

## SpREUK-P Questionnaire

<b>Reference:</b>	Büssing <i>et al.</i> : Engagement of patients in religious and spiritual practices: Confirmatory results with the SpREUK-P 1.1 questionnaire as a tool of quality of life research. <i>Health and Quality of Life Outcomes</i> 2005; 3: 53 (pp. 1-11). Büssing <i>et al.</i> : Engagement of patients with chronic diseases in spiritual and secular forms of practice: Results with the shortened SpREUK-P SF17 Questionnaire. <i>Integrative Medicine: A Clinician's Journal</i> 2012; 11(1):28-38
<b>Language:</b>	English, German, Arabic, Polish, Italian
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**Origin:** Original instrument.

**Purpose:** The generic instrument was designed to measure the engagement frequencies of a large spectrum of organized and private religious, spiritual, existential and philosophical practices. It avoids the intermix of cognitive / emotional attitudes and convictions on the one hand with the engagement in forms of practice (action, behaviour) on the other. To account for the fact of institutional religiosity declines not only in Europe, and the alternative use of various existing esoteric and religious resources, the instrument differentiates both the frequency of conventional forms of spirituality/religiosity, and also more reflecting or philosophical practice and nature/environment-oriented practices.  
To analyze the forms of individuals' spiritual involvement and to connect their engagement with the specific attitudes and convictions to cope with illness, the reliable and valid instrument is suited to be used in health care research.

**Population:** Can be used in adolescents, adults and elderly.

**Administration:**

*Rater:* Self, telephone or interview-administered

*Time required:* 5 min. for self administration

*Training:* none

*Scoring:* The items of the SpREUK-P are scored on a 4-point scale (0 - never; 1 - seldom; 2 - often; 3 - regularly). The scores can be referred to a 100% level (transformed scale score), which reflect the degree of an engagement in the distinct forms of a spiritual/religious practice ("engagement scores"). Scores > 50% indicate higher engagement, while scores < 50 indicate rare engagement.

A variant version of the instruments holds an additional scoring to assess the importance of the respective practice (in terms of centrality), i.e. 0 - not at all, 1- somewhat, 2- very much, 3 - indispensable.

**Description:** The generic SpREUK-P is part of the modular SpREUK system. The contextual SpREUK main manual addresses spirituality as a resource to cope.

- The SpREUK-P has 24 items and 5 factors, i.e.,
  1. **Religious** (alpha =.84), i.e., praying, church/mosque/synagogue attendance, religious events, religious symbols
  2. **Humanistic** (alpha = .76), i.e., help others, consider their needs, do good, connectedness
  3. **Existentialistic** (alpha =.83), i.e., self-realization, spiritual development, meaning in life, turn to nature
  4. **Spiritual (mind body)** (alpha = .80), i.e., meditation, rituals, reading spiritual/religious books
  5. **Gratitude / Awe** (alpha = .76), i.e., feeling of gratitude, awe, experience beauty

- The shortened SpREUK-P SF17 has 17 items and differentiates the same 5 factors, i.e., **Religious** (alpha = .82), **Humanistic** (alpha = .79), **Existentialistic** (alpha = .77), **Gratitude / Awe** (alpha = .77), and **Spiritual (mind body)** (alpha = .72).

➤ Currently the Gratitude / Awe subscale was extended to a 7-item ‘stand-alone’ scale.

To specifically measure practices of Catholic persons, the main SpREUK-P scale was extended by 8 specific items. This will change the structure, resulting in an additional “SpREUK—Religious Practices” tool which differentiates 4 factors, i.e., General religious practices; Catholic religious practices; Prosocial-Humanistic practices; Existentialistic practices/Gratitude and Awe) with good internal consistency of the subscales (Cronbach’s alpha ranging from 0.84 to 0.94).

**SPSS Syntax: SpREUK-P SF 17 (version with Gratitude/Awe scale)**  
 COMPUTE religious\_practices = MEAN(p1a,p2,p19,p20)\*33.3 .  
 COMPUTE prosocialhumanistic\_practices = MEAN(p22,p23,p24,p25)\*33.3.  
 COMPUTE existentialistic\_practices = MEAN(p10,p11,p13)\*33.3.  
 COMPUTE gratitude\_awe= MEAN(p29,p30,p31)\*33.3.  
 COMPUTE spiritual\_MindBody\_practices = MEAN(p4b,p7,p8)\*33.3 .  
 EXECUTE.

**SpREUK-P (version 1.1 without Gratitude/Awe scale)**  
 COMPUTE religious\_practices = MEAN(p1a,p2,p19,p20)\*33.3 .  
 COMPUTE existentialistic\_practices = MEAN(p10,p11,p13,p14,p15,p16)\*33.3.  
 COMPUTE prosocialhumanistic\_practices = MEAN(p22,p23,p24,p25,p26,p3)\*33.3.  
 COMPUTE spiritual\_MindBody\_practices = MEAN(p4,p5,p6,p7,p8)\*33.3 .  
 EXECUTE.

**Coverage:** Research and Clinical

**Reliability:** The internal consistency estimates range from .76 to .84 (24 item version) and .72 to .82 (17 item version), respectively

**Validity:** Religious practices correlate strongly with *Trust in Higher Guidance* (which is an measure of non-organized intrinsic religiosity); spiritual practices with *Search for Spiritual Support* and *Trust in Higher Guidance*; Existential practices with *Search for Spiritual Support* (which deals with patients’ search for a beneficial spiritual source to cope with illness), and Humanistic practices moderately with *Trust in Higher Guidance*.

**Strengths:** The instrument differentiates spiritual, religious, existentialistic and philosophical practices and thus is suited both in secular and also in highly religious societies. It avoids the intermingling of attitudes, convictions and practices, which can be measured with other instruments, i.e., the SpREUK main manual.  
 The instrument has an optional variant to measure both, the frequency and the importance of respective practices and activities (SpREUK-P extended).

**Weaknesses:** The instrument should not be used as a summative index, but as an instrument to *differentiate* specific practices and activities.

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<b>SpREUK - P</b>		regularly	often	seldom	never
Please describe how often you are engaged in the following practices:					
P1a	I privately pray (for myself, for others) (Du'a for Muslims)	3	2	1	0
P1d	I perform obligatory prayers (Salat for Muslims)	3	2	1	0
P2	I go to church / mosque / synagogue etc. (what is appropriate for you)	3	2	1	0
P3	I make an effort for other people	3	2	1	0
P4	I meditate (either Eastern or Western styles)	3	2	1	0
P5	I recite distinct (i.e. holy) texts	3	2	1	0
P6	I read religious/spiritual books	3	2	1	0
P7	I work on a mind-body discipline (i.e., yoga, qigong, mindfulness etc.)	3	2	1	0
P8	I perform distinct rituals (originated in other religious / spiritual traditions than mine)	3	2	1	0
P10	I reflect upon the meaning of life	3	2	1	0
P11	I try to get insight (also into myself)	3	2	1	0
P13	I work on my self-realization	3	2	1	0
P14	I work on my spiritual development	3	2	1	0
P15	I try to achieve a higher level of consciousness	3	2	1	0
P16	I try to convey positive values and convictions to others	3	2	1	0
P19	In my private area, religious symbols are important to me	3	2	1	0
P20	I participate in religious events (i.e., religious congregations etc.)	3	2	1	0
P21*	I belief in a (my) Guardian Angel	3	2	1	0
P22	I help others	3	2	1	0
P23	I consider the needs of others	3	2	1	0
P24	My thoughts are with those in need	3	2	1	0
P25	I do good (to the benefit of others)	3	2	1	0
P26	I feel connected with others	3	2	1	0
P27*	I work voluntary for others	3	2	1	0
P29	I have a feeling of great gratitude	3	2	1	0
P30	I have a feeling of wondering awe	3	2	1	0
P31	I still have learned to experience and value beauty	3	2	1	0

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Colored item numbers indicate scales of the shortened version SpREUK-P SF17.

\* Optional items

#### Optional module to be added for Catholic participants

PC1	I go to receive the Sacrament of Reconciliation (personal Confession)	3	2	1	0
PC2	I go to receive the Holy Communion	3	2	1	0
PC3	I go to 'adore' the Sacrament (Veneration)	3	2	1	0
PC4	I turn to Virgin Mary for spiritual support	3	2	1	0
PC5	I recite the Rosary	3	2	1	0
PC6	I keep strong relationship with specific Saints (i.e., St. Antony, St. Francis)	3	2	1	0
P1b	I perform ritualized prayers (i.e., Prayer of Hours, Ave Maria)	3	2	1	0
P1c	I perform intercessory prayers (i.e. for my family or others).	3	2	1	0