

Spiritual Questionnaire

Name _____

Studies have shown that “depressed patients with higher intrinsic religiosity scores had more rapid remissions than patients with lower scores.” Further “patients recovered from depression 70 percent sooner with every 10 point increase in the religiosity assessment score.”¹ Such results indicate that “clinicians should encourage reconnection with religion as a way of coping in patients whose spirituality has been important to them.”²

In light of the above research, and to assist us in helping you, please complete the following questionnaire:

Religious Practice

	Regularly					Never				
1. I attend religious services and other activities at places of worship (church, synagogue, mosque etc.)	5	4	3	2	1	2	3	4	5	
2. I pray outside a church or synagogue on a regular basis.	5	4	3	2	1	2	3	4	5	
3. I watch or listen regularly to religious programming.	5	4	3	2	1	2	3	4	5	
4. I read the Bible or other religious literature.	5	4	3	2	1	2	3	4	5	

Religious Coping

	I Agree					I Disagree				
1. I think about how my life is part of a larger spiritual reality and purpose.	5	4	3	2	1	2	3	4	5	
2. God and I work together as partners.	5	4	3	2	1	2	3	4	5	
3. I look to God for strength, support and guidance.	5	4	3	2	1	2	3	4	5	
4. I feel God is punishing me for my sins or lack of Spirituality.	5	4	3	2	1	2	3	4	5	
5. I wonder whether God has abandoned me.	5	4	3	2	1	2	3	4	5	
6. I try to make sense of the situation and decide what to do without relying on God. ³	5	4	3	2	1	2	3	4	5	

¹ American Journal of Psychiatry. 1998; 155:536-542

² <http://www.mental-health-today.com/articles/spirituality.htm>

³ Questionnaire adapted from McHahanMed - <http://www.mcmahonmed.com/>