

Figure 1: Relationship between spirituality and dimensions of spiritual wellbeing

spirituality – having or finding:	dimensions of spiritual wellbeing
sustaining relationships with self and others	relationships with self and others
meaning beyond one's self	existential; also for some people religious and/or spiritual
meaning beyond immediate events	existential; also for some people religious and/or spiritual
explanations for events and/or experiences	existential; also for some people religious and/or spiritual

Table 4: Relationship between dimensions of spiritual wellbeing (SWB)* and dimensions of existing standalone functional measures of spiritual issues

* Note: for purposes of comparison the “relationships with self & others” dimension of SWB is subdivided into “relationships with self” and “relationships with others”

Existing standalone functional measures and their dimensions	Dimensions of spiritual wellbeing (SWB)			
	relationships with		existential	spiritual/religious
	self &	others		
FACIT-Sp-Ex³⁵ (2 dimensions)				
meaning/peace	√		√	
faith				√
JAREL³⁷ (3 dimensions)				
faith/belief				√
life/self-responsibility	√		√	
life satisfaction/self-actualization	√		√	√
MiLS³⁸ (4 dimensions)				
harmony and peace			√	
life perspective, purpose & goals			√	
confusion and lessened meaning	√		√	
benefits of spirituality				√
SHI¹⁰ (3 dimensions)				
self-acceptance	√		√	
relationships		√		
hope			√	

Existing standalone functional measures and their dimensions	Dimensions of spiritual wellbeing (SWB)			
	relationships with self & others		existential	spiritual/religious
SNI⁴⁰ (5 dimensions)				
outlook	√		√	
inspiration			√	√
spiritual activities				√
religion				√
community		√		
SpIRIT⁴¹ (8 dimensions)				
relating to God				√
loving others		√		
receiving love and spiritual support		√	√	√
finding meaning	√		√	√
maintaining positive perspective	√		√	√
preparing for death			√	√
reevaluating beliefs and life	√		√	√
asking “why?”	√		√	√
SWBS⁴² (2 dimensions)				
religious wellbeing				√
spiritual wellbeing			√	√