

# **Multidimensional Measurement of Religiousness/ Spirituality for Use in Health Research:**

**A Report of the Fetzer Institute/  
National Institute on Aging Working Group**

A publication of the John E. Fetzer Institute

Fetzer Institute, National Institute on Aging Working Group: Multidimensional Measurement of Religiousness, Spirituality for Use in Health Research. A Report of a National Working Group. Supported by the Fetzer Institute in Collaboration with the National Institute on Aging. Kalamazoo, MI: Fetzer Institute, 2003 (1999).

The interpretations and conclusions contained in this publication represent the views of the individual working group members and do not necessarily express any official opinion or endorsement by either the National Institute on Aging, the U.S. Department of Health and Human Services, the Fetzer Institute, its trustees, or officers.

Please contact the Fetzer Institute for additional copies of this publication, which **may be used and reprinted without special permission.**

---

**Multidimensional Measurement  
of Religiousness/Spirituality  
for Use in  
Health Research:  
A Report of the Fetzer Institute/  
National Institute on Aging Working Group**

**October 1999  
Reprinted October 2003**

---

# Preface

added October 2003

This project was initially designed to bring together experts interested in addressing measurement issues around religiousness/spirituality and health from a multidimensional perspective. The booklet, which included the Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS), was published as a step to encourage the examination of religion/spirituality and health with sensitivity to the depth and complexity of the topic.

The response to this effort has been much greater than anticipated. We continue to receive daily requests for the booklet. To date, 2,000 copies of the publication have been distributed and another 1,200 have been downloaded from the Internet.

In a recently completed survey of booklet users assisted by the Kercher Center for Social Research at Western Michigan University, more than 80 percent of respondents believed the booklet was useful in enabling researchers to enter, or to conduct better research in the field of religiousness/spirituality and health outcomes. The most popular subscales being used are the Religious/Spiritual Coping and the Daily Spiritual Experiences Scales (DSES). One fourth of respondents have used the booklet in either a course that they teach, in a seminar, or in a symposium. Practitioners in clinical work are also using the booklet and the measurement instruments in addition to researchers.

As BMMRS and subscales are increasingly used in research projects, the number of publications citing the booklet indicates that research projects are beginning to be published.

The journals represented include *American Journal of Psychiatry*, *Annals of Behavioral Medicine*, *Gerontologist Medical Care*, *Journal of Health Psychology*, *Journal of the Scientific Study of Religion*, and the *Journal of Adult Development*.

A paper on the conceptual background to the work and the development of the BMMRS was recently published in the journal *Research on Aging*: "Measuring Multiple Dimensions of Religion and Spirituality for Health Research," Ellen L. Idler, Marc A. Musick, Christopher G. Ellison, Linda K. George, Neal Krause, Marcia G. Ory, Kenneth I. Pargament, Lynda H. Powell, Lynn G. Underwood, David R. Williams, 2003, 25:4.

In a joint request for applications entitled *Studying Spirituality and Alcohol*, sponsored by the National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health and the Fetzer Institute, many of the 16 funded research projects used the measures from this booklet.

Please check for additional information regarding the DSES on page 17.

We want to thank all researchers and scholars who have provided us with thoughtful comments and suggestions concerning their projects and the needs of the field. We remain interested in learning about the general dissemination of work that utilizes a multidimensional approach and the BMMRS, as well as learning more about clinical uses of the booklet and BMMRS. Continue to give us feedback on the use and development of this collection of scales by e-mailing us at [info@fetzer.org](mailto:info@fetzer.org).

---

# Table of Contents

	Page
Preface .....	ii
Introduction .....	1
Daily Spiritual Experiences .....	11
Meaning .....	19
Values .....	25
Beliefs .....	31
Forgiveness .....	35
Private Religious Practices .....	39
Religious/Spiritual Coping .....	43
Religious Support .....	57
Religious/Spiritual History .....	65
Commitment .....	71
Organizational Religiousness .....	75
Religious Preference .....	81
Brief Multidimensional Measure of Religiousness/Spirituality: 1999 .....	85
Appendix A: Additional Psychometric and Population Distribution Data .....	89

**FETZER INSTITUTE**



**9292 West KL Avenue • Kalamazoo, MI 49009-9398**  
**PH: 269-375-2000 • FX: 269-372-2163**  
**E-mail: [info@fetzer.org](mailto:info@fetzer.org) • [www.fetzer.org](http://www.fetzer.org)**