

# Spirituality and Religiosity-Are they the same?

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# A Muslim's Belief



Yeah, a lot. Not in the sort of transcendental meditation but a lot of times, sort of – I mean like as a Muslim, I pray five times a day but even like when I'm on the treadmill, I – a half an hour on the treadmill is half an hour of meditation for me. So there's the physical thing happening .....



Yeah. Because I said, "Look, there can be only two ways to make the case, rationally." One would be that, "Look, I haven't had – you know, I haven't done all the things I needed to do, whatever. You know, I need to go." I said, "I had a terrific life." You know? I've been so blessed. I have four children, four grandchildren.....



# A Jewish's Belief



A non-verbal connection. That's what gives a meaningful life. The simple things that you find between the people you love. The look you get from your child, the look you get from your lover or parent. That's what gives meaning to life. And those things can be religious based, or they cannot be. It doesn't matter. It's that connection, and I think to me, .....



It's a tough question. Maybe. I had lost my faith and direction in 2003 when my marriage ended, and it was very difficult for me to find acceptance in my faith for lots of different reasons, and I still find it difficult, and I'm struggling with who I am spiritually and what I really believe. Because there's a difference between who you are, traditionally, .....



# A Christian's Belief



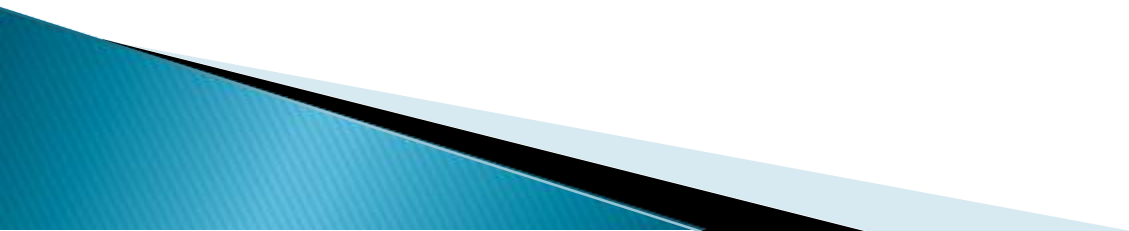
As an example, yeah, I'm gonna carry this with me. How did I? Well, how I would say I've grown on a spiritual level is that I recognize all of these things are tools, and I see the inner connection of all these different expressions of spirituality. You know what I mean? I get it. This is just who I am in the context of my own life, right? .....



So, spirituality – so, my definition of spirituality is basically how you live your life. That’s my definition. So, it’s not something that’s disconnected from how you want to live your life, and what you want to do here in the world. I’m not a person that is – think I’m gonna get this big reward, ‘cause I do the right thing, or whatever. No way. I feel like I have a mature sense of spirituality that – the reason that I could have that experience in .....



# An Atheist's Belief



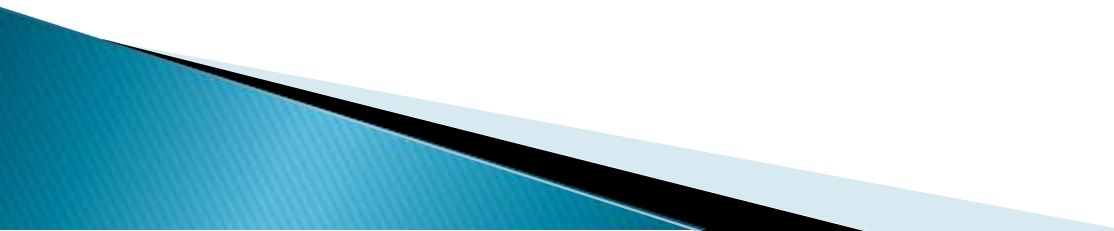
Well, I don't know that there's a simple answer to that. It has not been – it's been through people rather than through abstractions. I – my husband is – he's somewhat exasperated with me when I say I don't believe in God and I don't have other – I don't have an entity or a being that I believe in....



Well, as I say, I wonder about this black space. I'm not a particularly spiritual person. I don't think. I teach in a [Religion] school. I've been there for almost 40 years, and I must say that sitting in silence with a group of people is a very powerful experience. In that sense, I don't know if I feel a spiritual kind .....



# Goal

- ▶ Introduce the SCA
  - ▶ Rationale for development
  - ▶ Summarize the study
  - ▶ Instrument development
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# Rationale for Development

- ▶ Observation in Clinical Practice
- ▶ Literature Supporting Observation
  - “Thriving or better than before” (Carver 1998; Oleary 1995)
  - “Coping” cognitive and behavioral efforts to master, reduce, or tolerate the internal and/or external demands that are created by the stressful situation (Folkman 1984).
- ▶ Other Relevant Constructs
  - Resilience (Luthar 2000; Bonanno 2004; Denz–Penhey 2008)
  - Benefit Finding (Affleck 1987, 1996)
  - Having Hope (Herth 1989; Herth, & Cutcliffe 2002)
  - Post Traumatic Growth (Tedeschi 1996, 2004)
  - Stress Related Growth (Park 1996, 2006)

# SCA

- ▶ Spirituality Domain
  - Spirituality themes
  - Illness themes
  - Religious themes

# Spirituality

- ▶ I gain awareness from self-reflection.
  - ▶ Taking care of myself is my responsibility.
  - ▶ I no longer focus on the little things.
  - ▶ I feel calm even though I am not in control of my situation.
  - ▶ I accept things I cannot change.
- ▶ “and I remember very clearly trying to figure out, in the moment / trying to stay in the moment number one, and trying to figure out in the moment what would be most healing for me and what would bring me joy.”
  - ▶ “how strong, I appreciate the health of my body, take better care of myself, enjoy the moment -- that's / meditation helps with that -- keep going when problems arise, ask for what I want, and a greater appreciation for life”
  - ▶ “I look at things a little differently now. Things that used to make me crazy, were very important for me to make happen, particularly control I just don't really care about anymore. It's not worth it. Life is too short”

# Illness

- ▶ My illness increased my compassion towards others.
  - ▶ I have a greater appreciation for my life.
  - ▶ My illness strengthen my connection with a higher power.
  - ▶ The connection with a higher power is more important and valuable after my illness.
- ▶ “I feel that I have moved towards a different level of compassion towards other humans. That’s what I would really say. I feel that I have deepened my compassion. I’m able to speak to people in a way that allows me to connect with them at that level.”
  - ▶ “Well, learning to live better for today I think I / "Learning to live for today" -- I've sort of talked about that, in terms of not putting things off and being with friends now. And / But, um, the other one would be in dealing / in taking better care of myself and appreciating the health of my body. “
  - ▶ “More prayer. I’ve always been a believer, but I felt closer somehow, than prior to the event, and probably had more dialogue between myself and God.”

# Religious

- ▶ I find strength in my religious beliefs during difficult times.
- ▶ My personal religious practice is important to me.
- ▶ My religious beliefs give me hope.
- ▶ I get support from my friends and family.
- ▶ “ My illness helped me find great comfort in religion. I found that a lot the symbols of Catholicism brought great comfort to me, saying some of the prayers, saying, you know, reading some of the Psalms.”
- ▶ “Appreciation for mind-body-spirit...religion provided wisdom/strength-- I mean every day I thank God for this body that heals itself”
- ▶ I found myself in a [Religion] school where I found comfort in the peace and the silence of communal worship,

# SCA

- ▶ Psychosocial Domain
  - Emotional Support
  - Vocational Environment
  - Social Environment
  - Informational Support
  - Grief and Loss

# Vocational Environment

- ▶ “Work gives me a sense of meaning and purpose during difficult times.”

- ▶ I don't live to work anymore, I work to live. I'm working so that I can live. And um, right after I was diagnosed, I took that mantra. Yah, I work to live. I'm working so that I can live, period, you know. Meaning, you know, you pay your bills, get your food. You know, your, work gives you the lively, your ability to have a livelihood, not, you know, its not your end all and be all. So if I don't make, you know, 900 promotions this year or next year, so what, you know. I'm working and I'm working to live.

# Social Environment

- ▶ Connecting with nature is peaceful and gives my life meaning during difficult times.
- ▶ Creative arts bring peace and meaning to my life.
- ▶ Caring for my pet(s) gives my life meaning.
- ▶ “This is just about the state beaches which are really beautiful and nature and um, you know walking along these bridges every morning. And so I knew I was better, I don't know what it was about this peanut, but I knew I was better.”
- ▶ “I walk, I play music, I write, I walk my dog.”
- ▶ “I have a cat that I care about very much and I am concerned about what would happen to her if I were unable to care for her or if I died.”

# Informational Support

- ▶ I am confident that my medical caregivers will respond to my wants and needs.
- ▶ I have access to the information I need to make informed decision about.
- ▶ “The doctor supplied some good information. So I would say that having the conversation with my cardiologist and with the surgeon immediately thereafter surgery, that those were really the helpful and true points that I turned to.”
- ▶ “I had yoga, and um we were learning many different techniques, um, um, we were learning many different techniques that would help us fight the cancer. And so /and then people were told that they can choose whatever they want, but they have tools now to the / to / to join with doctors in this battle. And um / so we had yoga, and we had art therapy, and we had discussion groups, and um massage.”

# Grief and Loss

- ▶ My experience with multiple losses (death, divorce, competency, physical disability etc...) gives me hope during difficult times.
- ▶ Working through my own grief has brought peace and meaning to my life.
- ▶ “And then her family went through another series of deaths. One was 26, one was 42 -- these are brothers, who all had heart attacks and died. So it was kind of a series of things that I grew up with -- this was all through high school -- and then my beloved grandmother who is my favorite person on earth and still is, she died. And so I learned just that, I don't know, that what you have can be taken away so easily. So I incorporated all that. This has been the most difficult thing, this metastasis. The most difficult. And yet I've settled into a kind of quiet. I'm not fighting it, I'm taking care of it but I'm not battling with it anymore.”