Aspects of Spirituality (ASP)


**Language:** English, German

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**Origin:** Original instrument

**Purpose:** The ASP questionnaire was developed to measure a wide variety of vital aspects of spirituality beyond conventional conceptual boundaries in secular societies. Expert representatives of various spiritual orientations (and also atheists) were asked which aspects of spirituality are relevant to them (Büssing, 2006). Identified motifs we condensed to 40 items of the Aspects of Spirituality (ASP 1.0) questionnaire (7 factors; Cronbach’s alpha = .94) (Büssing et al., 2007) which differentiates and quantifies cognitive, emotional, intentional and action-oriented matters of theism/belief, (esoteric) transcendence, existentialism, humanism etc. The reliable and valid instrument is suited to be used in health care research.

**Population:** Can be used in healthy adolescents, adults and elderly, but also patients with chronic diseases.

**Administration:**

*Rater:* Self or interview-administered

*Time Required:* 5 min. for self administration

*Training:* none

*Scoring:* The items of the ASP were scored on a 5-point scale from disagreement to agreement (0 - does not apply at all; 1 - does not truly apply; 2 - don’t know; 3 - applies quite a bit; 4 - applies very much). The scores can be referred to a 100% level (transformed scale score). Scores > 50% indicate higher agreement (positive attitude), while scores < 50% indicate disagreement (negative attitude).

**Description:** The shortened 25-item version ASP 2.1 was re-validated in a sample of 1,191 healthy individuals. The generic instrument differentiates 4 factors, i.e.,

1. **Religious orientation** (alpha = .93), i.e., praying, guided and sheltered, trust in and turn to God, spiritual orientation in life, distinct rituals, reading spiritual/religious books, etc.

2. **Search for Insight / Wisdom** (alpha = .88), i.e., insight and truth, develop wisdom, beauty / goodness, frankness / wideness of the spirit, broad awareness etc.

3. **Conscious interactions** (alpha = .83), i.e., conscious interactions with others, environment, self, compassion, generosity

4. **Transcendence conviction** (alpha = .85), i.e., existence of higher beings, rebirth of man/soul, soul origins in higher dimensions, man is a spiritual being

In adolescents, the scale Conscious interactions has two sub-constructs, i.e., Conscious interaction (items s21, s22 and 23; alpha = .75) and Compassion/Generosity (items s28 and s26; alpha = .63), while the scale Search for Insight / Wisdom would diverge in two sub-constructs, i.e., Aspiring Beauty/Insight (items s10, s11, s12, s13; alpha = .76) and Quest orientation (items s14, s15, s16; alpha = .76).

**Coverage:** Research and Clinical

**Reliability:** The internal consistency estimates of the ASP 2.1 range from .83 to .93

**Validity:** Individuals which do not regard themselves as religious or spiritual (R-S-) had significantly lower scores for all scales, particularly Religious orientation, while individuals with a religious and spiritual attitude (R+S+) had the highest score for Religious orientation. In a sample of 1,241 individuals, life
satisfaction was moderately associated with Conscious interactions \( (r=0.24) \), just marginally with Religious orientation \( (r=0.11) \), but not with Transcendence conviction or Search for Insight/Wisdom \( (r<0.05) \). In adolescents, Religious orientation correlated strongly with positive emotions towards God \( (r=0.70) \), but also with negative emotions \( (r=0.28) \); also Transcendence conviction was associated both with positive \( (r=0.46) \) and negative emotions \( (r=0.31) \); Conscious interactions was moderately associated with positive emotions towards God \( (r=0.45) \).

**Strengths:** Strength of the instrument, which avoids exclusive language (the term ‘God’ was used just once), is the operationalization also of non-formal aspects of spirituality in terms of relational consciousness, particularly secular humanism and existential awareness. It is thus suited also in secular societies.

**Bibliography**


Büssing A: Aspects of Spirituality, God Images, and the 'Self-Centredness' in 17 year old adolescents attending religious education at high-school. Research on Steiner Education 2010; 1(1): 75-84