

Spirituality Adjective List (SAL)
Douglas A. MacDonald and Jeffrey G. Kuentzel (1997)

Background and Conditions for Use

The Spirituality Adjective List (SAL) is a 40 item instrument designed to measure common descriptive features of what constitutes a “spiritual” person.

Item construction was based upon the thematic analysis of written descriptions of a spiritual person provided by 50 Canadian university students. In particular, students provided written responses to the prompt— “Describe a spiritual person.” Common adjectives and descriptive phrases were identified by the test authors. These adjectives and phrases were then used to devise self-descriptive questionnaire items.

The SAL uses a five point response scale which ranges from 0-Strongly Disagree to 4-Strongly Agree. Participants are instructed to use the scale to rate the extent to which they agree with each item as being accurate in describing themselves.

The questionnaire takes about 10-15 minutes to complete.

The SAL was created for research use and specifically for the examination of the factorial dimensionality of spirituality as a scientific construct. In its current form, it does not produce any scale or subscale scores.

The SAL in whole or in part is free for use for research purposes. The only requirement is that users of the questionnaire or any of its items give appropriate credit and citation of the test and test authors in any studies in which it is used.

Questions, comments, and requests should be directed to the first author at one of the addresses below.

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This is a questionnaire that consists of a number of statements which some people would use to describe themselves. The purpose of this questionnaire is to learn how you would use these statements to describe yourself.

Please read each statement carefully. Using the five point rating scale described below, rate the extent to which you agree with each statement as it applies to you. Record your responses in the spaces provided. There are no right or wrong answers. Please provide a response to every question and try to answer as honestly as possible.

1-----2-----3-----4-----5
Strongly Disagree Neutral Agree Strongly
Disagree Agree

- | | |
|---|--|
| _____ 1. I have strong beliefs and convictions | _____ 21. I take time to reflect on who I am |
| _____ 2. I am devoted to what I believe in | _____ 22. I engage in private activities which help me
feel a sense of connection with a higher power |
| _____ 3. I am at peace with others | _____ 23. I attend church services |
| _____ 4. I am moral | _____ 24. I believe in supernatural powers |
| _____ 5. I understand myself | _____ 25. I have a sense of meaning in life |
| _____ 6. I meditate | _____ 26. I am optimistic |
| _____ 7. I am holy | _____ 27. I believe that my soul will live on after I die |
| _____ 8. I am religious | _____ 28. I believe that the mind, body and soul are one |
| _____ 9. I pray | _____ 29. I have a deep respect for all living things |
| _____ 10. I believe in a higher power | _____ 30. I understand myself spiritually |
| _____ 11. I am at peace with myself | _____ 31. I have a strong faith |
| _____ 12. I am happy | _____ 32. I am dedicated to my beliefs |
| _____ 13. I believe in spirits or ghosts | _____ 33. I am a caring person |
| _____ 14. I am concerned about the meaning of life | _____ 34. I am gentle |
| _____ 15. I am a positive person | _____ 35. I am an honest person |
| _____ 16. I believe in life after death | _____ 36. I am in touch with my innermost thought |
| _____ 17. I feel a sense of wholeness or completeness | _____ 37. I believe in God |
| _____ 18. I am in touch with my soul | _____ 38. I am calm |
| _____ 19. I appreciate nature | _____ 39. I am content |
| _____ 20. I help others | _____ 40. I am blessed |