

Spiritual Well-Being Scale (SWB)

by **Melissa Moran**

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The Spiritual Well-Being Scale (SWB) is a general indicator of perceived well-being used for the assessment of individual and congregational spiritual well-being. The scale is composed of 20 items. Ten of the items assesses Religious well-being and the other 10 assesses Existential well-being. The SWB provides a subscale for Religious and Existential well-being as well as an overall measure of the perception of an individual's spiritual quality of life. The Existential Well-Being Subscale gives a self-assessment of an individual's sense of life purpose and overall life satisfaction. The Religious Well-Being subscale proves a self-assessment of an individual's relationship with God. The Spiritual Well-Being Scale (SWB) is currently available only in English and Spanish and is a paper-pencil instrument, taking about 10-15 minutes to complete.

Author

Dr. Craig W. Ellison & [Dr. Raymond F. Paloutzian](#)

To Access this Instrument

[Life Advance](#)

Reliability and Validity

The Spiritual Well-Being Scale (SWB) is reliable and valid. Both Doctors Ellison and Paloutzian were trained social psychologists and knew the statistical properties of good measure. Both doctors understood the criteria for their instrument if it was to be able to usefully measure spiritual well-being. The SWB is able to reliably and validly assess what people mean when they talk about their spiritual well-being and is general enough for people of different religions to be able to use.

Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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Dissertations that have used the Spiritual Well-Being Scale

Ellison, Lori L. (2006). *The Spiritual Well-Being Scale*. (Marshall University)

Kroft, Robert. (2007). *Assessing a Brief Spiritual Well-Being Scale with Degree Completion Students*. (George Fox University).

Wagner, Julie D'Anne Thompson. (1998). *Spirituality and Spiritual Well-Being Among a Group of Nursing Alumni: Correlated with Selected and Perceptual and Demographic Variables*. (University of Nebraska, Lincoln).

References

Brady, Marianne; Cella, David; Fitchett, George; Peterman, Amy; and Pharm, Lesbia Hernandez. (2002). *Measuring Spiritual Well-Being in People with Cancer: The Functional Assessment of Chronic Illness Therapy*. (Northwestern University & University of Puerto Rico).

Bufford, Rodger K; Paloutzian, Raymond F; Ellison, Craig W. (1991). *Norms for the Spiritual Well-Being Scale*. (Journal of Psychology and Theology).