

## SWB Scale

For each of the following statements circle the choice that best indicates the extent of your agreement or disagreement as it describes your personal experience:

SA = Strongly Agree  
 MA = Moderately Agree  
 A = Agree

D = Disagree  
 MD = Moderately Disagree  
 SD = Strongly Disagree

- |   |                        |
|---|------------------------|
| 1. I don't find much satisfaction in private prayer with God.                     | SA MA A D MD <b>SD</b> |
| 2. I don't know who I am, where I came from,<br>or where I am going.              | SA MA A D MD <b>SD</b> |
| 3. I believe that God loves me and cares about me.                                | <b>SA</b> MA A D MD SD |
| 4. I feel that life is a positive experience.                                     | <b>SA</b> MA A D MD SD |
| 5. I believe that God is impersonal and not interested in<br>my daily situations. | SA MA A D MD <b>SD</b> |
| 6. I feel unsettled about my future.  | SA MA A <b>D</b> MD SD |
| 7. I have a personally meaningful relationship with God.                          | <b>SA</b> MA A D MD SD |
| 8. I feel very fulfilled and satisfied with life.                                 | SA <b>MA</b> A D MD SD |
| 9. I don't get much personal strength and support<br>from my God.                 | SA MA A D MD <b>SD</b> |
| 10. I feel a sense of well-being about the direction<br>my life is headed in.     | <b>SA</b> MA A D MD SD |
| 11. I believe that God is concerned about my problems.                            | <b>SA</b> MA A D MD SD |
| 12. I don't enjoy much about life.  | SA MA A D MD <b>SD</b> |
| 13. I don't have a personally satisfying relationship with God.                   | SA MA A D MD <b>SD</b> |
| 14. I feel good about my future.  | SA <b>MA</b> A D MD SD |
| 15. My relationship with God helps me not to feel lonely.                         | <b>SA</b> MA A D MD SD |
| 16. I feel that life is full of conflict and unhappiness.                         | SA MA A D MD <b>SD</b> |
| 17. I feel most fulfilled when I'm in close communion with God.                   | <b>SA</b> MA A D MD SD |
| 18. Life doesn't have much meaning.   | SA MA A D MD <b>SD</b> |
| 19. My relation with God contributes to my sense of well-being.                   | <b>SA</b> MA A D MD SD |
| 20. I believe there is some real purpose for my life.                             | <b>SA</b> MA A D MD SD |

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## THE SPIRITUAL WELL-BEING SCALE

### SCORING INFORMATION

There are three primary scores you can obtain from the Spiritual Well-Being Scale: Spiritual Well-Being, Religious Well-Being and Existential Well-Being.

#### TO OBTAIN YOUR OVERALL SPIRITUAL WELL-BEING SCORE:

The Spiritual Well-Being score is a measure of overall well-being.

Each Spiritual Well-Being Scale item is scored from 1 to 6 with a higher number representing greater well-being.

The positively worded items are numbers 3, 4, 7, 8, 10, 11, 14, 15, 17, 19, and 20. For these items, an answer of "Strongly Agree" is given a score of 6, and "Strongly Disagree" is given a score of 1. For example, if you circled "Strongly Agree" for item 3 you would assign a score of 6 for that response. (Scores of 5, 4, 3, 2, are assigned to responses of "Moderately Agree," "Agree," "Disagree," "Moderately Disagree," respectively for positively worded items.)

The negatively worded items are numbered 1, 2, 5, 6, 9, 12, 13, 16, and 18. For these items, an answer of "Strongly Agree" is given a score of 1, and "Strongly Disagree" is given a score of 6. For example, if you circled "Strongly Agree" for item 1 you would assign a score of 1 for that response. (Scores of 2, 3, 4, 5, are assigned to responses of "Moderately Agree," "Agree," "Disagree," "Moderately Disagree," respectively for negatively worded items.)

Total the scores for the positively and negatively worded items and this will give you the total score for your spiritual well-being (SWB):

If you scored in the range of 20 - 40, this means low spiritual well-being.

A score in the range of 41 - 99 means moderate spiritual well-being.

A score in the range of 100 - 120 means high spiritual well-being.

#### TO OBTAIN YOUR RELIGIOUS WELL-BEING SCORE:

The Religious Well-Being Score is a measure of how you view your relationship with God. It reflects your sense of satisfaction and positive connection with God.

The odd numbered items 1, 3, 5, 7, 9, 11, 13, 15, 17, and 19 give you your score for religious well-being. Using the values of 1 to 6 that you gave these items, add the total for religious well-being (RWB).

If you scored in the range of 10 - 20, you have a basically unsatisfactory relationship with God.  
A score in the range of 21 - 49 means you have moderate religious well-being.

A score in the range of 50 - 60 means you have a very positive view of your relationship with God.

### TO OBTAIN YOUR EXISTENTIAL WELL-BEING SCORE:

The Existential Well-Being score measures your level of life satisfaction and life purpose.

The even numbered items 2, 4, 6, 8, 10, 12, 14, 16, 18, and 20 give you your score for existential well-being. Using the values of 1 to 6 that you gave these items, add the total for existential well-being (EWB).

If you scored in the range of 10 - 20, you have low satisfaction with your life and aren't very clear about your purpose in life.

A score in the range of 21 - 49 means you have moderate levels of life satisfaction and purpose.

A score in the range of 50 - 60, means you have a high level of satisfaction with your life and a clear sense of purpose.

### EXAMINING INDIVIDUAL ITEMS:

Another way to use the Scale is to look for extreme scores which indicate low spiritual well-being. For example, if you answered "Strongly Disagree" with statement 3 "I believe God loves and cares about me" that would be an item you would want to pay attention to. If you answer "Strongly Agree" with statement 6 "I feel unsettled about my future" this would be a possible indicator of low existential well-being that you'll probably want to reflect on.

These individual items will help you to pinpoint some of the major sources of lower well-being.