

Religiosidad

279271

Descripción

Una revisión de 139 estudios encontró que hay una relación de carácter positivo entre compromiso religioso y salud mental (D. B. Larson et al. 1992). La escala de religiosidad de Santa Clara es un cuestionario de 10 ítems que mide la fuerza de fe religiosa (Plante and Boccaccini 1997). La validación de la escala evidenció que sujetos con mayores niveles de fe presentaron menores niveles de autoestima, pero también menores niveles de ansiedad y depresión (Plante and Boccaccini 1997). La escala mostró un muy buen nivel de confiabilidad ($\alpha = .95$). En el presente estudio se utilizó una versión traducida de la escala creada por nuestro equipo a través del método double blind: un técnico con conocimiento de la escala tradujo la misma al español, y posteriormente una persona bilingüe (inglés siendo su lengua nativa), volvió a traducir la escala al inglés. La escala original y la nueva escala en inglés eran iguales.

Protocolo de administración y puntajes

Este cuestionario consta de 10 ítems evaluados a través de una escala Likert de cuatro puntos, con respuestas que van desde 1 (“fuertemente en desacuerdo”) hasta 4 (“fuertemente de acuerdo”). Esto da como resultado un puntaje mínimo de 10 y un máximo de 40, donde puntajes más altos indican mayores niveles de religiosidad (Freiheit et al. 2006). No hay ítems que requieran ser invertidos.

Script: puntajes totales y confiabilidad

Instrumento

Escala de fuerza de fe religiosa de Santa Clara

Conteste las siguientes preguntas sobre fe religiosos utilizando la escala que se presenta a continuación:

1 = fuertemente en desacuerdo

2= en desacuerdo

3 = de acuerdo

4= fuertemente de acuerdo

1. ____ Mi fe religiosa es extramadamente importante para mí
2. ____ Rezo a diario
3. ____ Considero mi fe una fuente de inspiración
4. ____ Considero que mi fe le otorga significado y propósito a mi vida.
5. ____ Me considero activo en mi fe o iglesia
6. ____ Mi fe es parte importante de quién soy como persona
7. ____ Mi relación con Dios es extremadamente importante para mí
8. ____ Disfruto estando al rededor de otras personas que comparten mi fe.
9. ____ Veo mi fe como una fuente de comodidad.
10. ____ Mi fe impacta muchas de mis decisiones.

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