

The Cognitive-Behavioral Spirituality Scale

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Rationale

The Cognitive-behavioral Spirituality Scale (CBSS) was developed within the framework of cognitive-behaviorism theory. This theoretical framework is a synthesis and elaboration upon the behavioral/cognitive approach to spirituality (Brown, Peterson, & Cunningham, 1988). This approach fits well with a cognitive-behavioral orientation in which human behavior is predicated on a cognitive interpretation and evaluation of a stimulus. This framework explains spirituality as a function of beliefs, values, behaviors, and experiences. It is a circular relationship in which beliefs give rise to values, which inform our behaviors, resulting in an experiential impact upon the spiritual belief system. There is no beginning or end to this circle, at different times any of the phases may be the catalyst toward a change in the belief system.

The indicators in this scale have developed out of a study focused on the construction of a model of spirituality. The study used questionnaires across a series of five quantitative field trials (N = 389). The field trials produced a three dimensional model of spirituality that was supported by alpha reliability and confirmatory factor analysis. A qualitative interpretive case study (N = 10) was conducted in order to refine, elaborate, and confirm the dimensions produced by the field trials. The interpretive case study produced a theoretical construct of spirituality upon which the CBSS is based.

Theoretical Construct

The CBSS measures the intensity of beliefs along the following three dimensions: belief in an Ultimate Reality, belief in a spiritual self, and a belief in a connective relationship between the self and the Ultimate Reality.

1. Ultimate Reality. A 'spirit that exists everywhere'.
2. Spiritual Self. The part of one self that is non-material (spirit) and eternal.
3. Connective Relationship. The self is a person's physical being and all that lies within those boundaries. This includes the psychological self and the spiritual self. Spirituality involves a belief in a connection between one's self and the Ultimate Reality. This may be conceptualized as a) a literal non-material connection between the spiritual self (or self) and the Ultimate Reality, b) an interpersonal relational connection between the self and the Ultimate Reality, or c) both literal and interpersonal.

Reliability and Validity

Reliability and validity tests on the CBSS were conducted utilizing a convenient sample of college graduate and undergraduate students. The Cronbach alpha reliability for the total scale is .91 (N = 103). The CBSS has a test-retest reliability over a one week period of .86 (N = 70). Discriminant validity was established by comparing scores on the CBSS with scores on the Crowne-Marlow Social Desirability Scale (N = 82). The prediction was that CBSS scores would not correlate with social desirability. There was a -0.055 correlation between the two scales.

A confirmatory factor analysis was conducted (rotated three factor component matrix, varimax) which supported the dimensions of the scale (N = 103). The dimension of belief in an Ultimate Reality loaded independently on factor three. The dimension of belief in a spiritual self loaded independently on factor two. The dimension measuring time spent in activities in a connective relationship with the Ultimate Reality loaded independently on factor one. The dimension of belief in a connective relationship with the Ultimate Reality was nearly equally distributed across all three factors. This distribution is theoretically consistent with the construct

since a belief in a connective relationship would involve components from each of the other dimensions.

Rotated Factor Loading

| | <u>1</u> | <u>2</u> | <u>3</u> |
|---------------------------------------|--------------|--------------|--------------|
| Ultimate Reality | 0.236 | 0.190 | 0.925 |
| Spiritual Self | 0.083 | 0.960 | 0.201 |
| Connective Relationship | 0.476 | 0.441 | 0.540 |
| Activities in Connective Relationship | 0.904 | 0.066 | 0.224 |
| | 0.921 | 0.141 | 0.204 |
| | 0.882 | 0.107 | 0.209 |

Scoring Instructions

Take the maximum score for the following sets of items and count each as one item.

maximum (1,2)

maximum (3,4)

maximum (5,6,7,8,9)

maximum (10,11)

maximum (12,13)

maximum (14,15)

Add the above sums for a total score.

INSTRUCTIONS:

These pages contain statements related to spirituality. Read each statement and circle **ONLY ONE** number on the five-point answer scale beneath each statement. Go with your immediate response. Please try to answer every item.

NOTE: This questionnaire uses the term ‘Ultimate Reality’ when referring to a ‘spirit that exists everywhere’. Each person has his or her own name for the Ultimate Reality. For questions that refer to ‘Ultimate Reality’ you may substitute your own personal name. For example: Higher Power, Goddess, God, Lord, Supreme Consciousness, Tao, Ultimate Other, or Great Spirit.

| Strongly Disagree | Disagree | Undecided | Agree | Strongly Agree | |
|--|-----------------|------------------|--------------|---------------------------|---|
| 1. I believe in a spirit that exists everywhere. | 1 | 2 | 3 | 4 | 5 |
| 2. I believe in an Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 3. I believe there is a connection between my spirit and the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 4. I believe that my spirit is a smaller part of the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 5. I believe that the soul or spirit can exist separately from the body. | 1 | 2 | 3 | 4 | 5 |
| 6. My spirit will always exist. | 1 | 2 | 3 | 4 | 5 |
| 7. I believe there is a spiritual part of me that will exist forever. | 1 | 2 | 3 | 4 | 5 |
| 8. I believe that each person has a spirit that survives the death of his or her body. | 1 | 2 | 3 | 4 | 5 |
| 9. When a person dies their spirit lives on. | 1 | 2 | 3 | 4 | 5 |

The following questions refer to how many times a week you do these activities.

| | Never | Once a Week | Twice a Week | Almost Every Day | Every Day |
|--|--------------|------------------------|-------------------------|-----------------------------|------------------|
| 10. I spend time in a personal relationship with the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 11. I spend time connecting with the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 12. I do activities in order to connect with the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 13. I spend time talking to the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 14. I spend time praying to the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |
| 15. I spend time meditating upon the Ultimate Reality. | 1 | 2 | 3 | 4 | 5 |