



**ALEPH
INSTITUTE**
No One Alone,
No One Forgotten.

Aleph Institute Prison Visitation Program Effectiveness Survey

Dear Friend,

Aleph's Prison Visitation Program is the backbone of our institution. Thanks to the hard work of our dedicated volunteers, Rabbis and staff members, we can ensure our motto of 'no one alone, no one forgotten' is a reality in the prison system.

In order to evaluate the effectiveness of our Prison Visitation Program, we are asking you to take just a few minutes and fill out two voluntary surveys which evaluate your self-esteem and meaning in life. Your optional participation in these surveys will help us evaluate our current services, and ultimately, provide the necessary input so we can offer you even better programming and services in the near future.

If you choose to participate, please begin by filling in the appropriate data below, and then continue to the two surveys. We are not asking for your name or ID number, as all of the results will be kept strictly anonymous.

Thank you very much.

With blessings,

Rabbi Moshe Mayir Vogel, Executive Director

Please check the appropriate line:

Sex: Male Female

Age: 18-25 26-35 36-45 46-55 56-65 66+

Month/Year Entered Current Institution: ___/___

Month/Year Expected Discharge: ___/___

Are you enrolled in our Torah Studies Program: Yes No

**Aleph Institute • N.E. Regional Headquarters • 5804 Beacon Street • Pittsburgh, PA 15217-2004
phone: 412.421.0111 • fax: 412.521.5948 • www.alephne.org**

ROSENBERG SELF-ESTEEM SCALE

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE
1. I feel that I am a person of worth, at least on an equal plane with others.	SA	A	D	SD
2. I feel that I have a number of good qualities.	SA	A	D	SD
3. All in all, I am inclined to feel that I am a failure.	SA	A	D	SD
4. I am able to do things as well as most other people.	SA	A	D	SD
5. I feel that I do not have much to be proud of.	SA	A	D	SD
6. I take a positive attitude toward myself.	SA	A	D	SD
7. On the whole, I am satisfied with myself.	SA	A	D	SD
8. I wish I could have more respect for myself.	SA	A	D	SD
9. I certainly feel useless at times.	SA	A	D	SD
10. At times I think I am no good at all.	SA	A	D	SD

MEANING IN LIFE QUESTIONNAIRE (MLQ)

Please take a moment to think about what makes your life and existence feel important and significant to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers. Please answer according to the scale below:

Absolutely Untrue	Mostly Untrue	Somewhat Untrue	Can't Say True or False	Somewhat True	Mostly True	Absolutely True
1	2	3	4	5	6	7

1. ____ I understand my life's meaning.
2. ____ I am looking for something that makes my life feel meaningful.
3. ____ I am always looking to find my life's purpose.
4. ____ My life has a clear sense of purpose.
5. ____ I have a good sense of what makes my life meaningful.
6. ____ I have discovered a satisfying life purpose.
7. ____ I am always searching for something that makes my life feel significant.
8. ____ I am seeking a purpose or mission for my life.
9. ____ My life has no clear purpose.
10. ____ I am searching for meaning in my life.