

Development of a Spirituality Instrument

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Purpose

- To develop an instrument that measures one's unified nature (spirituality) as separate from a set of dogmatic beliefs (religion).



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Background

- Medical research has established scientifically that the link between mind and body is not only intuitive but physiological as well.
- Since nurses incorporate holistic care in their patient interactions, we have sought to use evidenced-based research to establish its proficiency.



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Background (con't.)

- To a large extent, research has reflected an interest in how spirituality and religiousness affect physical and mental health outcomes (Koenig, McCullough, & Larson, 2001).
- Within these confines lies the question ‘how do beliefs affect our health?’
- Which leads to the question of what are we measuring ‘spirituality’ or ‘religion’ and is there a difference.



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Religion

- The essence of religion is found in a community of shared beliefs and a common destiny expressed through ritual practices.
- By definition as a human being we all have a spirit, but we do not all have a religion. Religion is a choice (Kosmin, Keysar, Cragun & Rivera-Navarro, 2008).



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Spirituality

- Spirituality is inclusive, non-judgmental and is the recognition of a divine expression of love in every human being that transcends culture and time. It is that which questions the meaning and purpose in life (Schultz, 1999).
- Thus, spirituality is a broader concept by virtue of its universal social integration and lack of dogma.



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Concept Analysis for Spirituality

- Spirituality, the construct of interest for this scale, is an essential philosophy of life centered on the awareness of a pervasive universal creative force that provides a sense of interconnectedness and an awareness of purpose and meaning in life as an ongoing process to transcend the physical existence in daily life (Bennington, 2003).



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Existing Instruments

- The existing scales in the literature that measure spirituality all include religion as part of the construct.
- This instrument appears to consistently measure the factors that theoretically reflect the concept of spirituality without the concept of religion or religiosity.



Process

- Empirical referents are external measures of a concept grounded in the real world and are used for instrument development in research. Clinically they assist in clearly discerning the presence of a concept (Walker & Avant, 1995).
- A measurement of spirituality should include statements that reflect an individual's belief system, a connectedness with others, a higher power, and the universe, as well as a feeling of self-worth, hope and purpose.



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Concept Guidelines

- A 30-item Likert scale (strongly agree to strongly disagree) was created using the following concepts:
 - A sense of connectedness or oneness
 - Transcendence
 - A non-local presence (otherworldly)
 - Inner peace
 - Actualization
 - Forgiveness
 - Trust
 - Unconditional giving
 - Acceptance of the unchangeable.



Pilot Test

- A pilot test resulted in a reduction to 15 items, which were edited for clarity and circulated to a convenience sample of 188 individuals. Participants had a range of educational and socioeconomic backgrounds, and included both males and females.



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Findings

- Using factor analysis to extract the underlying communality of one factor among the items in the instrument, a scree plot of eigenvalues was obtained.
- Absolute values less than 0.30 were suppressed, which resulted in three items being removed to strengthen the measure of one factor.
- The Cronbach's Alpha reliability coefficient for 12 items was 0.88, a good indication of construct reliability.



Component Matrix

Extraction Method: Principle component analysis with one factor extracted.

Item	1 Factor
1. Sense of connection	.733
2. All people spiritual	.521
3. Everything has meaning	.691
4. My life has purpose	.769
5. Faith gives inner peace	.778
6. Forgiveness of others	.599
8. All life has purpose	.708
9. I am valuable person	.548
10. Faith in higher source	.718
11. All things are possible	.576
12. Unconditional love	.522
15. Spirituality part of daily life	.767



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Instructions

- **Spirituality Instrument**
- **Instructions:** Click on the choice that best indicates the extent of your agreement or disagreement as it describes your personal experience for each of the following statements. You may skip any question that you prefer not to answer.
- **Strongly Agree - If you strongly agree with the statement.**
- **Agree - If you agree with the statement.**
- **Unsure- If you are unsure about how you feel.**
- **Disagree - If you disagree with the statement.**
- **Strongly Disagree - If you strongly disagree with the statement**



Final Measurement

STATEMENT	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
1. I feel a sense of connection to something larger than myself.					
2. I believe that all people are spiritual beings.					
3. I believe that everything in life has meaning.					
4. I believe that my life has a purpose.					
5. My faith provides me with inner peace.					
6. I forgive others who have hurt me.					
7. There is meaning and purpose in all life.					
8. I feel valuable as a person.					
9. I have faith in a higher creative force.					
10. I believe that all things are possible.					
11. I am capable of unconditional love.					
12. Spirituality is a daily part of my life.					

Use of Instrument in Practice

- The use of this instrument in a study to determine the relationship among perceived birth experience and spirituality on maternal infant bonding provided a Cronbach alpha of 0.91 with a sample population of 363. The demographic data with this group noted that 50% claimed to have a religion and 50% did not.



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Bonus Information

- An unexpected bonus to using the spirituality element within the study was the numerous comments it provoked from the sample population.
- These comments will make an exciting qualitative addendum to the research and provide more insight into the quantitative.



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Future Research

- The purpose of developing this instrument was to measure one's unified nature (spirituality) as separate from a set of dogmatic beliefs (religion).
- I do believe this was accomplished and will be beneficial in future research as so many millennials and younger people in the United States, if not elsewhere, are claiming to be spiritual and not religious.



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