

## Domain 10. Life principles

Principles underlying conduct, thought, and behavior about acts, customs, or institutions viewed as being true or having intrinsic worth

<b>Class 1. Values</b> <b>The identification and ranking of preferred modes of conduct or end states</b>		
<b>Code</b>	<b>Diagnosis</b>	<b>Page</b>
	This class does not currently contain any diagnoses	
<b>Class 2. Beliefs</b> <b>Opinions, expectations, or judgments about acts, customs, or institutions viewed as being true or having intrinsic worth</b>		
<b>Code</b>	<b>Diagnosis</b>	<b>Page</b>
00068	Readiness for enhanced spiritual well-being	449
<b>Class 3. Value/belief/action congruence</b> <b>The correspondence or balance achieved among values, beliefs, and actions</b>		
<b>Code</b>	<b>Diagnosis</b>	<b>Page</b>
00184	Readiness for enhanced decision-making	451
00083	Decisional conflict	452
00242	Impaired emancipated decision-making	453
00244	Risk for impaired emancipated decision-making	454
00243	Readiness for enhanced emancipated decision-making	455
00175	Moral distress	456
00169	Impaired religiosity	457
00170	Risk for impaired religiosity	458
00171	Readiness for enhanced religiosity	459

00066	Spiritual distress	460
00067	Risk for spiritual distress	462

© 2021. NANDA International. All rights reserved.

NANDA International, Inc. Nursing Diagnoses: Definitions and Classification 2021–2023, 12<sup>th</sup> Edition.  
Edited by T. Heather Herdman, Shigemi Kamitsuru, and Camila Takáo Lopes.  
© 2021 NANDA International, Inc. Published 2021 by Thieme Medical Publishers, Inc., New York.  
Companion website: [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 10 • Class 2 • Diagnosis Code 00068

## Readiness for enhanced spiritual well-being

Focus of the diagnosis: spiritual well-being

Approved 1994 • Revised 2002, 2013, 2020 • Level of Evidence 2.1

### Definition

A pattern of integrating meaning and purpose in life through connections with self, others, the world, and/or a power greater than oneself, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance acceptance
- Expresses desire to enhance capacity to self-comfort
- Expresses desire to enhance comfort in one's faith
- Expresses desire to enhance connection with nature
- Expresses desire to enhance connection with power greater than self
- Expresses desire to enhance coping
- Expresses desire to enhance courage
- Expresses desire to enhance creative energy
- Expresses desire to enhance forgiveness from others
- Expresses desire to enhance harmony in the environment
- Expresses desire to enhance hope
- Expresses desire to enhance inner peace
- Expresses desire to enhance interaction with significant other
- Expresses desire to enhance joy
- Expresses desire to enhance love
- Expresses desire to enhance love of others
- Expresses desire to enhance meditative practice
- Expresses desire to enhance mystical experiences
- Expresses desire to enhance oneness with nature
- Expresses desire to enhance oneness with power greater than self
- Expresses desire to enhance participation in religious practices
- Expresses desire to enhance peace with power greater than self
- Expresses desire to enhance prayerfulness
- Expresses desire to enhance reverence
- Expresses desire to enhance satisfaction with life
- Expresses desire to enhance self-awareness
- Expresses desire to enhance self-forgiveness
- Expresses desire to enhance sense of awe
- Expresses desire to enhance sense of harmony within oneself
- Expresses desire to enhance sense of identity
- Expresses desire to enhance sense of magic in the environment
- Expresses desire to enhance serenity
- Expresses desire to enhance service to others

- Expresses desire to enhance strength in one's faith
- Expresses desire to enhance surrender



Domain 10 • Class 3 • Diagnosis Code 00184

## Readiness for enhanced decision-making

Focus of the diagnosis: decision-making

Approved 2006 • Revised 2013 • Level of Evidence 2.1

### Definition

A pattern of choosing a course of action for meeting short- and long-term health-related goals, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance congruency of decision with sociocultural goal
- Expresses desire to enhance congruency of decision with sociocultural values
- Expresses desire to enhance congruency of decisions with goal
- Expresses desire to enhance congruency of decisions with values
- Expresses desire to enhance decision-making
- Expresses desire to enhance risk-benefit analysis of decisions
- Expresses desire to enhance understanding of choices
- Expresses desire to enhance understanding of meaning of choices
- Expresses desire to enhance use of reliable evidence for decisions

Domain 10 • Class 3 • Diagnosis Code 00083

## Decisional conflict

Focus of the diagnosis: decisional conflict

Approved 1988 • Revised 2006 • Level of Evidence 2.1

### Definition

Uncertainty about course of action to be taken when choice among competing actions involves risk, loss, or challenge to values and beliefs.

### Defining characteristics

- Delayed decision-making
- Expresses distress during decision-making
- Physical sign of distress
- Physical sign of tension
- Questions moral principle while attempting a decision
- Questions moral rule while attempting a decision
- Questions moral values while attempting a decision
- Questions personal beliefs while attempting a decision
- Questions personal values while attempting a decision
- Recognizes undesired consequences of potential actions
- Reports uncertainty about choices
- Self-focused
- Vacillating among choices

### Related factors

- Conflict with moral obligation
- Conflicting information sources
- Inadequate information
- Inadequate social support
- Inexperience with decision-making
- Interference in decision-making
- Moral principle supports mutually inconsistent actions
- Moral rule supports mutually inconsistent actions
- Moral value supports mutually inconsistent actions
- Perceived danger to value system
- Unclear personal beliefs
- Unclear personal values

Domain 10 • Class 3 • Diagnosis Code 00242

## Impaired emancipated decision-making

Focus of the diagnosis: emancipated decision-making

Approved 2013 • Revised 2017 • Level of Evidence 2.1

### Definition

A process of choosing a health care decision that does not include personal knowledge and/or consideration of social norms, or does not occur in a flexible environment, resulting in decisional dissatisfaction.

### Defining characteristics

- Delayed enactment of health care option
- Difficulty choosing a health care option that best fits current lifestyle
- Expresses constraint in describing own opinion
- Expresses distress about other's opinion
- Expresses excessive concern about others' opinions
- Expresses excessive fear of what others think about a decision
- Impaired ability to describe how option will fit into current lifestyle
- Limited verbalization about health care option in other's presence

### Related factors

- Decreased understanding of available health care options
- Difficulty adequately verbalizing perceptions about health care options
- Inadequate confidence to openly discuss health care options
- Inadequate information regarding health care options
- Inadequate privacy to openly discuss health care options
- Inadequate self-confidence in decision-making
- Insufficient time to discuss health care options

### At risk population

- Individuals with limited decision-making experience
- Women accessing health care from systems with patriarchal hierarchy
- Women living in families with patriarchal hierarchy

Domain 10 • Class 3 • Diagnosis Code 00244

## Risk for impaired emancipated decision-making

Focus of the diagnosis: emancipated decision-making

Approved 2013 • Revised 2017 • Level of Evidence 2.1

### Definition

Susceptible to a process of choosing a health care decision that does not include personal knowledge and/or consideration of social norms, or does not occur in a flexible environment, resulting in decisional dissatisfaction.

### Risk factors

- Decreased understanding of available health care options
- Difficulty adequately verbalizing perceptions about health care options
- Inadequate confidence to openly discuss health care options
- Inadequate information regarding health care options
- Inadequate privacy to openly discuss health care options
- Inadequate self-confidence in decision-making
- Insufficient time to discuss health care options

### At risk population

- Individuals with limited decision-making experience
- Women accessing health care from systems with patriarchal hierarchy
- Women living in families with patriarchal hierarchy

Domain 10 • Class 3 • Diagnosis Code 00243

## Readiness for enhanced emancipated decision-making

Focus of the diagnosis: emancipated decision-making

Approved 2013 • Level of Evidence 2.1

### Definition

A process of choosing a health care decision that includes personal knowledge and/or consideration of social norms, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance ability to choose health care options that enhance current lifestyle
- Expresses desire to enhance ability to enact chosen health care option
- Expresses desire to enhance ability to understand all available health care options
- Expresses desire to enhance ability to verbalize own opinion without constraint
- Expresses desire to enhance comfort to verbalize health care options in the presence of others
- Expresses desire to enhance confidence in decision-making
- Expresses desire to enhance confidence to discuss health care options openly
- Expresses desire to enhance decision-making
- Expresses desire to enhance privacy to discuss health care options

Domain 10 • Class 3 • Diagnosis Code 00175

## Moral distress

Focus of the diagnosis: moral distress

Approved 2006 • Level of Evidence 2.1

### Definition

Response to the inability to carry out one's chosen ethical or moral decision and/or action.

### Defining characteristics

- Reports anguish about acting on one's moral choice

### Related factors

- Conflict among decision-makers
- Difficulty making end-of-life decisions
- Difficulty making treatment decision
- Information available for decision-making conflicts
- Time constraint for decision-making
- Values incongruent with cultural norms

### At risk population

- Individuals experiencing loss of personal autonomy
- Individuals physically distant of decision-maker

Domain 10 • Class 3 • Diagnosis Code 00169

## Impaired religiosity

Focus of the diagnosis: religiosity

Approved 2004 • Revised 2017 • Level of Evidence 2.1

### Definition

Impaired ability to exercise reliance on beliefs and/or participate in rituals of a particular faith tradition.

### Defining characteristics

- Desires to reconnect with belief pattern
- Desires to reconnect with customs
- Difficulty adhering to prescribed religious beliefs
- Difficulty adhering to prescribed religious rituals
- Expresses distress about separation from faith community
- Questions religious beliefs
- Questions religious customs

### Related factors

- Anxiety
- Cultural barrier to practicing religion
- Depressive symptoms
- Environmental constraints
- Fear of death
- Inadequate social support
- Inadequate sociocultural interaction
- Inadequate transportation
- Ineffective caregiving
- Ineffective coping strategies
- Insecurity
- Pain
- Spiritual distress

### At risk population

- Hospitalized individuals
- Individuals experiencing end of life crisis
- Individuals experiencing life transition
- Individuals experiencing personal crisis
- Individuals experiencing spiritual crisis
- Individuals with history of religious manipulation
- Older adults

### Associated conditions

- Depression
- Impaired health status

Domain 10 • Class 3 • Diagnosis Code 00170

## Risk for impaired religiosity

Focus of the diagnosis: religiosity

Approved 2004 • Revised 2013, 2017 • Level of Evidence 2.1

### Definition

Susceptible to an impaired ability to exercise reliance on religious beliefs and/or participate in rituals of a particular faith tradition, which may compromise health.

### Risk factors

- Anxiety
- Cultural barrier to practicing religion
- Depressive symptoms
- Environmental constraints
- Fear of death
- Inadequate social support
- Inadequate sociocultural interaction
- Inadequate transportation
- Ineffective caregiving
- Ineffective coping strategies
- Insecurity
- Pain
- Spiritual distress

### At risk population

- Hospitalized individuals
- Individuals experiencing end of life crisis
- Individuals experiencing life transition
- Individuals experiencing personal crisis
- Individuals experiencing spiritual crisis
- Individuals with history of religious manipulation
- Older adults

### Associated conditions

- Depression
- Impaired health status

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).

Domain 10 • Class 3 • Diagnosis Code 00171

## Readiness for enhanced religiosity

Focus of the diagnosis: religiosity

Approved 2004 • Revised 2013 • Level of Evidence 2.1

### Definition

A pattern of reliance on religious beliefs and/or participation in rituals of a particular faith tradition, which can be strengthened.

### Defining characteristics

- Expresses desire to enhance connection with a religious leader
- Expresses desire to enhance forgiveness
- Expresses desire to enhance participation in religious experiences
- Expresses desire to enhance participation in religious practices
- Expresses desire to enhance religious options
- Expresses desire to enhance use of religious material
- Expresses desire to reestablish belief patterns
- Expresses desire to reestablish religious customs

Domain 10 • Class 3 • Diagnosis Code 00066

## Spiritual distress

Focus of the diagnosis: spiritual distress

Approved 1978 • Revised 2002, 2013, 2017, 2020 • Level of Evidence 3.2

### Definition

A state of suffering related to the impaired ability to integrate meaning and purpose in life through connections with self, others, the world, and/or a power greater than oneself.

### Defining characteristics

- Anger behaviors
- Crying
- Decreased expression of creativity
- Disinterested in nature
- Dysomnias
- Excessive guilt
- Expresses alienation
- Expresses anger
- Expresses anger toward power greater than self
- Expresses concern about beliefs
- Expresses concern about the future
- Expresses concern about values system
- Expresses concerns about family
- Expresses feeling abandoned by power greater than self
- Expresses feeling of emptiness
- Expresses feeling unloved
- Expresses feeling worthless
- Expresses insufficient courage
- Expresses loss of confidence
- Expresses loss of control
- Expresses loss of hope
- Expresses loss of serenity
- Expresses need for forgiveness
- Expresses regret
- Expresses suffering
- Fatigue
- Fear
- Impaired ability for introspection
- Inability to experience transcendence
- Maladaptive grieving
- Perceived loss of meaning in life
- Questions identity
- Questions meaning of life
- Questions meaning of suffering
- Questions own dignity
- Refuses to interact with others

### Related factors

- Altered religious ritual
- Altered spiritual practice
- Anxiety
- Barrier to experiencing love
- Cultural conflict
- Depressive symptoms
- Difficulty accepting the aging process
- Inadequate environmental control
- Inadequate interpersonal relations
- Loneliness
- Loss of independence
- Low self-esteem

- Pain
- Perception of having unfinished business
- Self-alienation
- Separation from support system

- Social alienation
- Sociocultural deprivation
- Stressors
- Substance misuse

**At risk population**

- Individuals experiencing birth of a child
- Individuals experiencing death of a significant other
- Individuals experiencing infertility
- Individuals experiencing life transition
- Individuals experiencing racial conflict
- Individuals experiencing unexpected life event
- Individuals exposed to death
- Individuals exposed to natural disaster
- Individuals exposed to traumatic events
- Individuals receiving bad news
- Individuals receiving terminal care
- Individuals with low educational level

**Associated conditions**

- Chronic disease
- Depression
- Loss of a body part
- Loss of function of a body part
- Treatment regimen

Domain 10 • Class 3 • Diagnosis Code 00067

## Risk for spiritual distress

Focus of the diagnosis: spiritual distress

Approved 1998 • Revised 2004, 2013, 2017, 2020 • Level of Evidence 3.2

### Definition

Susceptible to a state of suffering related to the impaired ability to integrate meaning and purpose in life through connections with self, others, the world, and/or a power greater than oneself, which may compromise health.

### Risk factors

- Altered religious ritual
- Altered spiritual practice
- Anxiety
- Barrier to experiencing love
- Cultural conflict
- Depressive symptoms
- Difficulty accepting the aging process
- Inadequate environmental control
- Inadequate interpersonal relations
- Loneliness
- Loss of independence
- Low self-esteem
- Pain
- Perception of having unfinished business
- Self-alienation
- Separation from support system
- Social alienation
- Sociocultural deprivation
- Stressors
- Substance misuse

### At risk population

- Individuals experiencing birth of a child
- Individuals experiencing death of a significant other
- Individuals experiencing infertility
- Individuals experiencing life transition
- Individuals experiencing racial conflict
- Individuals experiencing unexpected life event
- Individuals exposed to death
- Individuals exposed to natural disaster
- Individuals exposed to traumatic events
- Individuals receiving bad news
- Individuals receiving terminal care
- Individuals with low educational level

### Associated conditions

- Chronic disease
- Depression
- Loss of a body part
- Loss of function of a body part
- Treatment regimen

Original literature support available at [www.thieme.com/nanda-i](http://www.thieme.com/nanda-i).