**SPIRITUALITY SCALE**

**Information:**

Most spirituality scales are not confined to spirituality but include items about, for example, feelings of hopefulness, inner peace and harmony, having peak experiences, or experiences

in which the world seemed perfect. Whether these are representative elements of spirituality is questionable because people who consider themselves entirely nonspiritual could also agree on these items. To assess the participants’ subjective spirituality as purely as possible, a new Spirituality Scale was constructed. The reliability (Cronbach's ) of the scale is .93.

**References:**

Lindeman, M., Blomqvist, S., & Takada, M. (2012). Distinguishing spirituality from other constructs: Not a matter of well-being but of belief in supernatural spirits. Journal of Nervous and Mental Disease, 200, 167-173. Doi: 10.1097/NMD.0b013e3182439719

Publisher: Lippincott Williams & Wilkins

**Instructions and scale:**

The participants are asked to indicate whether they agree with the

Scale:

First item: 1 = not at all, 5 = very much; other items: 1 = strongly disagree, 5 = strongly agree.

**Items:**

To what extent do you consider yourself a spiritual person?a

I think about how my life is part of a larger spiritual forcea

Spirituality is something that cannot be reached by a scientific description of the worlda

The universe is ultimately spiritual

Spirituality is a connection to a greater force

My outlook on life is spiritual

I feel a spiritual bond with nature

Spirituality is the most profound form of existence

a From the Fetzer Brief Multidimensional Measure of Religiousness/Spirituality scale, e.g. Neff, J. A. (2006). Exploring the dimensionality of “religiosity” and “spirituality” in the Fetzer multidimensional measure. Journal for the Scientific Study of Religion, 45, 449-459.