The Chinese University of Hong Kong
The Netihersole School of Nursing
CADENZA Training Programme

CTP002 – Psychosocial and Spiritual Care

Chapter 9
Contemporary issues in assessment of
later life religiousness and spirituality

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Contemporary issues in assessment of later life religiousness and spirituality

Course Outline

- Outlines the importance of domains in the assessment of spirituality and religion in later life

- Introduction of assessments of spirituality and religion related to health-care workers
  - general religiousness and spirituality
  - spiritual need
  - single concepts of spiritual need
  - religious and spiritual coping
  - spiritual well-being

- Discussion of issues in the assessment of spirituality and religion

Domains and their importance in assessment of spirituality and religion in later life

Assessment of religiosity & spirituality in later life

There are five aspects to understanding an older person:

- 1. a person's worldview

- 2. the healthiness of their religious-spiritual orientation

- 3. the availability of religious-spiritual beliefs

- 4. any unresolved doubts, concerns or needs

- 5. the choices of spiritual intervention

(Bergin & Richard, 1997)

Domains of spirituality & religion

- Nine domains are outlined by the Fetzer Institute / National Institute of Aging (1999) Working Group:

  (1) **religious or spiritual commitment**

  (2) **religious or spiritual history**

  (3) **religious or spiritual social participation**

  (4) **religious or spiritual practices**

  (5) **religious or spiritual support**

  (6) **religious or spiritual coping**

  (7) **religious or spiritual beliefs and values**

  (8) **religious or spiritual techniques for regulating and reconciling relationships**
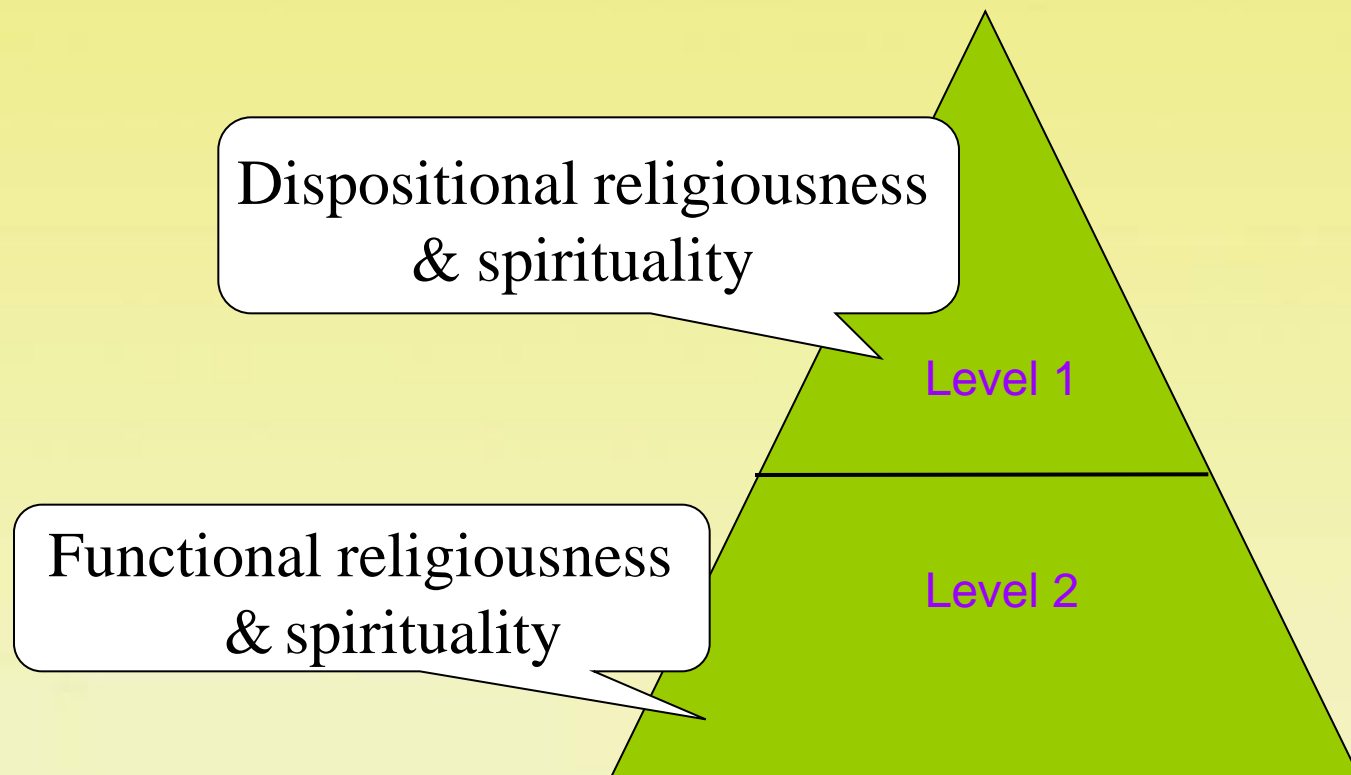
  (9) **religious or spiritual experiences** (p.105)

Domains of spirituality & religion

- Expanded into 12 domains by adding the following:

  (1) **general religiousness/spirituality**

  (2) **spiritual development**

  (3) **religion or spirituality as a motivating force**
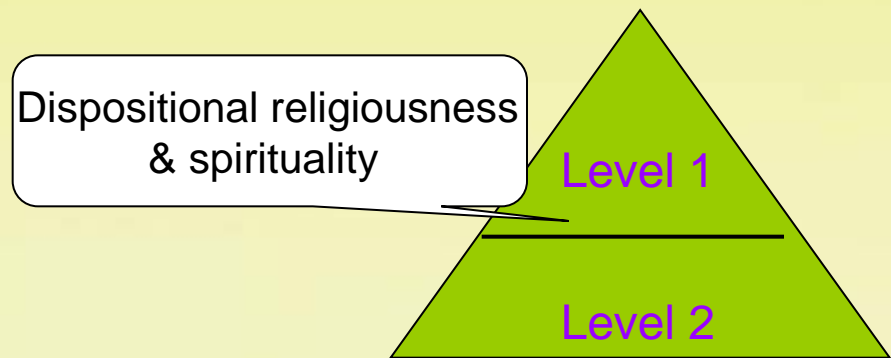
Domains of spirituality & religion

- A hierarchical approach (two levels) (Tsang & McCullough, 2003)

Dispositional religiousness & spirituality

Level 1

Functional religiousness & spirituality
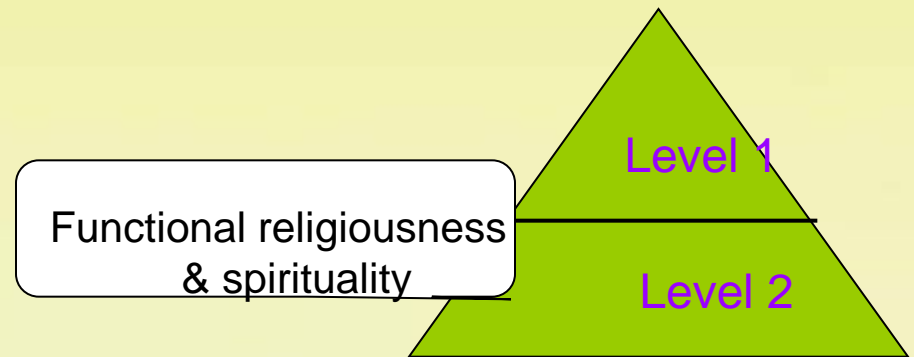
Level 2

(Tsang & McCullough, 2003)

Domains of spirituality & religion

- Level 1: Dispositional religiousness and spirituality
  - "higher level of organisation" and broad dispositional differences in religious tendencies or traits (p.349)

Dispositional religiousness & spirituality

Level 1

Level 2

(Tsang & McCullough, 2003)

Domains of spirituality & religion

- Level 2: Functional religiousness and spirituality
  - a subordinate level
  - a sub-dimension of the general religiousness factor

Functional religiousness & spirituality

Level 1

Level 2

(Tsang & McCullough, 2003)

Domains of spirituality & religion

Level I
Dispositional religiousness/spirituality
1. General religiousness or spirituality
2. Religious and spiritual commitment
3. Religious development
4. Religious or spiritual history

Level II
Functional religiousness/spirituality
1. Religious or spiritual social participation
2. Religious or spiritual private practices
3. Religious or spiritual support
4. Religious or spiritual coping
5. Religious or spiritual beliefs and values
6. Religious or spirituality as motivating factors
7. Religious or spiritual techniques for regulating and reconciling relationships
8. Religious or spiritual experiences

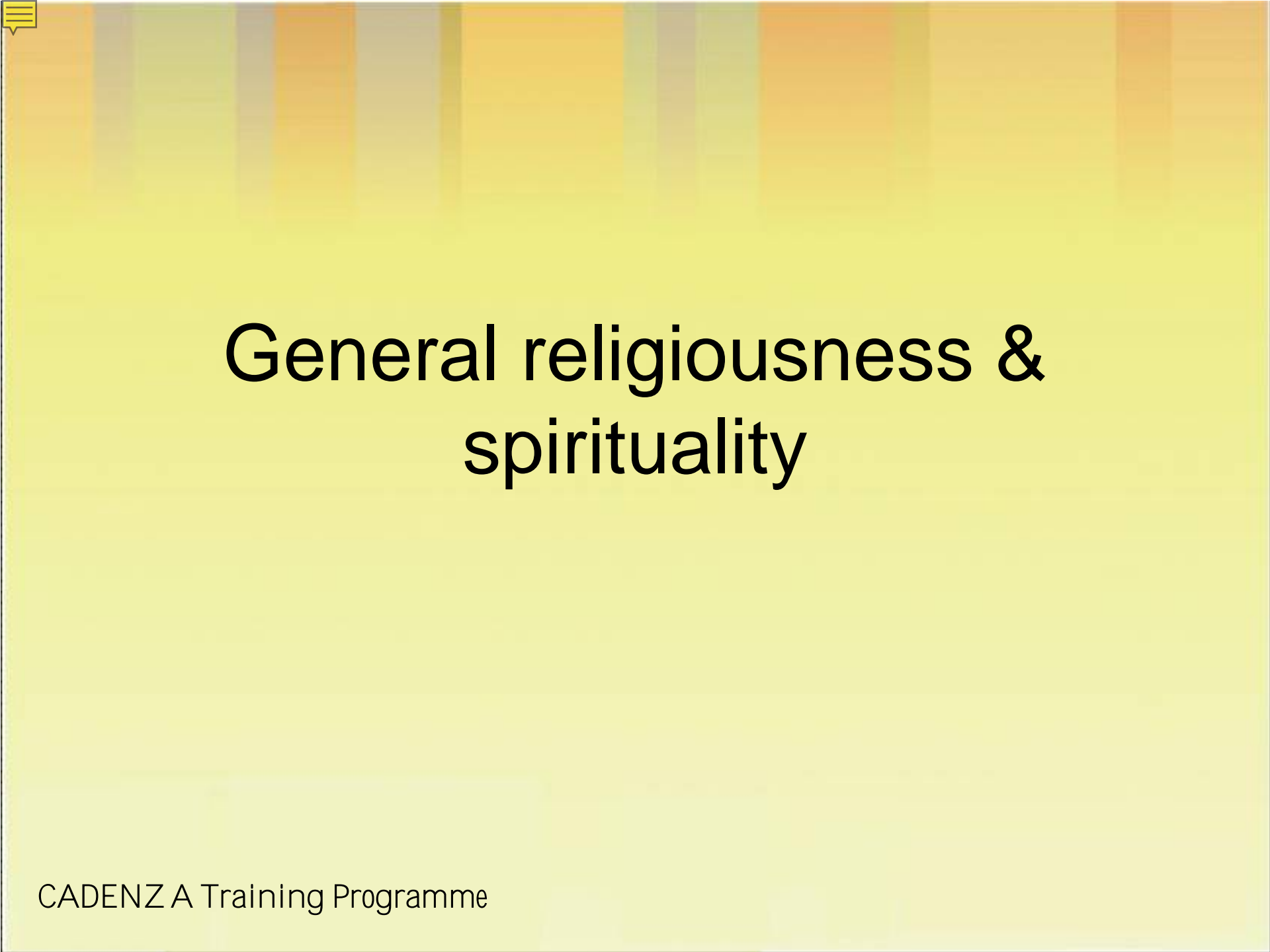# Assessment of spirituality and religion in health research

Assessment of spirituality & religion

1.   Who should assess spirituality?

2.   How does it relate to a person's faith or religious practices?

Assessment of spirituality & religion in health research

- Assessment instruments used in regard to health:
    - general religiousness & spirituality
    - spiritual need
    - single concepts of spiritual need
    - religious and spiritual coping
    - spiritual well-being

General religiousness & spirituality

General religiousness & spirituality

- Individual's typical involvement in religion or spirituality

- Examples of measures
  - Santa Clara Strength of Religious Faith Questionnaire
  - Intrinsic Religious Motivation Scale

General religiousness & spirituality

<u>Santa Clara Strength of Religious Faith Questionnaire</u>

- Assesses a dimension of religious involvement

  (Plante & Boccaccini, 1997)

- 10-item questionnaire

  For detail, please click the following link:
  http://www.scu.edu/cas/psychology/faculty/upload/Strength-of-Religious-Faith-Questionnaire.pdf

General religiousness & spirituality

<u>Intrinsic Religious Motivation Scale</u> (Hoge, 1972)

- 10-item measure

- Focuses more purely on motivation

- Consists of 7 intrinsic items and 3 extrinsic items
- For details, please refer to the following link:

  http://www.jstor.org/stable/10.2307/1384677

(Hoge, 1972)

Spiritual needs

Spiritual needs

Spiritual need assessment

Examples of quantitative assessment instruments:
1. Spiritual Health Inventory (Highfield, 1992)
2. Serenity Scale (Roberts & Aspy, 1993)

Examples of qualitative assessment instruments:
1. Hess's Spiritual Needs Survey (Hess, 1983)
2. Burkhardt's Spiritual Assessment Tool (Dossey, 1987)

Spiritual needs

Spiritual Health Inventory (Highfield, 1992)

- A 31-item self-reporting instrument

- The definition of spiritual health by the author

Spiritual needs

Spiritual Health Inventory (Highfield, 1992)

- Sample items: "I feel valuable as a person even when I cannot do as much as before."

Spiritual needs

<u>Serenity Scale</u> (Roberts & Aspy, 1993)

- Is a 40-item scale

- Captures a spiritual experience of inner peace

Spiritual needs

<u>Hess's Spiritual Needs Survey</u> (Hess, 1983)

- Used in hospitals or extended care facilities

- Includes five questions focusing on the patient's awareness of her/her spiritual needs and efforts to address them

Spiritual needs

Burkhardt's Spiritual Assessment Tool (Dossey, 1987)

- Looks into meaning and purpose, inner strengths, and interconnectedness

- Consists of open-ended questions

Single concepts of spiritual need

Single concepts of spiritual need

- Specific concepts of spiritual need, including
    - hope
    - meaning and purpose of life
    - forgiveness
    - love and relatedness

Single concepts of spiritual need

Hope

- Measured by the Nowotony Hope Scale (Nowotony, 1989)

- Is a 29-item questionnaire

Single concepts of spiritual need

Meaning/purpose in life

- Measured by the Crumbaugh Purpose in Life Test

(Crumbaugh & Maholick, 1964)

- Assesses the sense of meaning and purpose in life
- Consists of 20 items

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Single concepts of spiritual need

Love & relatedness

- Use Maton's Spiritual Support Scale (Maton, 1984)

- Consists of 3 items

- Sample items: "I experience God's love and caring on a regular basis"

Single concepts of spiritual need

Forgiveness

- Measured by the Forgiveness of Self (FS) and Forgiveness of Others (FO)

(Mauger, et al., 1992)

- Subscales of the Behaviour Assessment System I

- 15 items in each scale FS Sample items of FS: "I am often angry at myself for the stupid things I do"

Single concepts of spiritual need

Forgiveness

- FO emphasises taking revenge, justifying retaliation, and holding grudges

Religious and spiritual coping

Religious and spiritual coping

Religious and spiritual coping

- Captures how individuals draw on religion/spirituality in response to a specific stressor

- Examples of the measures
  - Ways of Religious Coping Scale   (Boudreaux et al., 1995)
  - Religious Problem-Solving Scale   (Pargament et al., 1988)

Religious and spiritual coping

Ways of Religious Coping Scale (Boudreaux et al., 1995)

- Assesses broad patterns of religious coping

- 40 items provide a total score

- Example of item: "I pray for strength"

Religious and spiritual coping

Religious Problem-Solving Scale (Pargament et al., 1988)

- Includes 36 items

- Measures three approaches (directing style; deferring style and collaborative style) to solving problems in life within a religious framework

Spiritual well-being

Spiritual well-being (SWB)

Introduction

- According to The National Interfaith Coalition on Aging, (1975) SWB defined as "the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness" (Moberg, 2001, p.15)

- Assesses religious or existential aspects of well-being

  Examples of SWB assessment instruments:
  1. The Spiritual Well-being Scale
  2. Moberg's Index of SWB
  3. Functional Assessment of Chronic Illness Therapy (FACIT) SWB Scale

Spiritual well-being

The Spiritual Well-being Scale

- Widely used scale in all disciplines

- A 20-item scale that reflects the belief of SWB in vertical and horizontal dimensions

- Consists of two subscales: the Religious Well-being (RWB) and the Existential Well-being (EWB)

  (Ellison, 1983; Paloutzian & Ellison, 1982)

Spiritual well-being

The Spiritual Well-being Scale

- Example of RWB item: "I have a personally meaningful relationship with God"

- Example of EWB item: "I believe that there is some purpose for my life"

<div align="right">(Ellison, 1983; Paloutzian & Ellison, 1982)</div>

Spiritual well-being

The Spiritual Well-being Scale

Limitations:

1) ceiling effect of the scale

2) not useful in predicting psychosocial outcomes

(Ellison, 1983; Paloutzian & Ellison, 1982)

Spiritual well-being

<u>Moberg's Index of Spiritual Well-being</u> (Moberg, 1984)

- A 42-item questionnaire

- A multidimensional index

• Identified 8 different subscales, namely
  - Christian faith
  - Self-satisfaction
  - Personal piety
  - Subjective SWB
  - Optimism
  - Religious cynicism
  - Elitism

(Moberg, 1984)

Spiritual well-being

<u>Functional Assessment of Chronic Illness Therapy (FACIT) Subjective Well-being Scale</u>

- Consists of two versions: 12-item and 23-item versions (FACIT, 2008)

- Yielded two factor subscales from factor analysis

- Example of item: " I feel peaceful"

- For the details, Please click the following link:

  http://www.facit.org/FACITOrg/Questionnaires

(Cella, 1997)

The Chinese scale in spirituality

- Developed by scholars in Centre of Behavioral Health in HKU

- Consists of 75 items

- Sample items: ；我感受到內心深處的 平靜與和諧。

- Notification of the centre is required prior to use of scale

Measures of spirituality independent from religion

- Spirituality is a social construct (Van Ness, 1996)

- Common for researchers to develop a measure of spirituality that is non-theistic (Hodge, 2003)

- This approach is treated skeptically (Moberg, 2002)

Concerns regarding self-report measures

- Point out limitations of self-report measures in religion and spirituality (Hill & Pargament, 2003)

  1. not easily articulated in closed-end questions

  2. subjected to a social desirability bias (Batson et al., 1993)

  3. may require a higher level of reading ability

  4. the boring or disengaging nature of paper-pencil format

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