

## Spirituality Scale

Please indicate your level of agreement to the following statements by circling the appropriate number that corresponds with the answer key.

Key:

1. Strongly Disagree
2. Disagree
3. Mostly disagree
4. Mostly agree
5. Agree
6. Strongly Agree

1. I find meaning in my life experiences.	1 2 3 4 5 6
2 I have a sense of purpose.	1 2 3 4 5 6
3. I am happy about the person I have become.	1 2 3 4 5 6
4. I see the sacredness in everyday life.	1 2 3 4 5 6
5. I meditate to gain access to my inner spirit	1 2 3 4 5 6
6. I live in harmony with nature.	1 2 3 4 5 6
7. I believe there is a connection between all things that I cannot see but can sense.	1 2 3 4 5 6
8. My life is a process of becoming.	1 2 3 4 5 6
9. I believe in a Higher Power/Universal Intelligence.	1 2 3 4 5 6
10. I believe that all living creatures deserve respect.	1 2 3 4 5 6
11. The earth is sacred.	1 2 3 4 5 6
12. I value maintaining and nurturing my relationships with others.	1 2 3 4 5 6
13. I use silence to get in touch with myself.	1 2 3 4 5 6
14. I believe that nature should be respected.	1 2 3 4 5 6
15. I have a relationship with a Higher Power/Universal Intelligence.	1 2 3 4 5 6
16. My spirituality gives me inner strength.	1 2 3 4 5 6
17. I am able to receive love from others.	1 2 3 4 5 6
18. My faith in a Higher Power/Universal Intelligence helps me cope during challenges in my life.	1 2 3 4 5 6

<b>19. I strive to correct the excesses in my own lifestyle patterns/practices.</b>	<b>1 2 3 4 5 6</b>
<b>20. I respect the diversity of people.</b>	<b>1 2 3 4 5 6</b>
<b>21. Prayer is an integral part of my spiritual nature.</b>	<b>1 2 3 4 5 6</b>
<b>22. At times, I feel at one with the universe.</b>	<b>1 2 3 4 5 6</b>
<b>23. I often take time to assess my life choices as a way of living my spirituality.</b>	<b>1 2 3 4 5 6</b>

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**Note:** Those interested in using the SS for clinical or research purposes are asked to contact Dr. Colleen Delaney RN, PhD, AHN-BC Associate Professor, University of Connecticut, 231 Glenbrook Rd, Storrs, CT 06269-2026, Colleen.Delaney@uconn.edu

## Demographic Questionnaire

Directions: Please answer the following questions about your demographic characteristics. The information will be kept confidential and will only be used to prepare a general profile of study participants.

1. Age: \_\_\_\_\_

2. Gender

a. Female

b. Male

3. Education

a. Grade School

b. High School

c. Associate Degree

d. Bachelor's Degree

e. Master's

f. Doctorate

g. other \_\_\_\_\_

4. Preferred Racial/Ethnic Identity: \_\_\_\_\_

5. Living Arrangements

a. Married

b. Single

c. Divorced

c. Widowed

d. Other

6. Religion: \_\_\_\_\_

7. Work status

Average # of hours per week \_\_\_\_\_

8. Do you consider yourself a religious person?

a. Not at all

b. Moderately religious

c. Very religious

d. Other \_\_\_\_\_

9. Do you consider yourself a spiritual person?

a. Not at all

b. Moderately spiritual

c. Very spiritual

d. Other

10. Type of Cardiac Illness: \_\_\_\_\_