 (.15)	.23 (.12)	-.20 (.11)
Managing Nonrealizability	.15 (.39)	.29 (.05)+	.18 (.14)

Note. *N* = 154 (Only the 50 % most prototypical individuals for a given cluster were included). Presented are bivariate correlations (*p*-values in brackets). For variables printed in bold-italics, age associations differed between longing subgroups according to moderator analyses.

* *p* < .01. + *p* < .05.

Table A.19

Bivariate Associations of Main Longing Characteristics With Subjective Well-Being, Separately for the Three Subgroups With Different Longing Profiles¹⁸

Longing Characteristics	Associations with Happiness			Associations with Positive Psychological Functioning		
	Cluster 1 ("Low") <i>n</i> = 37	Cluster 2 ("High") <i>n</i> = 49	Cluster 3 ("Mixed") <i>n</i> = 68	Cluster 1 ("Low") <i>n</i> = 37	Cluster 2 ("High") <i>n</i> = 49	Cluster 3 ("Mixed") <i>n</i> = 68
Intensity/Scope	-.39 (.02)+	-.04 (.77)	-.19 (.12)	-.15 (.40)	.22 (.13)	-.12 (.33)
Utopia/ Ambivalence	.02 (.91)	.28 (.05)	-.03 (.81)	.09 (.58)	.19 (.20)	-.30 (.02)+
Salience	-.17 (.32)	.16 (.30)	.03 (.82)	.11 (.51)	.24 (.11)	.18 (.14)
Control Over Longing Experience	.36 (.03)+	.52 (.001)*	.20 (.11)	.12 (.49)	.32 (.03)+	.11 (.37)
Control Over Longing Realization	-.10 (.57)	.13 (.39)	-.07 (.56)	.21 (.22)	.25 (.10)	-.03 (.78)
Directionality	-.30 (.08)	.07 (.65)	.06 (.60)	-.07 (.71)	.23 (.12)	.04 (.75)
Managing Non-realizability	.47 (.004)*	.41 (.004)*	-.04 (.77)	.26 (.12)	.03 (.82)	-.22 (.07)

Note. *N* = 154 (Only the 50 % most prototypical individuals for a given cluster were included). Presented are bivariate correlations (*p*-values in brackets). For variables printed in bold-italics, associations differed between longing subgroups according to moderator analyses.

* *p* < .01. + *p* < .05.

¹⁸ It should be noted that all bivariate associations were based on samples sizes of about one sixths of the total sample. Consequently, the power to detect significant associations was reduced. In addition, the clustering procedure may have led to a restricted variance in some variables. However, the bivariate associations that did emerge as significant indicate the presence of robust effects, because they are significant despite low power.

List of Figures

Figure 1.	Overview of Five Aspects of Longing	10
Figure 2.	Schematic Overview of Proposed Developmental Antecedents and Consequences of Longing.....	37
Figure 3.	Measurement Models for the Four Parts of the Longing Questionnaire in Longing 1	81
Figure 4.	Measurement Models for the Four Parts of the Longing Questionnaire Aggregated Across the Three Longings.	89
Figure 5.	Life Domains of Longing Ordered According to Their Importance.....	101
Figure 6.	Longings Reported in Anonymous Follow-Up Checklist of More Private Longings.....	103
Figure 7.	Higher-Order Structure of the Six Structural Characteristics of Longing.....	106
Figure 8.	Bivariate Correlations Between Longing Characteristics	107
Figure 9.	Life Domains of Longings Reported by Young, Middle-Aged, and Old Adults	113
Figure 10.	Moderating Effect of Control Over Longing Experience on the Relationship Between the Intensity/Scope of Longing and the Directionality Function of Longing	121
Figure 11.	Moderating Effect of Control Over Longing Experience on the Relationship Between the Intensity/Scope of Longing and Subjective Well-Being.....	127
Figure 12.	Moderating Effect of Age on the Relationship Between Control Over Longing Realization and Positive Psychological Functioning.....	129
Figure 13.	Z-Profiles of Structural Longing Characteristics, Separately for the Three Longing Subgroups	134
Figure 14.	Subgroup Differences in Longing Characteristics (Other Than Structural Elaboration) and Subjective Well-Being.....	135
Figure 15.	Age Gradients for the Directionality Function of Longing, Separately for the Three Subgroups With Different Longing Profiles	137
Figure 16.	Regression Lines for the Association Between Utopia/Ambivalence and Positive Psychological Functioning (Upper Part) and Between Managing Nonrealizability and Happiness (Lower Part), Separately for the Three Longing Subgroups	139
Figure 17.	Empirically Identified Two-Factor Structure of Longing.....	150
Figure 18.	General Patterns of Cross-Sectional Age Differences in Longing Characteristics (Other Than Content) Found in the Present Study	157

List of Tables

Table 1	Six Structural Characteristics of Longing Illustrated With an Example	11
Table 2	Concepts Related to Longing: Definitions and Differentiating Features (On a Conceptual Level).....	27
Table 3	Composition of the Baseline Sample.....	51
Table 4	Socio-Demographic Characteristics of the Total Sample and for Subsamples of Young, Middle-Aged, and Old Adults.....	52
Table 5	Self-Rated Health and Intellectual Performance: Descriptive Information and Correlation With Age	53
Table 6	Overview of the Procedure for the Assessment of Longing.....	56
Table 7	Overview of Items of the Longing Questionnaire.....	58
Table 8	Overview of Scales for the Measurement of Subjective Well-Being.....	65
Table 9	Results From the First Optimization Step of Longing Subscales: Overall Fit Statistics.....	78
Table 10	Results From the Second Optimization Step of Longing Subscales: Overall Fit Statistics for Initial and Final Models.....	80
Table 11	Replication of the Factor Structure for Longings 2 and 3: Overall Fit Statistics	83
Table 12	Fit Statistics and Model Comparisons for Invariance Models Across the Three Longings of a Person.....	84
Table 13	Means and Standard Deviations of Longing Characteristics Across the Three Longings of a Person.....	86
Table 14	Latent Correlations Between Longing Factors Across the Three Longings of a Person	87
Table 15	Fit Statistics for the Final Measurement Models of the Longing Subscales (Indicators Aggregated Across Longings).....	88
Table 16	Replication of the Factor Structure in Subsamples of Young, Middle-Aged, and Old Adults: Overall Fit Statistics.....	90
Table 17	Fit Statistics and Model Comparisons for Invariance Models Across Three Age Groups	92
Table 18	Fit Statistics for the Longing Subscales at Retest Assessment (Indicators Aggregated Across Longings)	93
Table 19	Fit Statistics and Model Comparisons for Invariance Models Across Baseline and Retest Assessments.....	95
Table 20	Longings in Different Life Domains: Examples From Young, Middle-Aged, and Old Adults.....	99
Table 21	Retest Stability of Freely Recalled Contents of Longing Across Five Weeks.....	102
Table 22	Fit Statistics and Model Comparison for Three Alternative Models of the Structural Scales.....	105
Table 23	Bivariate Correlations Between Longing Characteristics and Age.....	115

Table 24	Results of Multiple Regression Analyses Predicting the Two Functions of Longing: Main Effects	118
Table 25	Results of Multiple Regression Analyses Predicting the Two Functions of Longing: Moderating Effect of Longing Control.....	120
Table 26	Bivariate Correlations and Results of Multiple Regression Analyses Predicting Two Facets of Subjective Well-Being.....	122
Table 27	Semipartial Correlations of the Two Functions of Longing With Subjective Well-Being After Controlling for Shared Variance With Other Longing Characteristics	123
Table 28	Results of Multiple Regression Analyses Predicting Two Facets of Subjective Well- Being: Moderating Effect of Longing Control	126
Table 29	Results of Multiple Regression Analyses Predicting Two Facets of Subjective Well- Being: Moderating Effect of Age.....	128
Table 30	Subgroup Differences in the Six Structural Characteristics of Longing.....	133
Table 31	Summary of Major Hypotheses and Main Findings	140
Table 32	Taxonomies of Longing Profiles and Forms (Ordered According to Conceptual Similarity)	156
Table 33	Life Domains of Longing With Age-Related Differences	159

List of Tables in Appendix

Table A.1	Item Characteristics of the Structural Elaboration Scales.....	210
Table A.2	Item Characteristics of the Salience Scale.....	211
Table A.3	Item Characteristics of the Longing Control Scales.....	212
Table A.4	Item Characteristics of the Longing Function Scales	213
Table A.5	Intercorrelations Between Items of the Structural Elaboration Scales: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)	214
Table A.6	Intercorrelations Between Items of the Salience Scale: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)	216
Table A.7	Intercorrelations Between Items of the Longing Control Scales: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)	217
Table A.8	Intercorrelations Between Items of the Longing Function Scales: Longing 1 (Below Diagonal) and Aggregated (Above Diagonal)	217
Table A.9	Descriptive Statistics for Final Longing Subscales (Aggregated Across the Three Longings).....	218
Table A.10	Descriptive Statistics for Background Characteristics, Control Variables, and Subjective Well-Being Indicators.....	219
Table A.11	Intercorrelations Between Central Variables of the Study.....	220
Table A.12.	Items of Newly Developed Scale for General Emotion Regulation.....	223
Table A.13	Controlling for Background Characteristics When Predicting the Functions of Longing	224
Table A.14	Controlling for Generalized Control Beliefs When Predicting the Functions of Longing ...	224
Table A.15	Controlling for Background Characteristics When Predicting Subjective Well-Being.....	225
Table A.16	Controlling for Generalized Control Beliefs When Predicting Subjective Well-Being.....	225
Table A.17	Subgroup Differences in Socio-Demographic Variables, Longing Characteristics (Other Than Structural Elaboration), and Subjective Well-Being	226
Table A.18	Bivariate Age Associations of Main Longing Characteristics, Separately for the Three Subgroups With Different Longing Profiles	227
Table A.19	Bivariate Associations of Main Longing Characteristics With Subjective Well-Being, Separately for the Three Subgroups With Different Longing Profiles	227