

Spiritual Needs Questionnaire (SpNQ)

Reference:	Büssing, A., Balzat HJ, Heusser P: Spiritual needs of patients with chronic pain diseases and cancer - validation of the spiritual needs questionnaire. <i>Eur J Med Res</i> 2010; 15, 266-273. Büssing A, Recchia DR, Koenig H, Baumann K, Frick E: Factor Structure of the Spiritual Needs Questionnaire (SpNQ) in Persons with Chronic Diseases, Elderly and Healthy Individuals. <i>Religions</i> 2018; 9,13 doi:10.3390/rel9010013
Language:	German, English, Italian, French, Portuguese, Polish, Danish, Chinese, Japanese, Indonesian, Farsi, Urdu, Croatian, Lithuanian, Japanese
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Origin: Original instrument.

Website www.spiritualneeds.net

Purpose: For many patients confronted with chronic diseases, spirituality/religiosity is an important resource for coping. However, patients often report unmet psychosocial and spiritual needs. Caring for these secondary needs is not only relevant to patients at the end of their life but also to those suffering from long-term chronic illnesses. One could identify four core dimensions of spiritual needs, i.e., Connection, Peace, Meaning/Purpose, and Transcendence, which can be attributed to underlying psychosocial, emotional, existential, and religious needs.

Population: Can be used in adults with chronic diseases, in elderly living in retirement homes, and health but stress persons.

Administration:

Rater: Self, telephone or interview-administered; either as a diagnostic tool (for clinical application to start communication) or as an instrument for research (with defined factors)

Time Required: 5 min. for self administration

Training: none

Scoring: The patients rate whether they currently have the respective needs (yes / no), and how strong they were to them. To measure the significance of spiritual needs for the individual, the instrument uses a 4-point scale from disagreement to agreement (0 - not at all; 1 - somewhat; 2 - strong; 3 - very strong).

Description: The questionnaire can be used either as a diagnostic tool with 27 items (+ 3 free text fields), or as a 20-item research instrument (SpNQ-20) which was tested in persons with chronic diseases and healthy persons and differentiates 4 main factors, i.e.,

1. **Religious** (alpha = .87 to .92), i.e., praying for and with others, and by themselves, participate at a religious ceremony, reading of spiritual/religious books, turn to a higher presence (i.e. God, angels etc.)
 2. **Existential (Reflection / Meaning)** (alpha = .74 to .82) i.e., dissolve open aspects of your life, talk with someone about meaning in life / suffering, dissolve open aspects in life, talk about the possibility of a life after death, forgive someone from a distinct period of your life
 3. **Inner Peace** (alpha = .73 to .82), i.e., wish to dwell at places of quietness and peace, plunge into the beauty of nature, finding inner peace, talking with other about fears and worries
 4. **Giving / Generativity** (alpha = .71 to .74) addresses the active and autonomous intention to give solace someone, to pass own life experiences to others, give away something from yourself, be assured that your life was meaningful and of value
- For adolescents we are currently testing a 16 item version with some new items to cover the topic of relational support and (positive) future perspective (Cronbach's alpha = .87).

- Coverage:** Research and Clinical
- Reliability:** The internal consistency estimates of SpNQ 2.1 range from .74 to .92, and that of version SpNQ-20 from .71 to .87.
- Validity:** Religious Needs correlate very strong with the SpREUK scale *Trust in Higher Guidance* ($r > .7$), and strongly also with *Search for Support / Access and Reflection (Positive Interpretation of Disease)*. Both Existential Needs and Giving Needs are moderately correlated with the SpREUK scales, while needs for Inner Peace were just weakly associated. In patients with chronic pain conditions, Existential Needs were moderately associated with an escape-avoidance strategy (Escape from Illness). Spiritual Needs are just weakly associated with life satisfaction, particularly Giving / Generativity (which is a factor attributed to the Connection category) was associated with life satisfaction ($r = .17$; $p = .012$), and negatively with patients' symptom scores ($r = -.29$; $p < .0001$), while need for Inner Peace were weakly associated with patients' satisfaction with the treatment efficacy ($r = .24$; $p < .0001$). Multivariate linear regression analyses revealed that anxiety had a significant impact on cancer patients' needs for Inner Peace, Existential Needs, and Actively Giving. In patients with fibromyalgia, particularly Inner Peace needs and Existential Needs correlated with different domains of reduced mental health, particularly with anxiety, the intention to escape from illness, and psychosocial restrictions.
- Strengths:** The instrument avoids exclusive religious terminology and is suited both in secular and also in religious societies. The needs for Inner Peace, which was of strongest relevance for patients with chronic pain diseases and cancer, can be interpreted as their intention to return to a peaceful state of save completeness. The aspect of Giving / Generativity seems to be of outstanding importance too, because it can be interpreted as patients' intention to leave the role model of a 'passive sufferer' to become an active, self-actualizing, giving individual.
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Each person has its own and unique point of view. The following statements were mentioned by several other patients, and they must not necessarily apply to yours.

Please read the statements you will find here carefully and then indicate how true each is for you and your current situation by circling one number per line. When you do have a respective need (“Yes”), then indicate how strong it is. Otherwise, circle the “No” option”

Please be as honest and true as possible: There is no ‘right’ or ‘wrong’ answer.

	During the last time, did you have had the needs ...	Agreement		If YES, how strong is this need ?		
		No	Yes	some-what	strong	very strong
N2	To talk with others about your fears and worries?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N3*	That someone of your religious community (i.e. pastor) cares for you?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N4	To reflect back on your life?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N5	To dissolve / clarify open aspects of your life?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N6	To plunge into beauty of nature?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N7	To dwell at a place of quietness and peace?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N8	To find inner peace?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N10	To find meaning in illness and/or suffering?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N11	To talk with someone about the question of meaning in life?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N12	To talk with someone about the possibility of life after death?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N13	To turn to someone in a loving attitude?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N14	To give away something from yourself?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N15	To give solace to someone?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N16	To forgive someone from a distinct period of your life?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N17	To be forgiven?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N18	To pray with someone?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N19	That someone prays for you?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N20	To pray for yourself?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N21	To participate at a religious ceremony (i.e. service)?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N22	To read religious / spiritual books?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N23	To turn to a higher presence (i.e., God, Allah, Angels, Saints)?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N25*	To feel connected with family?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N26	To pass own life experiences to others?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N27	To be assured that your life was meaningful and of value?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N28*	To be re-involved by your family in their life concerns?	<input type="radio"/>	<input type="radio"/> →	1	2	3
N30*	To receive more support from your family?	<input type="radio"/>	<input type="radio"/> →	1	2	3
In case you have further specific needs you would like to let us know:						
X1			<input type="radio"/> →	1	2	3
X2			<input type="radio"/> →	1	2	3
X3			<input type="radio"/> →	1	2	3

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* Optional items to be used in elderly living in residential (nursing) homes etc.