

# Spirituality: Scientific Measures

## **Interbeing Identity Scale (IIS; Frymann, 2023)**

A 10-item scale that was developed to measure the integration of an individual's fundamental sense of identity with all other beings, nature, and the cosmos by capturing aspects of beliefs, experiences, and behaviors relating to interbeing awareness in regard to interpersonal, cosmic, and nature-based domains. Scale items were generated and refined with input from monks of Thich Nhat Hanh's Blue Cliff monastery, clinicians, and data from initial assessments of the scale's content validity, internal structure, and reliability indicate that the IIS 1) is a valid and reliable measure of interbeing identity and 2) may be useful to assess identity transformation occasioned by spiritual, consciousness based, and/or clinical intervention

Frymann, T. A. (2023). *The Interbeing Identity Scale: Exploring the Integration of Our Fundamental Identity with All Other Beings, Nature, and the Cosmos*. Columbia University. <https://doi.org/10.7916/v43y-jw80>

## **Spiritual Needs Assessment for Patients (SNAP; Sharma et al., 2012)**

A 23-item instrument that measures spiritual needs in patient populations across three domains: psychosocial, spiritual, and religious. The SNAP has been translated into Chinese and Portuguese, and preliminary studies indicate that it is a valid and reliable instrument for measuring spiritual needs in diverse patient populations with individuals from many different religious and cultural backgrounds.

Sharma, R. K., Astrow, A. B., Texeira, K., & Sulmasy, D. P. (2012). The Spiritual Needs Assessment for Patients (SNAP): development and validation of a comprehensive instrument to assess unmet spiritual needs. *Journal of pain and symptom management*, 44(1), 44-51. <https://doi.org/10.1016/j.jpainsymman.2011.07.008>

## **Spiritual Distress Scale (SDS; Ku et al., 2010)**

A 30 item, 4-point Likert scale that evaluates levels of spiritual distress in clinical settings through four domains: relationship with self, relationship with others, relationship with God, and attitude towards death. The SDS has good reliability and content validity and is used worldwide, particularly to assess the spiritual distress of cancer patients.

Ku, Y. L., Kuo, S. M., & Yao, C. Y. (2010). Establishing the validity of a spiritual distress scale for cancer patients hospitalized in southern Taiwan. *International journal of palliative nursing*, 16(3), 134–138. <https://doi.org/10.12968/ijpn.2010.16.3.47325>

## **Spiritual Needs Questionnaire (SpNQ; Büssing et al., 2010)**

19-item, 4-point Likert scale that measures psychosocial, existential and spiritual needs using a 4-factor structure that addresses religious needs, existential needs, inner peace needs, and giving/generativity needs. The SpNQ is available in twelve languages and provides researchers with a reliable and valid measure that can be used in comparative studies to assess a wide range of spiritual needs of patients with chronic diseases, elderly, adolescents, and healthy persons.

Büssing, A., Balzat, H. J., & Heusser, P. (2010). Spiritual needs of patients with chronic pain diseases and cancer-validation of the spiritual needs questionnaire. *European journal of medical research*, 15(6), 266-273. <https://doi.org/10.1186/2047-783X-15-6-266>

### **World Health Organization Quality of Life Spiritual, Religious and Personal Beliefs (WHOQOL-SRPB; WHOQOL SRPB Group, 2006)**

32 item, 5-point Likert scale that measures quality of life aspects related to spirituality, religiousness, and personal beliefs (SRPB), and has been validated using a large and diverse population of 5,087 participants in 18 countries around the world. It is also used regularly within clinical settings, and has been found to correlate with quality of life among patients with chronic neurological disorders and with focal epilepsy.

WHOQOL SRPB Group (2006). A cross-cultural study of spirituality, religion, and personal beliefs as components of quality of life. *Social science & medicine* (1982), 62(6), 1486–1497. <https://doi.org/10.1016/j.socscimed.2005.08.001>

### **Spirituality Index of Well-Being (SIWB; Daaleman & Frey, 2004)**

12 item, 5-point Likert scale that measures the domains of purpose/meaning, identity, and self-esteem, and is considered one of the best candidates to assess the current spiritual state of patients, with six items that specifically investigate one's current spiritual state. The SIWB shows associations in health and well-being constructs across primary care and geriatric outpatient settings, and correlates with quality of life, health status, depression, fear of death, and general well-being.

Daaleman, T. P., & Frey, B. B. (2004). The Spirituality Index of Well-Being: A New Instrument for Health-Related Quality-of-Life Research. *Annals of Family Medicine*, 2(5), 499–503. <https://doi.org/10.1370/afm.89>

### **Functional Assessment of Chronic Illness Therapy Spiritual Well-being (FACIT-Sp12; Peterman et al., 2002)**

12 item, 5-point Likert scale consisting of three factors (i.e., meaning, peace, and faith), and designed to be used specifically in healthcare settings, with patients experiencing chronic and life-threatening conditions. It was recently used to examine spiritual well-being in nearly 9000 cancer survivors across the United States (Munoz et al. 201), and through various studies, has been found to correlate with mental and physical health, quality of life, subjective mood states, depression, hopelessness, desire of death, and sleep quality among patients with conditions such as terminal cancer and HIV/AIDS.

Peterman, A. H., Fitchett, G., Brady, M. J., Hernandez, L., & Cella, D. (2002). Measuring spiritual well-being in people with cancer: the functional assessment of chronic illness therapy—Spiritual Well-being Scale (FACIT-Sp). *Annals of behavioral medicine*, 24(1), 49–58. [https://doi.org/10.1207/S15324796ABM2401\\_06](https://doi.org/10.1207/S15324796ABM2401_06)

### **Ironson-Woods Spirituality/Religiousness Index (I-W SR Index Short Form; Ironson, 2002)**

A 22 item, 5-point Likert scale containing questions about public and private beliefs, behaviors, attitudes, and feelings that are both pertinent to traditional religion, and relevant for those who identify as spiritual only or as both religious and spiritual. The scale has been validated cross-culturally and shown to yield strong and significant correlations with

perceived stress, hope, social support, optimism, health behaviors, and mental health including among people living with HIV/AIDS.

Ironson, G., Solomon, G. F., Balbin, E. G., O'Cleirigh, C., George, A., Kumar, M., Larson, D., & Woods, T. E. (2002). The Ironson-Woods Spirituality/Religiousness Index is associated with long survival, health behaviors, less distress, and low cortisol in people with HIV/AIDS. *Annals of Behavioral Medicine, 24*(1), 34–48. [https://doi.org/10.1207/S15324796ABM2401\\_05](https://doi.org/10.1207/S15324796ABM2401_05)

### **Spiritual Involvement and Beliefs Scale (SIBS; Hatch, 1998)**

A 26-item, modified Likert-type scale designed to be widely applicable across religious traditions, to assess actions as well as beliefs, to address key components not assessed in other available measures, and to be easily administered and scored. Though initially validated in primary care settings to assess levels of spiritual beliefs and practice, the SIBS has mostly been used in palliative care settings, with findings that indicate that the SIBS correlates with hopelessness in patients with advanced cancer (i.e. high levels of spirituality reflected by the SIBS correlates negatively with hopelessness), and purpose in life in HIV-positive persons.

Hatch, R. L., Burg, M. A., Naberhaus, D. S., & Hellmich, L. K. (1998). The Spiritual Involvement and Beliefs Scale. Development and testing of a new instrument. *The Journal of family practice, 46*(6), 476–486.

### **Spiritual Orientation Inventory (SOI; Elkins et al., 1988)**

A reliable and valid multidimensional measure of *humanistic* spirituality, which investigates nine domains that relate to the cognitive, experiential, and affective aspects of spirituality. A number of researchers have indicated that they choose the SOI for use in their research as a measure of spirituality in particular because, as a measure of *humanistic* spirituality, it does not include references to religion or religiousness and is therefore suitable for non-religious populations —i.e., it focuses on aspects of spirituality that are considered to be independent of religion while not being foreign to religion.

Elkins, D. N., Hedstrom, L. J., Hughes, L. L., Leaf, J. A., & Saunders, C. (1988). Toward a humanistic-phenomenological spirituality: Definition, description, and measurement. *Journal of humanistic Psychology, 28*(4), 5-18. <https://doi.org/10.1177/0022167888284002>

### **Spiritual Well-Being Scale (SWBS; Ellison, 1983)**

20 item, 7-point Likert scale that measures the domains of identity, purpose/meaning, life satisfaction, and well-being, with eight items that specifically investigate one's current spiritual state. This scale has been translated into several different languages, validated and used in social, psychiatric, and clinical settings, and found to correlate with anxiety and depression, quality of life, social support, coping strategies in persons living with HIV, and death distress in patients with life-threatening conditions.

Ellison, C. W. (1983). Spiritual well-being: Conceptualization and measurement. *Journal of psychology and theology, 11*(4), 330-338. <https://doi.org/10.1177/0091647183011004>