

***Spiritual Well-Being
Non-Theistic Scale
Hamby, Taylor, Smith, & Blount (2018)***

Spirituality is an important yet understudied aspect of coping with adversity. Though spirituality is often conceptualized as being intrinsically related to religiosity or faith in a higher power, this does not capture the full scope of spirituality. Spirituality might also involve viewing oneself as connected to others and to the world and nature at large. To gain a better understanding of spiritual well-being for both religious and non-religious individuals, we developed two separate scales, Spiritual Well-Being (Theistic) and Spiritual Well-Being (Non-theistic), to capture the multi-faceted nature of spirituality. Both the Spiritual Well-Being (Theistic) and Spiritual Well-being (Non-theistic) scales were developed through a literature review consulting other measures of spirituality, and through qualitative interviews with both adolescent and adult populations. They have both been validated for use in both youths (ages 10-21) and adults.

Development and validation of measure: To establish reliability and validity for scale items across a range of ages, we conducted a study with 440 youth (ages 10-21), and a separate sample of 357 adults (ages 18 and older) from rural areas of the Southeast, recruited through word-of-mouth and local community events. Domain level factor analyses were conducted for all outcome measures of well-being, and all five items loaded on the same factor. Internal consistency (coefficient alpha) was .82 in the youth sample and .84 in the adult sample. Validity was determined using bivariate correlations with related measures of well-being, such Spiritual Well-Being (Theistic) (youth $r = .21$, adult $r = .27$) and Subjective Well-Being (youth $r = .280$, adult $r = .28$), and Religious Meaning-Making (youth $r = .19$, adult $r = .20$).

Scoring: The total score can be a sum or mean of all the items. Participant's raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicate higher spiritual well-being.

Citation:

Hamby, S., Taylor, E., Smith, A., & Blount, Z. (2018). *Resilience Portfolio Questionnaire Manual: Scales for youth*. Sewanee, TN: Life Paths Research Center.

1. I feel peaceful when I'm outside.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

2. I feel all living things are connected.

Mostly true about me.....	4
Somewhat true about me.....	3
A little true about me.....	2
Not true about me.....	1

3. I believe we are all one with the universe.

Youth & Adult Measures

- Mostly true about me..... 4
- Somewhat true about me..... 3
- A little true about me..... 2
- Not true about me..... 1

4. I feel a sense of wonder 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 connection to the earth.

- Mostly true about me..... 4
- Somewhat true about me..... 3
- A little true about me..... 2
- Not true about me..... 1