

Religious Meaning-Making
Hamby, Taylor, Smith, & Blount, 2018

Religion is an important source of coping, meaning, and resilience in many people's lives. Yet, it has been understudied in psychology. This scale assesses the extent to which individuals engage in religious and spiritual practices to improve well-being, cope with adversity, and find meaning and was validated for use in youth population (ages 10-22).

Development and validation of measure: To establish reliability and validity for scale items in a youth sample, we conducted a study with 440 individuals from rural areas of the Southeast, recruited through word-of-mouth and local community events. Domain level factor analyses were conducted for all measures of meaning-making. All six items in the scale loaded onto the same factor. Internal consistency (coefficient alpha) was .94. Validity was established in this sample using strong to moderate correlations with other strengths in the Meaning-Making domain, including Mattering ($r = .366$) and Purpose ($r = .502$), as well as with the Spiritual Well-Being (Theistic) ($r = .842$) outcome measure.

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 levels of religious meaning-making.

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1. When dealing with a problem, I look for spiritual support from religious leaders.

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

2. When dealing with a problem, I ask others to pray for me.

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

3. My faith or spiritual beliefs are very important in my life.

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

4. I often think about my faith or spiritual beliefs.

Mostly true about me	4
Somewhat true about me	3
A little true about me	2

Youth measure

- Not true about me 1
- 5. I often pray privately even when I'm not at a place of worship.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1
- 6. My connection to my faith or spiritual beliefs gives my life meaning.
 - Mostly true about me 4
 - Somewhat true about me 3
 - A little true about me 2
 - Not true about me 1