

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).

Statements and Instructions: Which response best describes how you feel right now about each statement? Select the number that best represents your present feeling to the right.	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
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

*Add the totals of the numbers you selected for statements 1-6, and then for statements 7-12

*Lower scores may suggest areas to which you might want to give attention. Higher scores may suggest issues that you have resolved and strengths that you can build upon.

*Scoring is kept on a continuous basis.

YOUR PERSONAL SPIRITUALITY INDEX OF WELL BEING SCORING CHART

Month/Date/Year	Score	Your Reflections