

SWBS

Please mark the answer that best applies to you: strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree. The work "Higher Power" or "God" refers to God, Buddha, or any other Supreme Being/Higher Power/Life Force that you may believe in. Please circle only once answer per line.

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
1. I don't know who I am, where I come from, or where I am going.	1	2	3	4	5
2. I believe that God/a Higher Power loves me and cares about me.	1	2	3	4	5
3. I have a personally meaningful relationship with God/a Higher Power.	1	2	3	4	5
4. I feel very fulfilled and satisfied with my life.	1	2	3	4	5
5. I don't get much personal strength and support from God/a Higher Power.	1	2	3	4	5
6. I believe that God/a Higher Power is concerned about my problems.	1	2	3	4	5

7. I feel good about my future.	1	2	3	4	5
8. My life doesn't have much meaning.	1	2	3	4	5
9. My relationship with God/a Higher Power contributes to my sense of well-being.	1	2	3	4	5
10. I believe there is some real purpose for my life.	1	2	3	4	5

Note: The original English language Spiritual Well-Being Scale (SWBS) is in the *Journal of Psychology and Theology*, 1983, 11(4), p. 340. SWBS © 1982 and 10-item shortened SWBS (above) © 2005, 2010 by C. W. Ellison and R. F. Paloutzian. All rights reserved. Shortened version courtesy of Dr. Sian Cotton. The SWBS (Paloutzian & Ellison, 1982; Ellison, 1983) and its translations (see Paloutzian et al., 2021, for elaboration on 10 translations) are available gratis. The SWBS may be used at no cost for research, teaching, clinical practice, public speaking or other scholarship, so long as (a) standard proper citations and credits are given in any publication or presentation of work done with the SWBS, and (b) this copyright byline (as appropriate to the language of the SWBS in use) appears at the bottom of all copies of the scale, whether paper, electronic, print, slides for visual presentation, or other. PDFs of the SWBS and the Manual for the Spiritual Well-Being Scale can be downloaded at <https://www.westmont.edu/psychology/raymond-paloutzian-spiritual-wellbeing-scale>.

SWBS

****Higher scores= Better Well Being****

Subscales

Existential Well Being Items 1, 4, 7, 8, and 10 Range: 5-25
Religious Well Being Items 2, 3, 5, 6, and 9 Range: 5-25
Spiritual Well Being Sum of all items Range: 10-50

Steps for Coding

1. Reverse code items 1, 5, and 8 such that

1(strongly agree)	becomes	5(strongly disagree)
2 (agree)	becomes	4(disagree)
3 (neither agree nor disagree)		Stays the same
4 (disagree)	becomes	2(agree)
5(strongly disagree)	becomes	1(strongly agree)
2. Sum items 1 (recoded), 4, 7, 8 (recoded), and 10 to create the Existential Well Being subscale.
3. Sum items 2, 3,5 (recoded), 6, and 9 to create the Religious Well-Being subscale.
4. Sum items from both subscales to create the Total Spiritual Well Being score