

Aspects of Spirituality (ASP)

Reference:	Büssing A, Ostermann T, Matthiessen PF: Distinct expressions of vital spirituality. The ASP questionnaire as an explorative research tool. <i>Journal of Religion and Health</i> 2007;46:267-286. Büssing A, Föller-Mancini A, Gidley J, Heusser P: Aspects of Spirituality in Adolescents. <i>International Journal of Children's Spirituality</i> 2010;15:25-44.
Language:	English, German, Polish
Contact:	Prof. Dr. med. Arndt Büssing, University Witten/Herdecke, Germany; Email: arndt.buessing@uni-wh.de
Copyright:	Prof. Dr. med. Arndt Büssing, University Witten/Herdecke

Origin: Original instrument

Purpose: The ASP questionnaire was developed to measure a wide variety of vital aspects of spirituality beyond conventional conceptual boundaries in secular societies. Both expert representatives of various spiritual orientations and also atheists were asked which aspects of spirituality are relevant to them (Büssing, 2006). Identified motifs were condensed to 40 items of the *Aspects of Spirituality* (ASP 1.0) questionnaire (7 factors; Cronbach's alpha = .94) (Büssing et al., 2007) which differentiates and quantifies cognitive, emotional, intentional and action-oriented matters of theism/belief, (esoteric) transcendence, existentialism, humanism etc. The reliable and valid instrument is suited to be used in health care research.

Population: healthy adolescents, adults and elderly, but also patients with chronic diseases.

Administration:

Rater: Self or interview-administered

Time Required: 5 min. for self administration

Training: none

Scoring: The items of the ASP were scored on a 5-point scale from disagreement to agreement (0 - does not apply at all; 1 - does not truly apply; 2 - don't know (neither yes nor no); 3 - applies quite a bit; 4 - applies very much). The scores can be referred to a 100% level (transformed scale score). Scores > 50% indicate higher agreement (positive attitude), while scores < 50% indicate disagreement (negative attitude).

Description: The shortened 25-item version ASP 2.1 was re-validated in a sample of 1,191 healthy individuals. The generic instrument differentiates 4 factors, i.e.,

1. **Religious orientation** (alpha = .93), i.e., praying, guided and sheltered, trust in and turn to God, spiritual orientation in life, distinct rituals, reading spiritual/religious books, etc.
2. **Search for Insight / Wisdom** (alpha = .88), i.e., insight and truth, develop wisdom, beauty / goodness, frankness / wideness of the spirit, broad awareness etc.
3. **Conscious interactions** (alpha = .83), i.e., conscious interactions with others, environment, self, compassion, generosity
4. **Transcendence conviction** (alpha = .85), i.e., existence of higher beings, rebirth of man/soul, soul origins in higher dimensions, man is a spiritual being

A shortened student version (ASP students) was validated in two samples of Polish and German adolescents and young adults. Confirmatory Factor Analysis allowed the construction of two models with 13 items, which proved to be a good fit to the data:

Polish students: $\chi^2(33) = 109.61$, $p < 0.001$, CFI = 0.92, RMSEA = 0.048

German students: $\chi^2(33) = 45.72$, $p = 0.069$, CFI = 0.99, RMSEA = 0.021.

Syntax: COMPUTE ReligiousOrientation = MEAN(s35,s36,s03,s04,s33,s37,s38,s39,s40)*25 .
COMPUTE SearchInsightWisdom = MEAN(s10,s11,s12,s13,s14,s15,s16)*25 .
COMPUTE ConsciousInteractions = MEAN(s21,s22,s23,s26,s28)*25 .
COMPUTE TranscendenceConviction = MEAN(s05,s06,s08,s19)*25 .

- Coverage:** Research and Clinical
- Reliability:** The internal consistency estimates of the ASP 2.1 range from .83 to .93
- Validity:** Individuals which do not regard themselves as religious or spiritual (R-S-) had significantly lower scores for all scales, particularly *Religious orientation*, while individuals with a religious and spiritual attitude (R+S+) had the highest score for *Religious orientation*. In a sample of 1.241 individuals, life satisfaction was moderately associated with *Conscious interactions* ($r=.24$), just marginally with *Religious orientation* ($r=.11$), but not with *Transcendence conviction* or *Search for Insight / Wisdom* ($r<0.05$). In adolescents, *Religious orientation* correlated strongly with positive emotions towards God ($r=.70$), but also with negative emotions ($r=.28$); also *Transcendence conviction* was associated both with positive ($r=.46$) and negative emotions ($r=.31$); *Conscious interactions* was moderately associated with positive emotions towards God ($r=.45$).
- Strengths:** Strength of the instrument, which avoids exclusive language (the term 'God' was used just once), is the operationalization also of non-formal aspects of spirituality in terms of relational consciousness, particularly secular humanism and existential awareness. It is thus suited also in secular societies.

Bibliography

- Büssing A: „Spiritualität“ – Worüber reden wir? In: Büssing A, Ostermann T, Glöckler M, Matthiessen PF (eds.): *Spiritualität, Krankheit und Heilung – Bedeutung und Ausdrucksformen der Spiritualität in der Medizin*. Frankfurt: VAS - Verlag für Akademische Schriften, 2006; pp. 11-24
- Büssing A, Ostermann T, Matthiessen PF: Distinct expressions of vital spirituality. The ASP questionnaire as an explorative research tool. *Journal of Religion and Health* 2007;46:267-286.
- Büssing A: Aspects of Spirituality, God Images, and the 'Self-Centredness' in 17 year old adolescents attending religious education at high-school. *Research on Steiner Education* 2010; 1(1): 75-84
- Büssing A, Föller-Mancini A, Gidley J, Heusser P: Aspects of Spirituality in Adolescents. *International Journal of Children's Spirituality* 2010;15:25-44.
- Büssing A, Kerksieck P, Föller-Mancini A, Baumann K: Aspects of Spirituality and Ideals to Help in Adolescents from Christian Academic High Schools. *International Journal of Children's Spirituality* 2012; iFirst article (DOI:10.1080/1364436X.2012.680882)
- Büssing A, Hedtstück A, Khalsa S.B.S, Ostermann T, Heusser P: Development of Specific Aspects of Spirituality during a 6-Month Intensive Yoga Practice. *Evidence-based Complementary and Alternative Medicine* 2012; Article ID 981523, 7 pages
- Büssing A, Pilchowska P, Baumann K, Surzykiewicz J: Aspects of spirituality in German and Polish adolescents and young adults – Factorial structure of the ASP questionnaire. *Religions* 2014; 5(1): 109-125 (<http://www.mdpi.com/2077-1444/5/1/109>)

ASP 2.1		does not apply at all	does not really apply	I can't decide (neither yes nor no)	applies quite well	definitely applies
Each person has its own and unique point of view which must not necessarily apply to yours. Thus, read the statements you will find here carefully and then indicate how true each is for you and your situation by circling one number per line.						
S3	I trust in God / Allāh / JHW and turn to Him.	0	1	2	3	4
S4	I am feeling guided and sheltered / secure.	0	1	2	3	4
S5	I am convinced that soul has its origin in a higher dimension.	0	1	2	3	4
S6	I am convinced that there are higher forces and beings.	0	1	2	3	4
S8	I am convinced that people (or their soul) are reborn	0	1	2	3	4
S10	I try to develop wisdom.	0	1	2	3	4
S11	I strive for insight and truth.	0	1	2	3	4
S12	I strive for beauty and goodness.	0	1	2	3	4
S13	I strive for a more comprehensive consciousness/ broad awareness.	0	1	2	3	4
S14	My life is a search and ask for answers.	0	1	2	3	4
S15	I am searching for deep insight in context of life.	0	1	2	3	4
S16	I attempt to achieve openness of spirit.	0	1	2	3	4
S19	I am convinced that people are spiritual beings.	0	1	2	3	4
S21	I deal consciously with myself.	0	1	2	3	4
S22	I interact consciously with others.	0	1	2	3	4
S23	I interact consciously with my environment.	0	1	2	3	4
S25*	I work voluntary for others.	0	1	2	3	4
S26	I attempt to practice generosity.	0	1	2	3	4
S28	I attempt to develop compassion.	0	1	2	3	4
S33	I have a spiritual orientation in life.	0	1	2	3	4
S34*	I am meditating.	0	1	2	3	4
S35	I pray for others.	0	1	2	3	4
S36	I pray for myself and my concerns.	0	1	2	3	4
S37	I read religious or spiritual books.	0	1	2	3	4
S38	I follow certain (spiritual) rituals or actions.	0	1	2	3	4
S39	I attempt to give expression to the Divine in creation.	0	1	2	3	4
S40	I do not feel alone, even if no one is with me.	0	1	2	3	4

© Prof. Dr. Arndt Büssing, Witten/Herdecke University

* additional items

Optional module to be added for Catholic participants

SC1	The teachings of the Catholic Church are my guidance in life.	0	1	2	3	4
SC2	The message of the Bible is my guidance in life.	0	1	2	3	4
SC3	I believe that Jesus Christ calls me to follow him.	0	1	2	3	4
SC4	I believe that the Jesus Christ's death at the Cross is my salvation.	0	1	2	3	4

ASP 2.1		trifft gar nicht zu	trifft eher nicht zu	kann ich nicht sagen (weder ja noch nein)	trifft eher zu	trifft genau zu
Aus vielen Vorgesprächen wissen wir, dass es sehr verschiedene Gefühle, Einstellungen und Meinungen zum Thema Spiritualität gibt. Bitte überprüfen Sie, in wie weit die folgenden Aussagen für Sie zutreffend sind und kreuzen Sie bitte entsprechend an.						
S3	Ich vertraue auf Gott und wende mich ihm zu.	0	1	2	3	4
S4	Ich fühle mich geführt und geborgen.	0	1	2	3	4
S5	Ich bin davon überzeugt, dass meine Seele ihren Ursprung in einer höheren Dimension hat.	0	1	2	3	4
S6	Ich bin davon überzeugt, dass es höhere Kräfte und Wesenheiten gibt.	0	1	2	3	4
S8	Ich bin davon überzeugt, dass es eine Wiedergeburt des Menschen (oder seiner Seele) gibt.	0	1	2	3	4
S10	Ich versuche Weisheit zu entwickeln.	0	1	2	3	4
S11	Ich strebe nach Erkenntnis und Wahrheit.	0	1	2	3	4
S12	Ich strebe nach Schönheit und Güte.	0	1	2	3	4
S13	Ich strebe nach einem umfassenderen Bewusstsein.	0	1	2	3	4
S14	Mein Leben ist ein Suchen und Fragen nach Antworten.	0	1	2	3	4
S15	Ich suche nach tiefen Einsichten in die Lebenszusammenhänge.	0	1	2	3	4
S16	Ich versuche Offenheit des Geistes zu erlangen.	0	1	2	3	4
S19	Ich bin davon überzeugt, dass der Mensch ein geistiges Wesen ist.	0	1	2	3	4
S21	Ich gehe bewusst mit mir selbst um.	0	1	2	3	4
S22	Ich gehe bewusst mit meinen Mitmenschen um.	0	1	2	3	4
S23	Ich gehe bewusst mit meiner Umwelt um.	0	1	2	3	4
S25*	Ich engagiere mich ehrenamtlich für andere.	0	1	2	3	4
S26	Ich übe Großzügigkeit.	0	1	2	3	4
S28	Ich versuche Mitgefühl zu entwickeln.	0	1	2	3	4
S32*	Ich richte mein Leben nach ethischen Normen aus.	0	1	2	3	4
S33	Ich habe eine geistliche Orientierung in meinem Leben.	0	1	2	3	4
S34*	Ich meditiere.	0	1	2	3	4
S35	Ich bete für andere.	0	1	2	3	4
S36	Ich bete für mich und meine Belange.	0	1	2	3	4
S37	Ich lese religiöse bzw. spirituelle Schriften.	0	1	2	3	4
S38	Ich befolge bestimmte Rituale oder Handlungen.	0	1	2	3	4
S39	Ich versuche dem Göttlichen in der Schöpfung Ausdruck zu verschaffen.	0	1	2	3	4
S40	Ich bin nicht alleine, auch wenn niemand bei mir ist.	0	1	2	3	4

© Prof. Dr. Arndt Büssing, Universität Witten/Herdecke

* Marker Items

Optionales Modul für katholische Teilnehmer

SC1	Die Lehren der Kirche sind mir Orientierung im Leben.	0	1	2	3	4
SC2	Die Botschaft der Bibel ist mir Orientierung im Leben.	0	1	2	3	4
SC3	Ich glaube daran, dass Jesus Christus mich ruft ihm zu folgen.	0	1	2	3	4
SC4	Ich glaube daran, dass ich durch Jesu Tod am Kreuz erlöst bin.	0	1	2	3	4