<table>
<thead>
<tr>
<th><strong>Title</strong></th>
<th>Development and validation of a spirituality scale for Chinese elders: a mixed approach</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Author(s)</strong></td>
<td>Lou, VW; Fok, SSY; Leung, DYP; Chan, CLY; Tsui, AKM</td>
</tr>
<tr>
<td><strong>Citation</strong></td>
<td>The 8th World Congress on Long Term Care in Chinese Communities and Asian Ageing Development Conference, Hong Kong, 24-26 November 2011.</td>
</tr>
<tr>
<td><strong>Issued Date</strong></td>
<td>2011</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://hdl.handle.net/10722/160893">http://hdl.handle.net/10722/160893</a></td>
</tr>
<tr>
<td><strong>Rights</strong></td>
<td>Creative Commons: Attribution 3.0 Hong Kong License</td>
</tr>
</tbody>
</table>
Development and Validation of a Spirituality Scale for Chinese Elders: A Mixed Approach

Vivian W. Q. Lou\textsuperscript{1}, Shirley, S. Y. Fok\textsuperscript{2}, Doris, Y. P. Leung\textsuperscript{3}, Catherine, L. Y. Chan\textsuperscript{2}, Amy, K. M. Tsui\textsuperscript{2}

\textsuperscript{1} Social Work & Social Administration, The University of Hong Kong, Hong Kong, \textsuperscript{2} Tung Wah Group of Hospitals, Hong Kong, \textsuperscript{3} The Nethersole School of Nursing, The Chinese University of Hong Kong.
Contents

• Spiritual well-being and care
• Methodology
  – Qualitative inquiry
  – Delphi study
  – Scale validation
• Key findings and discussion
In order to fulfill the health needs of older people, it is essential that social service providers have a **holistic understanding** of the aging population.
Methodology

Qualitative inquiry

Delphi study

Scale validation
Qualitative Inquiry

• Focus Group and In-depth Interview
  – Residential home-dwelling elders,
  – Community-dwelling elders,
  – Family caregivers for elders, and
  – Social service staff who catered to elders.

1. What is your meaning of life?
2. In what way you can express/experience you meaning of life?
3. How do you achieve your meaning in entire life?
4. How do you feel when you find your meaning and purpose of life? How do you feel it not?
Delphi Study - Expertise Consensus

Invite 16 Profession Expertise to join 2 round Delphi Study

Invite 8 Expertise to join 2 Expertise Meeting

Doctor, Nurse, Palliative Care expertise, Psychologist, Counselor, Social Worker and Scholar

Meaning of Spirituality in Chinese Elders should be understand as a interrelated relationship between Self, Family, Friends, and people surrounded
Validation of the Spirituality Scale for Chinese Elders (SSCE)

- Interviewers (N=825)
  - 300 Residential home-dwelling elders from Hong Kong
  - 320 Community-dwelling elders from Hong Kong
  - 205 Community-dwelling elders from Shanghai

- Measurements
  - Spirituality Scale for Chinese Elders (SSCE, 99 Items)
  - WHO Quality of Life Scale
  - Purpose in Life Scale
  - Positive and Negative Affect Scale (PANAS)
## Key Socio-Demographic Characteristics of Participants by City and Setting

<table>
<thead>
<tr>
<th>Gender</th>
<th>Hong Kong Community Freq (%)</th>
<th>Hong Kong Residential Freq (%)</th>
<th>Shanghai Community Freq (%)</th>
<th>Shanghai Residential Freq (%)</th>
<th>Total Freq (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>92 (28.8)</td>
<td>56 (18.7)</td>
<td>100 (48.8)</td>
<td></td>
<td>248 (30.1)</td>
</tr>
<tr>
<td>Female</td>
<td>228 (71.3)</td>
<td>244 (81.3)</td>
<td>105 (51.2)</td>
<td></td>
<td>577 (69.9)</td>
</tr>
<tr>
<td>Age</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50-69</td>
<td>106 (33.1)</td>
<td>6 (2.0)</td>
<td>90 (43.9)</td>
<td></td>
<td>202 (24.5)</td>
</tr>
<tr>
<td>70-79</td>
<td>116 (36.3)</td>
<td>59 (19.7)</td>
<td>111 (54.1)</td>
<td></td>
<td>286 (34.7)</td>
</tr>
<tr>
<td>80 or above</td>
<td>98 (30.6)</td>
<td>235 (78.3)</td>
<td>4 (2.0)</td>
<td></td>
<td>337 (40.8)</td>
</tr>
<tr>
<td>Marital status</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Widowed</td>
<td>129 (40.3)</td>
<td>234 (78)</td>
<td>36 (17.6)</td>
<td></td>
<td>399 (48.3)</td>
</tr>
<tr>
<td>Married</td>
<td>164 (51.3)</td>
<td>40 (13.3)</td>
<td>160 (78.0)</td>
<td></td>
<td>364 (44.2)</td>
</tr>
<tr>
<td>Other</td>
<td>27 (8.4)</td>
<td>26 (8.7)</td>
<td>9 (4.4)</td>
<td></td>
<td>62 (7.5)</td>
</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No formal education</td>
<td>78 (24.4)</td>
<td>152 (50.7)</td>
<td>15 (7.3)</td>
<td></td>
<td>245 (29.7)</td>
</tr>
<tr>
<td>Primary education</td>
<td>105 (32.8)</td>
<td>117 (39.0)</td>
<td>21 (10.2)</td>
<td></td>
<td>243 (29.5)</td>
</tr>
<tr>
<td>Junior secondary education</td>
<td>61 (19.1)</td>
<td>25 (8.3)</td>
<td>43 (21.0)</td>
<td></td>
<td>129 (15.5)</td>
</tr>
<tr>
<td>Senior secondary education</td>
<td>45 (14.1)</td>
<td>4 (1.3)</td>
<td>73 (35.6)</td>
<td></td>
<td>122 (14.8)</td>
</tr>
<tr>
<td>Post-secondary/Tertiary education</td>
<td>31 (9.7)</td>
<td>2 (0.7)</td>
<td>53 (25.8)</td>
<td></td>
<td>86 (10.4)</td>
</tr>
</tbody>
</table>
## CFA of Measurement Models of SSCE Sub-scales

<table>
<thead>
<tr>
<th>Model</th>
<th>Model</th>
<th>R-chi square (df)</th>
<th>p-value</th>
<th>SRMR</th>
<th>R-CFI</th>
<th>R-RMSEA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual well-being</td>
<td>2 factors&lt;sup&gt;a&lt;/sup&gt;</td>
<td>68.67 (19)</td>
<td>&lt;0.001</td>
<td>0.048</td>
<td>0.924</td>
<td>0.056</td>
</tr>
<tr>
<td>Meaning of life</td>
<td>1 factor</td>
<td>31.42 (5)</td>
<td>&lt;0.001</td>
<td>0.040</td>
<td>0.959</td>
<td>0.080</td>
</tr>
<tr>
<td>Transcendence</td>
<td>1 factor</td>
<td>38.63 (9)</td>
<td>&lt;0.001</td>
<td>0.036</td>
<td>0.953</td>
<td>0.063</td>
</tr>
<tr>
<td>Relationship with self</td>
<td>1 factor</td>
<td>2.73 (2)</td>
<td>0.26</td>
<td>0.015</td>
<td>0.998</td>
<td>0.021</td>
</tr>
<tr>
<td>Relationship with family</td>
<td>1 factor</td>
<td>63.97 (19)</td>
<td>&lt;0.001</td>
<td>0.029</td>
<td>0.969</td>
<td>0.054</td>
</tr>
<tr>
<td>Relationship with people other than family members</td>
<td>2 factors&lt;sup&gt;b&lt;/sup&gt;</td>
<td>36.12 (13)</td>
<td>&lt;0.001</td>
<td>0.042</td>
<td>0.950</td>
<td>0.047</td>
</tr>
<tr>
<td>Relationship with environment</td>
<td>1 factor</td>
<td>66.52 (9)</td>
<td>&lt;0.001</td>
<td>0.064</td>
<td>0.905</td>
<td>0.088</td>
</tr>
</tbody>
</table>

Notes.  
<sup>a</sup> Spiritual well-being consists of two factors, one referring to positive affection and another to negative affection. These two factors have a moderately positive correlation of r=.513;  
<sup>b</sup> Relationship with people other than family consists of two factors, one referring to relationship with friends and another to relationship with other people. These two factors have a moderately positive correlation of r=.623.
### Correlation Coefficients for SSCE Core Components and WHO QoL Sub-scales, Purpose in Life, and Positive and Negative Affect Schedule

<table>
<thead>
<tr>
<th></th>
<th>PANAS</th>
<th>Purpose in Life</th>
<th>QoL Overall quality of life (Q1)</th>
<th>QoL Overall health (Q2)</th>
<th>QoL Physiological</th>
<th>QoL Psychological</th>
<th>QoL Social</th>
<th>QoL Environmental</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual well-being</td>
<td>.607</td>
<td>.534</td>
<td>.429</td>
<td>.352</td>
<td>.467</td>
<td>.647</td>
<td>.429</td>
<td>.475</td>
</tr>
<tr>
<td>Meaning of life</td>
<td>.473</td>
<td>.534</td>
<td>.218</td>
<td>.288</td>
<td>.300</td>
<td>.460</td>
<td>.313</td>
<td>.265</td>
</tr>
<tr>
<td>Transcendence</td>
<td>.470</td>
<td>.351</td>
<td>.106</td>
<td>.110</td>
<td>.189</td>
<td>.351</td>
<td>.194</td>
<td>.059</td>
</tr>
<tr>
<td>Relationship with family</td>
<td>.346</td>
<td>.326</td>
<td>.305</td>
<td>.205</td>
<td>.181</td>
<td>.424</td>
<td>.347</td>
<td>.311</td>
</tr>
<tr>
<td>Relationship with people</td>
<td>.436</td>
<td>.402</td>
<td>.231</td>
<td>.208</td>
<td>.305</td>
<td>.459</td>
<td>.533</td>
<td>.305</td>
</tr>
<tr>
<td>other than family members</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationship with environment</td>
<td>.258</td>
<td>.303</td>
<td>.345</td>
<td>.179</td>
<td>.294</td>
<td>.415</td>
<td>.294</td>
<td>.496</td>
</tr>
</tbody>
</table>
Spirituality Scale for Chinese Elders (Long Version)

Section 1: Spiritual Beliefs and Practices

1. My spiritual beliefs are an important part of me.
2. I feel a sense of connection with the spiritual world.
3. Prayer is an important part of my daily life.
4. I believe in the power of positive thinking.
5. I feel a sense of peace and harmony.
6. I feel a sense of purpose and meaning.
7. I feel a sense of love and compassion.
8. I feel a sense of hope and optimism.
9. I feel a sense of belonging.
10. I feel a sense of gratitude.

Section 2: Spiritual Experience

11. I feel a sense of awe and wonder.
12. I feel a sense of joy and happiness.
13. I feel a sense of love and affection.
14. I feel a sense of forgiveness and compassion.
15. I feel a sense of love and appreciation.
16. I feel a sense of peace and tranquility.
17. I feel a sense of love and tenderness.
18. I feel a sense of love and appreciation.
19. I feel a sense of love and appreciation.
20. I feel a sense of love and appreciation.
21. I feel a sense of love and appreciation.
22. I feel a sense of love and appreciation.
23. I feel a sense of love and appreciation.
24. I feel a sense of love and appreciation.
25. I feel a sense of love and appreciation.
26. I feel a sense of love and appreciation.
27. I feel a sense of love and appreciation.
28. I feel a sense of love and appreciation.
29. I feel a sense of love and appreciation.
30. I feel a sense of love and appreciation.

Section 3: Spiritual Values

31. I value the importance of faith.
32. I value the importance of love.
33. I value the importance of peace.
34. I value the importance of hope.
35. I value the importance of charity.
36. I value the importance of compassion.
37. I value the importance of gratitude.
38. I value the importance of humility.
39. I value the importance of wisdom.
40. I value the importance of courage.
41. I value the importance of integrity.
42. I value the importance of perseverance.
43. I value the importance of resilience.
44. I value the importance of forgiveness.
45. I value the importance of compassion.
46. I value the importance of gratitude.
47. I value the importance of humility.
48. I value the importance of wisdom.
49. I value the importance of courage.
50. I value the importance of integrity.
51. I value the importance of perseverance.
52. I value the importance of resilience.
53. I value the importance of forgiveness.
54. I value the importance of compassion.
55. I value the importance of gratitude.
56. I value the importance of humility.
57. I value the importance of wisdom.
58. I value the importance of courage.
59. I value the importance of integrity.
60. I value the importance of perseverance.
61. I value the importance of resilience.
62. I value the importance of forgiveness.
63. I value the importance of compassion.
64. I value the importance of gratitude.
65. I value the importance of humility.
66. I value the importance of wisdom.
67. I value the importance of courage.
68. I value the importance of integrity.
69. I value the importance of perseverance.
70. I value the importance of resilience.
71. I value the importance of forgiveness.
72. I value the importance of compassion.
73. I value the importance of gratitude.
74. I value the importance of humility.
75. I value the importance of wisdom.
76. I value the importance of courage.
77. I value the importance of integrity.
78. I value the importance of perseverance.
79. I value the importance of resilience.
80. I value the importance of forgiveness.
81. I value the importance of compassion.
82. I value the importance of gratitude.
83. I value the importance of humility.
84. I value the importance of wisdom.
85. I value the importance of courage.
86. I value the importance of integrity.
87. I value the importance of perseverance.
88. I value the importance of resilience.
89. I value the importance of forgiveness.
90. I value the importance of compassion.
91. I value the importance of gratitude.
92. I value the importance of humility.
93. I value the importance of wisdom.
94. I value the importance of courage.
95. I value the importance of integrity.
96. I value the importance of perseverance.
97. I value the importance of resilience.
98. I value the importance of forgiveness.
99. I value the importance of compassion.
100. I value the importance of gratitude.
101. I value the importance of humility.
102. I value the importance of wisdom.
103. I value the importance of courage.
104. I value the importance of integrity.
105. I value the importance of perseverance.
106. I value the importance of resilience.
107. I value the importance of forgiveness.
108. I value the importance of compassion.
109. I value the importance of gratitude.
110. I value the importance of humility.
111. I value the importance of wisdom.
112. I value the importance of courage.
113. I value the importance of integrity.
114. I value the importance of perseverance.
115. I value the importance of resilience.
116. I value the importance of forgiveness.
117. I value the importance of compassion.
Key Findings I

• The spiritual pursuits of Chinese elders are influenced by **interdependence and relation-orientation**.

• A sense of meaningfulness is composed of **three key components**. Transcendent forces are generated from a dynamic senses of purpose in harmonious person-environment relationships.
A Conceptual Model of Spirituality

Transcendence—APA
Appreciating and affirming past life experiences Actively participating in life in the present, and Appropriately arranging life in the future
Key Findings II

**SSCE** is a **reliable and valid scale** that can be applied to assess spirituality well-being among Chinese elders for research and practice purposes.

**Pilot Group** (June, 2011)

**Intervention Manual**

**Evaluation on the effectiveness of SEGCE Intervention**

**Spiritual Enhancement Group for Chinese Elders (SEGCE)**
Thank You !