

McCord G, Gilchrist VJ, Grossman SD, et al. Discussing spirituality with patients: a rational and ethical approach. *Ann Fam Med* 2004;2:356-361.

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Appendix 1. Patient Attitudes Concerning Spirituality Questioning by Physicians

Introduce yourself to the patient. “Hello, my name is _____. Today, the family practice center and the medical school are doing a study on spirituality and how it affects your health. Would you be willing to read an information sheet about the study and then tell us if you would like to be in our study?” Be sure that they are older than 18 years of age.

If they refuse, be polite and record the sex of the patient on the refusal sheet.

After reading the information sheet, if they do not want to be in the study, record the sex of the patient on the refusal sheet. If they want to be in the study, continue: “Do you have any questions about the information I just gave you?” Answer any questions and then continue: “Remember, if there are any questions that I ask you that you don’t want to answer, just say so, and we’ll skip to the next question. You can also quit at any time if that is what you wish.”

Interviewer – complete item 1 yourself

1. Sex: Male Female

Hand the participant a patient copy of the interview. “Here’s a copy of the interview questions if you want to follow along. Some people find the interview easier to answer this way. First, I would like to ask you some questions about yourself.”

2. “What do you consider your race to be?” White/black, Asian/Pacific Islander, Hispanic, other (specify _____)
3. “What is your age?” _____
4. “What is your marital status?” Single, married, divorced, separated, widowed
5. “What is the highest level of school that you attended?” Less than high school, high school, some college, college graduate, technical school

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“Now I’d like to ask you some questions about your health.”

6. “In general, would you say your health is:”

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

“Now, I’m going to read a list of activities that you might do during a typical day. Please tell me if your health now limits you a lot, limits you a little, or does not limit you at all in these activities.”

7. “When doing moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf, does your health now:”

1. Limit you a lot
 2. Limit you a little
 3. Does not limit you at all
8. "When climbing several flights of stairs, does your health now?"
1. Limit you a lot
 2. Limit you a little
 3. Not limit you at all
9. "During the past 4 weeks, have you accomplished less than you would like as a result of your physical health?"
- Yes No
10. "During the past 4 weeks, were you limited in the kind of work or other regular daily activities you do as a result of your physical health?"
- Yes No
11. "During the past 4 weeks, have you accomplished less than you would like as a result of any emotional problems, such as feeling depressed or anxious?"
- Yes No
12. "During the past 4 weeks, did you not do work or other regular activities as carefully as usual as a result of any emotional problems, such as feeling depressed or anxious?"
- Yes No
13. "During the past 4 weeks, how much did pain interfere with your normal work, including both work outside the home and housework? Did it interfere?"
1. Not at all
 2. A little bit
 3. Moderately
 4. Quite a bit
 5. Extremely
14. "During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities like visiting with friends or relatives? Has it interfered?"
1. All of the time
 2. Most of the time
 3. Some of the time
 4. A little of the time
 5. None of the time
15. "How much of the time during the past 4 weeks have you felt calm and peaceful?"
1. All of the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time
 6. None of the time
16. "How much of the time during the past 4 weeks did you have a lot of energy?"
1. All of the time
 2. Most of the time
 3. A good bit of the time
 4. Some of the time
 5. A little of the time

6. None of the time
17. "How much of the time during the past 4 weeks have you felt downhearted and blue?"
- 1. All of the time
 - 2. Most of the time
 - 3. A good bit of the time
 - 4. Some of the time
 - 5. A little of the time
 - 6. None of the time
18. "About how many times in the past year have you visited a doctor?" _____
19. "Have you ever been seriously ill?" Yes No
20. *If yes*, "With what illness?" _____
21. "Do you suffer from any serious illness now?" Yes No
22. *If yes*, "With what illness?" _____
23. "Has any family member of yours or someone close to you ever been seriously ill?"
- Yes No
24. *If yes*, "With what illness?" _____
25. "Have you ever had to deal with the death of a family member or someone close to you"
- Yes No
- "Now I'd like to ask you about your spirituality and how it relates to your health care."**
26. "Has your doctor ever asked you about your spiritual or religious beliefs?"
- Yes No
27. "Have you ever told your doctor about your spiritual or religious beliefs?"
- Yes No
28. "Can you think of an experience or situation where your religious or spiritual beliefs influenced how you dealt with a health care decision involving you or someone close to you?"
- Yes No
29. *If yes*, "can you briefly tell me about it?" _____
- _____
- _____
30. "Do you have any spiritual or religious beliefs that would influence your medical decisions?"
- Yes No
31. *If yes*, "Can you describe how your beliefs influence your medical decisions?"
- _____
- _____
- _____
32. "Do your beliefs help to give meaning to life during the times that you are ill?"
- Yes No DK
33. "Do your beliefs give you hope during the times that you are ill?"
- Yes No DK
34. "Do your beliefs help you to adapt to conditions that occur because of your illness?"
- Yes No DK
35. "Do your beliefs help you to recover from illness?"
- Yes No DK

36. "On a scale of 1 to 5, how spiritual would you say that you are if 1 was not spiritual at all and 5 was extremely spiritual?" _____

37. "Which of the these following three items would you most prefer from your doctor?"

_____ Never ask you about your spiritual or religious beliefs

_____ Sometimes ask you about your beliefs depending on the situation

_____ Always know about your beliefs

If the patient says never, end the interview and thank them for their time.

"I'm going to read a list of situations when you may want to talk to your doctor about your spiritual or religious beliefs. For each one of these situations, please tell me whether 'yes you want to talk' or 'no you don't want to talk.' about your beliefs with your doctor."

38. Y N "As part of your medical history the first time that you see a new doctor"

39. Y N "For a routine physical or check up"

40. Y N "For a visit for a minor medical problem"

41. Y N "If you were admitted to a hospital"

42. Y N "If you suffered from chronic pain"

43. Y N "If you were just diagnosed with a serious illness"

44. Y N "If you were suffering from a ongoing, long-term, serious illness"

45. Y N "If you had an addiction to drugs or alcohol"

46. Y N "If you were a victim of domestic violence"

47. Y N "If you were suffering from grief over the loss of a loved one"

48. Y N "If you were a victim of sexual abuse"

49. Y N "If you were recovering from a serious illness"

50. Y N "If you were very seriously ill with the possibility of dying"

"I'm going to read a list of reasons why someone might want their doctor to know about their spiritual or religious beliefs. For each of these reasons, please tell me yes or no if this is why you want your doctor to know about your beliefs."

51. Y N "Just so the doctor will listen to you"

52. Y N "So that the doctor could provide compassion or encourage realistic hope"

53. Y N "So that the doctor could understand you better"

54. Y N "So that the doctor could understand how your beliefs influence how you deal with being sick"

55. Y N "So that the doctor would pray with you"

56. Y N "So that the doctor would change how you are being treated medically" (for example, you do not want blood transfusions, you do not want to be put on a life support machine to keep you breathing)

57. Y N "So that the doctor would understand how you make decisions"

58. Y N "So that the doctor could better advise you on how to take care of you when you are sick"

59. Y N "So that the doctor could refer you to a spiritual advisor if you think you need it"

60. "How often is your religion, faith, or spirituality helpful to you when you are sick?"

1 = never; 2 = sometimes; 3 = most of the time; 4 = always

"This completes our interview. Do you have any questions?" (*Answer questions asked and write the questions on this sheet.*) **"Would you like a copy of the results of the study after the study has been completed?"** (*If they do, give them an index card to fill out their name and address*) **"Thank you for your participation."**