

SPIRITUALITY INDEX OF WELL BEING

Reference:

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*, 499-503.

Description of Measure:

Defines spirituality as a sense of meaning or purpose from a transcendent source. It is a 12-item instrument that measures one's perceptions of their spiritual quality of life. The scale is divided into two subscales: (1) self-efficacy subscale and (2) life-scheme subscale.

Each item is answered on a 5-point scale ranging from 1 (Strongly Agree) to 5 (Strongly Disagree).

Abstracts of Selected Related Articles:

Hill, P. C. & Pargament, K. I. (2003) Advances in the conceptualization and measurement of religion and spirituality. *American Psychologist, 58*, 64-74.

Empirical studies have identified significant links between religion and spirituality and health. The reasons for these associations, however, are unclear. Typically, religion and spirituality have been measured by global indices (e.g., frequency of church attendance, self-rated religiousness and spirituality) that do not specify how or why religion and spirituality affect health. The authors highlight recent advances in the delineation of religion and spirituality concepts and measures theoretically and functionally connected to health. They also point to areas for growth in religion and spirituality conceptualization and measurement. Through measures of religion and spirituality more conceptually related to physical and mental health (e.g., closeness to God, religious orientation and motivation, religious support, religious struggle), psychologists are discovering more about the distinctive contributions of religiousness and spirituality to health and well-being.

Frey, B. B., Daaleman, T. P., & Peyton, V. (2005). Measuring a dimension of spirituality for health research: Validity of the Spirituality Index of Well-Being. *Research on Aging, 27*, 556-577.

Health-related studies of *spirituality* are threatened by the lack of conceptual distinctions between religion and spirituality, the use of small, nongeneralizable samples, and by measurement error in many instruments that unreliably and invalidly capture this domain. The authors review the construct and validity evidence for the Spirituality Index of Well-Being (SIWB), an instrument designed to measure a dimension of spirituality linked to subjective well-being in patient populations. The SIWB was developed using qualitative research methods and subsequently conceptualized with two dimensions; *self-efficacy* and *life scheme*. Primary psychometric data from three sample populations are reviewed and summarized. A secondary,



confirmatory factor analysis, using pooled data from all samples, supports the theoretical two-factor structure. In addition, SIWB scores correlate more strongly with established measures of well-being than the Spiritual Well-Being Scale (SWB) or other recognized religiosity instruments. The SIWB is a valid and reliable instrument that can be used in health-related studies.

Ozaki, M., Kobayashi, K., & Oku, T. (2006). Healthy spirituality and genuineness: From the research on spirituality with authenticity and flow. *Journal of International Society of Life Information Science*, 24, 165-175.

The purpose of this study was to investigate the relationship between healthy spirituality and two important concepts in positive psychology; sense of authenticity (SOA) and flow experience, and also with sense of coherence (SOC). SBAS-TEST, Sense of Authenticity Scale (SOAS) and Flow Experience Check list were administered for 211 college students in Tokyo metropolitan area. The result showed the high correlation of authenticity with spiritual behavior (Will) ($r=0.49$, $p<0.001$) and spiritual attitude (Joy) ($r=0.65$, $p<0.001$) and no relation with spiritual sense. The relation of SOA with healthy spirituality is the same as the relation between SOC and healthy spirituality. Flow has high correlations with all three domains (Will, Joy, and Sense) of healthy spirituality. This means that the status of healthy spirituality is explained to become our true self uniting with the authentic nonlocal consciousness, and that healthy spirituality contributes to psychological growth and general health.

Scale:

Instructions: Which response best describes how you feel about each statement?

Statement	<i>Strongly Agree</i>	<i>Agree</i>	<i>Neither Agree nor Disagree</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
1.) There is not much I can do to help myself.	1	2	3	4	5
2.) Often, there is no way I can complete what I have started.	1	2	3	4	5
3.) I can't begin to understand my problems.	1	2	3	4	5
4.) I am overwhelmed when I have personal difficulties and problems.	1	2	3	4	5
5.) I don't know how to begin to solve my problems.	1	2	3	4	5
6.) There is not much I can do to make a difference in my life.	1	2	3	4	5
7.) I haven't found my life's purpose yet.	1	2	3	4	5
8.) I don't know who I am, where I came from, or where I am going.	1	2	3	4	5
9.) I have a lack of purpose in my life.	1	2	3	4	5
10.) In this world, I don't know where I fit in.	1	2	3	4	5
11.) I am far from understanding the meaning of life.	1	2	3	4	5
12.) There is a great void in my life at this time.	1	2	3	4	5

Scoring:

Items 1-6 make up the Self-Efficacy Subscale

Items 7-12 make up the Life Scheme Subscale

Scoring is kept on a continuous basis.

