

**About the Measure**

<b>Domain:</b>	Social Determinants of Health
<b>Measure:</b>	Spirituality
<b>Definition:</b>	A questionnaire to assess spirituality, which affects the individual's ability to cope with stress, illness, and maintain well being
<b>Purpose:</b>	To assess an individual's connectedness to a spiritual being and the extent to which those beliefs provide hope, inner peace, and other positive emotions.
<b>Essential PhenX Measures:</b>	Age
<b>Related PhenX Measures:</b>	Deterrants to Suicide Sickle Cell Disease Self-Efficacy Scale
<b>Measure Release Date:</b>	

**About the Protocol**

<b>Protocol Release Date:</b>	
<b>PhenX Protocol Name:</b>	Spirituality
<b>Keywords:</b>	Social Determinants of Health, World Health Organization, Spirituality, Religion, Personal Beliefs
<b>Protocol Name from Source:</b>	World Health Organization's Quality of Life Measure (WHOQOL) Spirituality, Religion and Personal Beliefs (SRPB)
<b>Description:</b>	The WHOQOL Spirituality, Religion and Personal Beliefs (SRPB) is an instrument covering 8 facets, representing 32 items. The WHOQOL-SRPB questions ask about one's spiritual, religious or personal beliefs and how these beliefs have affected Quality of Life (QoL), including positive feelings, social support, self-esteem, pain, energy, work capacity, health and social care, and leisure activities.
<b>Specific Instructions:</b>	None

<p><b>Protocol:</b></p>	<p><b>Connectedness to a spiritual being or force</b></p> <p>1. To what extent does any connection to a spiritual being help you to get through hard times? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little 3 <input type="checkbox"/> A moderate amount 4 <input type="checkbox"/> Very much 5 <input type="checkbox"/> An extreme amount</p> <p>2. To what extent does any connection to a spiritual being help you to tolerate stress? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little 3 <input type="checkbox"/> A moderate amount 4 <input type="checkbox"/> Very much 5 <input type="checkbox"/> An extreme amount</p> <p>3. To what extent does any connection to a spiritual being help you to understand others? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little 3 <input type="checkbox"/> A moderate amount 4 <input type="checkbox"/> Very much 5 <input type="checkbox"/> An extreme amount</p> <p>4. To what extent does any connection to a spiritual being provide you with comfort / reassurance? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little 3 <input type="checkbox"/> A moderate amount 4 <input type="checkbox"/> Very much 5 <input type="checkbox"/> An extreme amount</p> <p><b>Inner peace/ serenity/harmony</b></p> <p>5. To what extent do you feel peaceful within yourself? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little 3 <input type="checkbox"/> A moderate amount 4 <input type="checkbox"/> Very much 5 <input type="checkbox"/> An extreme amount</p> <p>6. To what extent do you have inner peace? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little 3 <input type="checkbox"/> A moderate amount 4 <input type="checkbox"/> Very much 5 <input type="checkbox"/> An extreme amount</p> <p>7. How much are you able to feel peaceful when you need to? 1 <input type="checkbox"/> Not at all 2 <input type="checkbox"/> A little</p>
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- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

8. To what extent do you feel a sense of harmony in your life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

**Meaning of life**

9. To what extent do you find meaning in life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

10. To what extent does taking care of other people provide meaning of life for you?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

11. To what extent do you feel your life has a purpose?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

12. To what extent do you feel you are here for a reason?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

**Hope & optimism**

13. How hopeful do you feel?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

14. To what extent are you hopeful about your life?

- 1  Not at all

- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

15. To what extent does being optimistic improve your quality of life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

16. How able are you to remain optimistic in times of uncertainty?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

**Awe**

17. To what extent are you able to experience awe from your surroundings?  
(e.g. nature, art, music)

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

18. To what extent do you feel spiritually touched by beauty?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

19. To what extent do you have feelings of inspiration/excitement in your life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

20. To what extent are you grateful for the things in nature that you can enjoy?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

**Faith**

21. To what extent does faith contribute to your well-being?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

22. To what extent does faith give you comfort in daily life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

23. To what extent does faith give you strength in daily life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

24. To what extent does faith help you to enjoy life?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

**Wholeness & integration**

25. To what extent do you feel any connection between your mind, body and soul?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

26. How satisfied are you that you have a balance between mind, body and soul?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

27. To what extent do you feel the way you live is consistent with what you feel and think?

- 1  Not at all
- 2  A little
- 3  A moderate amount
- 4  Very much
- 5  An extreme amount

28. How much do your beliefs help you to create coherence between what you do, think and feel?  
1  Not at all  
2  A little  
3  A moderate amount  
4  Very much  
5  An extreme amount

**Spiritual strength**

29. To what extent do you feel inner spiritual strength?  
1  Not at all  
2  A little  
3  A moderate amount  
4  Very much  
5  An extreme amount

30. To what extent can you find spiritual strength in difficult times?  
1  Not at all  
2  A little  
3  A moderate amount  
4  Very much  
5  An extreme amount

31. How much does spiritual strength help you to live better?  
1  Not at all  
2  A little  
3  A moderate amount  
4  Very much  
5  An extreme amount

32. To what extent does your spiritual strength help you to feel happy in life?  
1  Not at all  
2  A little  
3  A moderate amount  
4  Very much  
5  An extreme amount

**Scoring:**

Items are rated on a 5-point Likert interval scale where 1 indicates low, negative perceptions and 5 indicates high, positive perceptions. For example, an item in the personal relationships facet asks “How alone do you feel?” and the available responses are 1 (not at all), 2 (a little), 3 (a moderate amount), 4 (very much), and 5 (extremely). Domain scores are obtained by adding the facet means in the respective domain, and dividing by the number of facets in that domain, and multiplying by 4, so that scores range from 4 to 20.

**Spirituality****Date of SC final approval**

<b>Selection Rationale:</b>	Fielded in 18 countries, this questionnaire has a scoring algorithm that has been successful in showing that low spirituality affects health outcomes. The elements in this protocol are neutral and not specific to any Judeo-Christian religion. This internationally used instrument measures important components of quality of life.					
<b>Source:</b>	WHOQOL SRPB Group. (2006). A cross-cultural study of spirituality, religion, and personal beliefs as components of quality of life. <i>Social Science &amp; Medicine</i> 62, 1486–1497.					
<b>Availability:</b>	Publicly available					
<b>Life Stage:</b>	Adult					
<b>Language:</b>	English, French, Portuguese					
<b>Participant:</b>	Adults, ages 18 and older					
<b>Personnel and Training Required:</b>	The survey should be self-administered if respondents have sufficient ability to read; otherwise, interviewer-assisted or interviewer-administered forms should be used. The interviewer must be trained to conduct personal interviews with individuals from the general population. The interviewer must be trained and found to be competent (i.e., tested by an expert) at the completion of personal interviews. The interviewer should be trained to prompt respondents further if a “don’t know” response is provided.					
<b>Equipment Needs:</b>	The PhenX Working Group acknowledges that these questions can be administered in a computerized or noncomputerized format (i.e., paper-and-pencil instrument). Computer software is necessary to develop computer-assisted instruments. The interviewer will require a laptop computer or handheld computer to administer a computer-assisted questionnaire.					
<b>General References:</b>	<p>Mandhouj O, Etter JF, Courvoisier D, Aubin HJ. French-language version of the World Health Organization quality of life spirituality, religiousness and personal beliefs instrument. <i>Health Qual Life Outcomes</i>. 2012 Apr 19;10:39. doi: 10.1186/1477-7525-10-39.</p> <p>Panzini RG, Maganha C, Rocha NS, Bandeira DR, Fleck MP. Brazilian validation of the Quality of Life Instrument/spirituality, religion and personal beliefs. <i>Rev Saude Publica</i>. 2011 Feb;45(1):153-65. English, Portuguese.</p>					
<b>Mode of Administration:</b>	Self-administered questionnaire					
<b>Derived Variables:</b>	None					
<b>Requirements:</b>	<table border="1"> <thead> <tr> <th>Requirements Category</th> <th>Required (Yes/No):</th> </tr> </thead> <tbody> <tr> <td>Major equipment</td> <td>No</td> </tr> </tbody> </table>		Requirements Category	Required (Yes/No):	Major equipment	No
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Major equipment	No					

**Spirituality****Date of SC final approval**

	Specialized training	No	
	Specialized requirements for biospecimen collection	No	
	Average time of greater than 15 minutes in an unaffected individual	No	
<b>Annotations for Specific Conditions:</b>	No annotations at this time		
<b>Process and Review:</b>	The Expert Review Panel has not reviewed this measure yet.		