



SPIRITUAL ATTITUDE AND INVOLVEMENT LIST (SAIL)

- Please, **circle** the answer that is most applicable to you
- There are no 'right' or 'wrong' answers
- Your first reaction is often the best; do not think too long about your answer

We realise that some questions may be difficult to answer for you, for instance because you have never thought about it before. Yet it is of utmost importance that you **answer every question**.

To what extent do the following statements **generally** apply to you?
(Not just now, but most of the time)

	not at all	hardly at all	some- what	to a reason- able degree	to a high degree	to a very high degree
1. I approach the world with trust	1	2	3	4	5	6
2. It is important to me that I can do things for others	1	2	3	4	5	6
3. In difficult times, I maintain my inner peace	1	2	3	4	5	6
4. I know what my position is in life	1	2	3	4	5	6
5. The beauty of nature moves me	1	2	3	4	5	6
6. I accept that I am not in full control of the course of my life	1	2	3	4	5	6
7. I am receptive to other people's suffering	1	2	3	4	5	6
8. I accept that I am not able to influence everything	1	2	3	4	5	6
9. Whatever happens, I am able to cope with life	1	2	3	4	5	6
10. There is a God or higher power in my life that gives me guidance	1	2	3	4	5	6
11. I am aware that each life has its own tragedy	1	2	3	4	5	6
12. I experience the things I do as meaningful	1	2	3	4	5	6
13. I try to take life as it comes	1	2	3	4	5	6

	not at all	hardly at all	some-what	to a reasonable degree	to a high degree	to a very high degree
14. When I am in nature, I feel a sense of connection	1	2	3	4	5	6
15. I accept that life will inevitably sometimes bring me pain	1	2	3	4	5	6
16. I try to make a meaningful contribution to society	1	2	3	4	5	6
17. My life has meaning and purpose	1	2	3	4	5	6
18. I want to mean something to others	1	2	3	4	5	6
	never	seldom	some-times	regular-ly	often	very often
19. I have had experiences during which the nature of reality became apparent to me	1	2	3	4	5	6
20. I have had experiences in which I seemed to merge with a power or force greater than myself	1	2	3	4	5	6
21. I have had experiences in which all things seemed to be part of a greater whole	1	2	3	4	5	6
22. I talk about spiritual themes with others (themes such as the meaning in life, death or religion)	1	2	3	4	5	6
23. I have had experiences where everything seemed perfect	1	2	3	4	5	6
24. I meditate or pray, or take time in other ways to find inner peace	1	2	3	4	5	6
25. I have had experiences where I seemed to rise above myself	1	2	3	4	5	6
26. I attend sessions, workshops, etc. that are focused on spirituality or religion	1	2	3	4	5	6

Calculation of sum scores

Table Items per subscale

Subscale	Items
Meaningfulness	4, 12, 17
Trust	1, 3, 9, 13
Acceptance	6, 8, 11, 15
Caring for Others	2, 7, 16, 18
Connectedness with Nature	5, 14
Transcendent Experiences	19, 20, 21, 23, 25
Spiritual Activities	10, 22, 24, 26

The 26 items of the SAIL represent seven subscales, see Table. Each item is scored on a range from 1 to 6. Sumscores are obtained by calculating the mean score on the items of each subscale.