

# Spiritual Attitude Inventory User Guide



Approach to wellness

The Spiritual Attitude Inventory (SAI) is designed as a tool to assist chaplains, behavioral health professionals, and other clinicians with the assessment of spiritual needs. The results of the SAI can be used to facilitate a discussion related to spirituality and/or to track an individual's spiritual beliefs over time (such as, pre- and post-deployment) as part of a comprehensive approach to wellness. The Spiritual Attitude Inventory (SAI) is designed as a tool to assist chaplains, behavioral health professionals, and other clinicians with the assessment of spiritual needs. The results of the SAI can be used to facilitate a discussion related to spirituality and/or to track an individual's spiritual beliefs over time (such as, pre- and post-deployment) as part of a comprehensive approach to wellness. The Spiritual Attitude Inventory (SAI) is designed as a tool to assist chaplains, behavioral health professionals, and other clinicians with the assessment of spiritual needs.

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Permission was obtained from each of the following authors to use the scales that were combined to form the SAI.

Harold Koenig, M.D.: Duke University Religion Index (DUREL)  
Raymond F. Paloutzian, Ph.D.: Spiritual Well-being Scale  
Kenneth Pargament, Ph.D.: Religious Coping Scale (NRCOPE)  
Kenneth A. Wallston, Ph.D.: Multidimensional Health Locus of Control Scale (MHLC)

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## SPIRITUAL ATTITUDE INVENTORY

### USER MANUAL

#### 1. PURPOSE AND SCOPE.

The Spiritual Attitude Inventory (SAI) is designed as a tool to assist chaplains, behavioral health professionals, and other clinicians with the assessment of spiritual needs. The results of the SAI can be used to facilitate a discussion related to spirituality and/or to track an individual's spiritual beliefs over time (such as, pre- and post-deployment) as part of a comprehensive approach to wellness.

#### 2. BACKGROUND.

Research has shown that spirituality is positively associated with good physical and psychological health; however, the definitions of spirituality are varied. Spirituality is often used synonymously with religion. Traditionally, the definition of religion includes spirituality. However, in modern times, spirituality and religion have been separated (reference 1). Hill et al. (reference 2) argued that religion and spirituality are not independent constructs but are related. Many individuals experience spirituality in the context of an organized religious setting. Spirituality and religion both honor what is held sacred. Spirituality has been described as a search for the sacred, as well as a process through which people seek to discover, hold on to, and transform what they hold sacred in their lives (reference 3). Researchers agree that spirituality is an understudied variable in health research and that it is a moderately robust variable in predicting health-related outcomes (reference 4).

#### 3. TEST ADMINISTRATION.

The SAI itself takes approximately 3–5 minutes to complete.

##### A. PROCEDURE.

**Instrument Construction.** The 28-item SAI was developed by combining four currently validated measures of religion and spirituality to address the following areas:

- Religious spiritual practice was measured by the Duke Religion Index (DUREL) (reference 5).

- Religious/spiritual belief was measured by the Negative Religious Coping (NRCOPE) scale (reference 6).
- Sense of purpose/connection was measured by the Existential Well-Being Scale (EWBS) (a subscale of the Spiritual Well Being Scale (SWBS) (reference 7).
- Sense of hope/control measured by the internal/external subscale of the Multiple Health Locus of Control Scale (MHLC) (reference 8).

**Permissions.** Permission was obtained from each of the authors to use the scales, and they were combined to form the SAI. Higher scores on the SAI indicate greater spirituality.

**B. MEASURES.**

The SAI is comprised of four validated scales.

- **DUREL:** Items 1– 5 on the SAI. This five-item scale is a measure of organized religiosity and the importance of religion in one’s life (reference 5). Internal consistency of this scale has been estimated at  $\alpha = .85$  among healthy adults (reference 9). High scores indicate high levels of religiosity.
  - **EWBS:** Items 6– 15 on the SAI. The EWBS is a ten-item subscale of the SWBS designed to measure existential well-being (reference 7). Based on data from over 900 participants in seven different studies, internal consistency coefficients of  $\alpha = .73$  to  $.98$  were reported (reference 10). Higher scores indicate greater existential well-being.
  - **NRCOPE:** Items 16–22 on the SAI. This seven-item measure assesses negative religious coping described as having an ominous view of the world, an insecure relationship with God, and a struggle to find religious significance (references 6 and 11). Cronbach’s coefficient alpha (internal consistency) was estimated in three different samples:  $\alpha = .78$  in a sample of individuals near the Oklahoma City bombing,  $\alpha = .81$  in a sample of college students, and  $\alpha = .69$  in an older hospitalized patient sample (reference 6). This scale was reverse scored for the purposes of the SAI, such that higher scores indicate lower levels of negative religious coping.
  - **MHLC:** Items 23–28 on the SAI. The six-item internal/external subscale of the MHLC Scale assesses locus of control (reference 8). This subscale has reported internal consistency coefficients of  $\alpha = .60$  in a diverse Canadian sample (reference 12). Higher scores indicate endorsement of an internal locus of control.
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**c. SCORING.**

The response to each item corresponds with a score (see “SAI Scoring Key” below). Adding the items’ scores together will result in a total score for the SAI. In addition to the total score, sub-scores for each of the four measures can be totaled. Scores can be useful for tracking change over time in an individual. In addition, the SAI administrator or counselor can choose to discuss responses to individual items on the SAI, facilitating a dialogue about spirituality and bolstering resiliency.

**SAI SCORING KEY**

**SAI:** (Items 1–28) Higher scores indicate greater spiritual beliefs.

**DUREL:** (Items 1–5) Higher scores indicate higher levels of religiosity.

**EWBS:** (Items 6–15) Higher scores indicate greater existential well-being.

**NRCOPE:** (Items 16–22) Higher scores indicate lower levels of negative religious coping.

**MHLC:** (Items 23–28) Higher scores indicate greater internal locus of control.

FIGURE 1. SAI SCORING KEY

## APPENDIX A

## REFERENCES

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**APPENDIX B**  
**SPIRITUAL ATTITUDE INVENTORY SCORING KEY**

Please answer the following questions by selecting the one answer that best describes how frequently you engage in the activities<sup>1</sup>...

<b>1</b>	<b>How often do you attend church or other religious or spiritual meetings?</b>
<input type="radio"/>	<b>6</b> More than once a week
<input type="radio"/>	<b>5</b> Once a week
<input type="radio"/>	<b>4</b> A few times a month
<input type="radio"/>	<b>3</b> A few times a year
<input type="radio"/>	<b>2</b> Once a year or less
<input type="radio"/>	<b>1</b> Never

<b>2</b>	<b>How often do you spend time in private religious or spiritual activities such as prayer, meditation, or the study of religious texts (e.g., Bible, Koran, Torah, etc)?</b>
<input type="radio"/>	<b>6</b> More than once a day
<input type="radio"/>	<b>5</b> Daily
<input type="radio"/>	<b>4</b> Two or more times a week
<input type="radio"/>	<b>3</b> Once a week
<input type="radio"/>	<b>2</b> A few times a month
<input type="radio"/>	<b>1</b> Rarely or never

For the following, use the scales provided to select the single answer that best characterizes how true each of the statements is for you...

<b>3</b>	<b>In my life, I experience the presence of the Divine (i.e., God).</b>
<input type="radio"/>	<b>5</b> Definitely True
<input type="radio"/>	<b>4</b> Tends to be True
<input type="radio"/>	<b>3</b> Unsure
<input type="radio"/>	<b>2</b> Tends NOT to be True
<input type="radio"/>	<b>1</b> Definitely NOT True

<b>4</b>	<b>My religious beliefs are what really lie behind my whole approach to life.</b>
<input type="radio"/>	<b>5</b> Definitely True
<input type="radio"/>	<b>4</b> Tends to be True
<input type="radio"/>	<b>3</b> Unsure
<input type="radio"/>	<b>2</b> Tends NOT to be True
<input type="radio"/>	<b>1</b> Definitely NOT True

<b>5</b>	<b>I try hard to carry my religion over into all other dealings in life.</b>
<input type="radio"/>	<b>5</b> Definitely True
<input type="radio"/>	<b>4</b> Tends to be True
<input type="radio"/>	<b>3</b> Unsure
<input type="radio"/>	<b>2</b> Tends NOT to be True
<input type="radio"/>	<b>1</b> Definitely NOT True

Using the scales provided, indicate how much you agree or disagree with each of the following statements<sup>2</sup>...

<b>6</b>	<b>I don't know who I am, where I came from, or where I'm going.</b>
<input type="radio"/>	<b>1</b> Strongly Agree
<input type="radio"/>	<b>2</b> Moderately Agree
<input type="radio"/>	<b>3</b> Agree
<input type="radio"/>	<b>4</b> Disagree
<input type="radio"/>	<b>5</b> Moderately Disagree
<input type="radio"/>	<b>6</b> Strongly Disagree

<b>7</b>	<b>I feel that life is a positive experience.</b>
<input type="radio"/>	<b>6</b> Strongly Agree
<input type="radio"/>	<b>5</b> Moderately Agree
<input type="radio"/>	<b>4</b> Agree
<input type="radio"/>	<b>3</b> Disagree
<input type="radio"/>	<b>2</b> Moderately Disagree
<input type="radio"/>	<b>1</b> Strongly Disagree

<b>8</b>	<b>I feel unsettled about my future.</b>
<input type="radio"/>	<b>1</b> Strongly Agree
<input type="radio"/>	<b>2</b> Moderately Agree
<input type="radio"/>	<b>3</b> Agree
<input type="radio"/>	<b>4</b> Disagree
<input type="radio"/>	<b>5</b> Moderately Disagree
<input type="radio"/>	<b>6</b> Strongly Disagree

<b>9</b>	<b>I feel very fulfilled and satisfied with life.</b>
<input type="radio"/>	<b>6</b> Strongly Agree
<input type="radio"/>	<b>5</b> Moderately Agree
<input type="radio"/>	<b>4</b> Agree
<input type="radio"/>	<b>3</b> Disagree
<input type="radio"/>	<b>2</b> Moderately Disagree
<input type="radio"/>	<b>1</b> Strongly Disagree

<sup>1</sup> Items 1-5 are from the DUREL; Koenig, H. G., Meador, K., & Parkerson, G. 1997. Religion index for psychiatric research: A 5-item measure for use in health outcome studies. *American Journal of Psychiatry*, 154, 885-886.

<sup>2</sup> Items 6-15 are from the Spiritual Well-being Scale (only the existential well-being subscale is included); Paloutzian R. F., Ellison C. W. 1982. Loneliness, spiritual well-being, and the quality of life. In L. A. Peplau & D. Perlman (Eds), *Loneliness: a sourcebook of current theory, research, and therapy* (pp. 224-237). New York: Wiley-Interscience.

<b>10</b>	<b>I feel a sense of well-being about the direction my life is headed in.</b>
<input type="radio"/> <b>6</b> Strongly Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>1</b> Strongly Disagree	

<b>11</b>	<b>I don't enjoy much about life.</b>
<input type="radio"/> <b>1</b> Strongly Agree <input type="radio"/> <b>2</b> Moderately Agree <input type="radio"/> <b>3</b> Agree <input type="radio"/> <b>4</b> Disagree <input type="radio"/> <b>5</b> Moderately Disagree <input type="radio"/> <b>6</b> Strongly Disagree	

<b>12</b>	<b>I feel good about my future.</b>
<input type="radio"/> <b>6</b> Strongly Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>1</b> Strongly Disagree	

<b>13</b>	<b>I feel that life is full of conflict and unhappiness.</b>
<input type="radio"/> <b>1</b> Strongly Agree <input type="radio"/> <b>2</b> Moderately Agree <input type="radio"/> <b>3</b> Agree <input type="radio"/> <b>4</b> Disagree <input type="radio"/> <b>5</b> Moderately Disagree <input type="radio"/> <b>6</b> Strongly Disagree	

<b>14</b>	<b>Life doesn't have much meaning.</b>
<input type="radio"/> <b>1</b> Strongly Agree <input type="radio"/> <b>2</b> Moderately Agree <input type="radio"/> <b>3</b> Agree <input type="radio"/> <b>4</b> Disagree <input type="radio"/> <b>5</b> Moderately Disagree <input type="radio"/> <b>6</b> Strongly Disagree	

<b>15</b>	<b>I believe there is some real purpose for my life.</b>
<input type="radio"/> <b>6</b> Strongly Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>1</b> Strongly Disagree	

Please use the scales provided to indicate how often, you have had thoughts or feelings like those described in the following statements<sup>3</sup>...

<b>16</b>	<b>I have wondered whether God has abandoned me.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<b>17</b>	<b>I have felt punished by God for my lack of devotion.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<b>18</b>	<b>I have wondered what I did for God to punish me.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<b>19</b>	<b>I have questioned God's love for me.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<b>20</b>	<b>I have wondered if my church has abandoned me.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<b>21</b>	<b>I have decided the Devil is responsible for bad things that happen to me.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<b>22</b>	<b>I have questioned the power of God.</b>
<input type="radio"/> <b>4</b> Not at All <input type="radio"/> <b>3</b> Occasionally <input type="radio"/> <b>2</b> Frequently <input type="radio"/> <b>1</b> A Great Deal	

<sup>3</sup> Items 16-22 are from the Negative RCOPE; Pargament, K. I., Smith, B. W., Koenig, H. W., & Perez, L. 1998. Patterns of positive and negative religious coping with major life stressors. *Journal for the Scientific Study of Religion*, 37, 710-724.

For each of the following statements, use the scales provided to indicate the extent to which you agree or disagree<sup>4</sup>...

<b>23</b>	<b>If I get sick, it is my own behavior that determines how soon I get well again.</b>
<input type="radio"/> <b>1</b> Strongly Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>6</b> Strongly Agree	

<b>24</b>	<b>I am in control of my health.</b>
<input type="radio"/> <b>1</b> Strongly Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>6</b> Strongly Agree	

<b>25</b>	<b>When I get sick I am to blame.</b>
<input type="radio"/> <b>1</b> Strongly Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>6</b> Strongly Agree	

<b>26</b>	<b>The main thing that affects my health is what I myself do.</b>
<input type="radio"/> <b>1</b> Strongly Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>6</b> Strongly Agree	

<b>27</b>	<b>If I take care of myself, I can avoid illness.</b>
<input type="radio"/> <b>1</b> Strongly Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>6</b> Strongly Agree	

<b>28</b>	<b>If I take the right actions I can stay healthy.</b>
<input type="radio"/> <b>1</b> Strongly Disagree <input type="radio"/> <b>2</b> Moderately Disagree <input type="radio"/> <b>3</b> Disagree <input type="radio"/> <b>4</b> Agree <input type="radio"/> <b>5</b> Moderately Agree <input type="radio"/> <b>6</b> Strongly Agree	

<sup>4</sup> Items 23-28 are from the IHLC scale of Form A of the Multidimensional Health Locus of Control Scale; Wallston, K. A., Wallston, B. S., & DeVellis, R. 1978. Development of the multidimensional health locus of control (MHLC) scales. *Health Education Monographs*, 6, 160-170.