

***Spiritual Well-Being:  
The Awe Index  
Hamby, Grych, and Banyard, 2013***

Measures of spiritual well-being are surprisingly lacking, given the central importance of this form of well-being in many people’s lives. There are more measures of religious involvement. Further, some spiritual well-being scales include items that tap into other dimensions such as optimism instead of solely focusing on well-being. *The Awe Index* assesses spiritual well-being from diverse sources, including one’s sense of God as well as less religious sources such as connectedness to nature.

***Development and validation of measure in pilot study and main sample:*** To establish reliability and validity, we conducted a pilot study with 104 participants from the same community as the main sample. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all outcome measures of well-being. All five items loaded onto the same factor. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.81 and 0.85, respectively. Validity was established in the main sample with strong correlations with other outcome measures, such as Subjective Well-Being ( $r = .59$ ) and Posttraumatic Growth ( $r = .58$ ), as well as Religious Meaning Making ( $r = .71$ ).

***Scoring:*** Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate higher spiritual well-being.

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1. I feel a sense of well-being from my personal relationship with God.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
2. I feel a sense of well-being from a connection with nature.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
3. My relationship with God gives me a sense of inner peace.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
4. I often feel a sense of wonder and awe about the world.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1
5. I feel a sense of well-being from being in touch with forces that are bigger than me.
  - Mostly true about me ..... 4
  - Somewhat true about me ..... 3
  - A little true about me ..... 2
  - Not true about me ..... 1