

# Spiritual Needs of Patients in Psychiatry and Psychotherapy and their Utilization of Spirituality / Religiosity to Cope

Symposium „Spiritual Needs“ (F3)

ECRSH12

Bern, May 18th, 2012

Franz Reiser, Lic. Psych. Lic. Theol.

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- **Survey** among all new inpatients of the University Clinic for Psychiatry and Psychotherapy at Freiburg (Germany) admitted 15/06/2010 – 15/12/2011
- Part of the **research project** „**Spirituality in Psychiatry and Psychotherapy**“ in the Section of Caritas Science of the Faculty of Theology, Freiburg University, in **cooperation** with:
  - Prof. Dr. med. Mathias Berger (Freiburg)  
Director of the University Clinic for Psychiatry and Psychotherapy Freiburg /Breisgau
  - Dr. med. Anne Zahn (Freiburg)
  - Prof. Dr. med. Arndt Büssing (Witten / Herdecke)
  - Prof. Dr. theol. Lic. Psych. Klaus Baumann (Freiburg)

# Leading questions

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For the first time in the German-speaking area  
a survey of this kind in a university clinic!

- To what degree do patients exhibit religious and spiritual attitudes and practices?
- What role do they ascribe to their religiosity / spirituality in coping with mental illness?
- Which spiritual needs and expectations towards the clinic do they express?



- Survey among all new inpatients; except the acute locked ward
- open, prospective, explorative and anonymous cross-sectional survey, using standardised questionnaires without intervention
- inclusion criteria: all new inpatients (18-85 years) with psychiatric disorders
- exclusion criterion: severe cognitive distortion
- all new in-patients get a questionnaire at admission and a second one at discharge from the nursing staff



- **modules developed by Arndt Büssing:**
  - SpREUK (*SpR attitudes and convictions regarding illness*)  
(15 items)
  - *Benefit* in coping through SpR (6 items)
  - SpREUK-P (frequency of SpR *practices*) (17 items)
  - BMLSS (Brief Multidimensional *Life Satisfaction* Scale) (10)
  - SpNQ (*Spiritual Needs* Questionnaire) (19-24 items)
  - *attitudes towards God* (12 items)
- **module developed by Anne Zahn and Franz Reiser:**
  - *expectations / wishes towards the clinic* regarding SpR  
(7 items)

# Some interim results

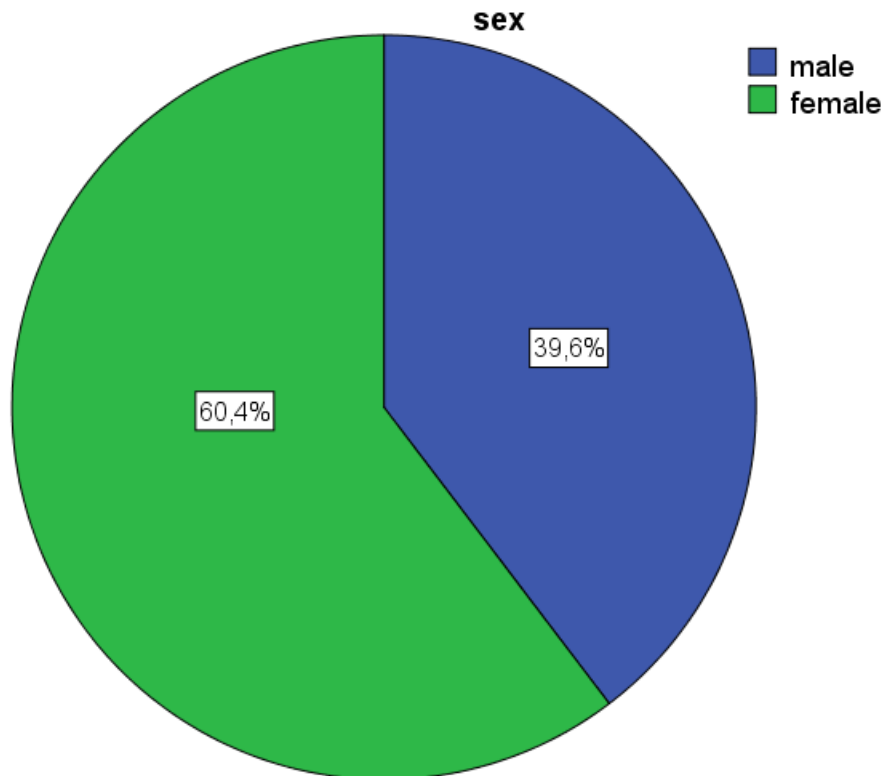
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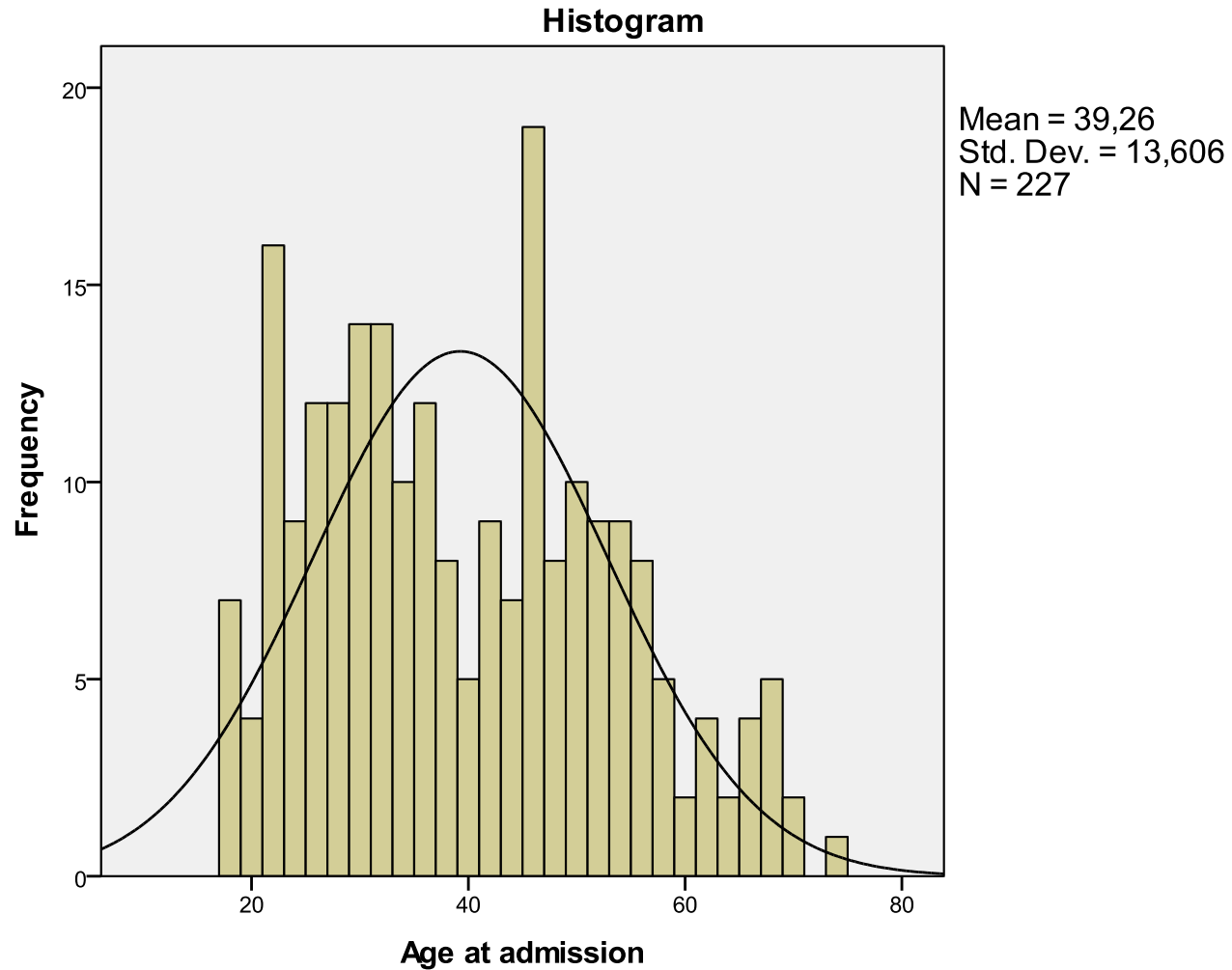
**Return rate:** in the first year about **34%**,  
until fall 2011 about 235 at admission (return of questionnaires via  
the department for medical documentation isn't finished yet);  
7 questionnaires had to be excluded from analysis

Remaining number  
for this analysis  
**N=227**



# Age

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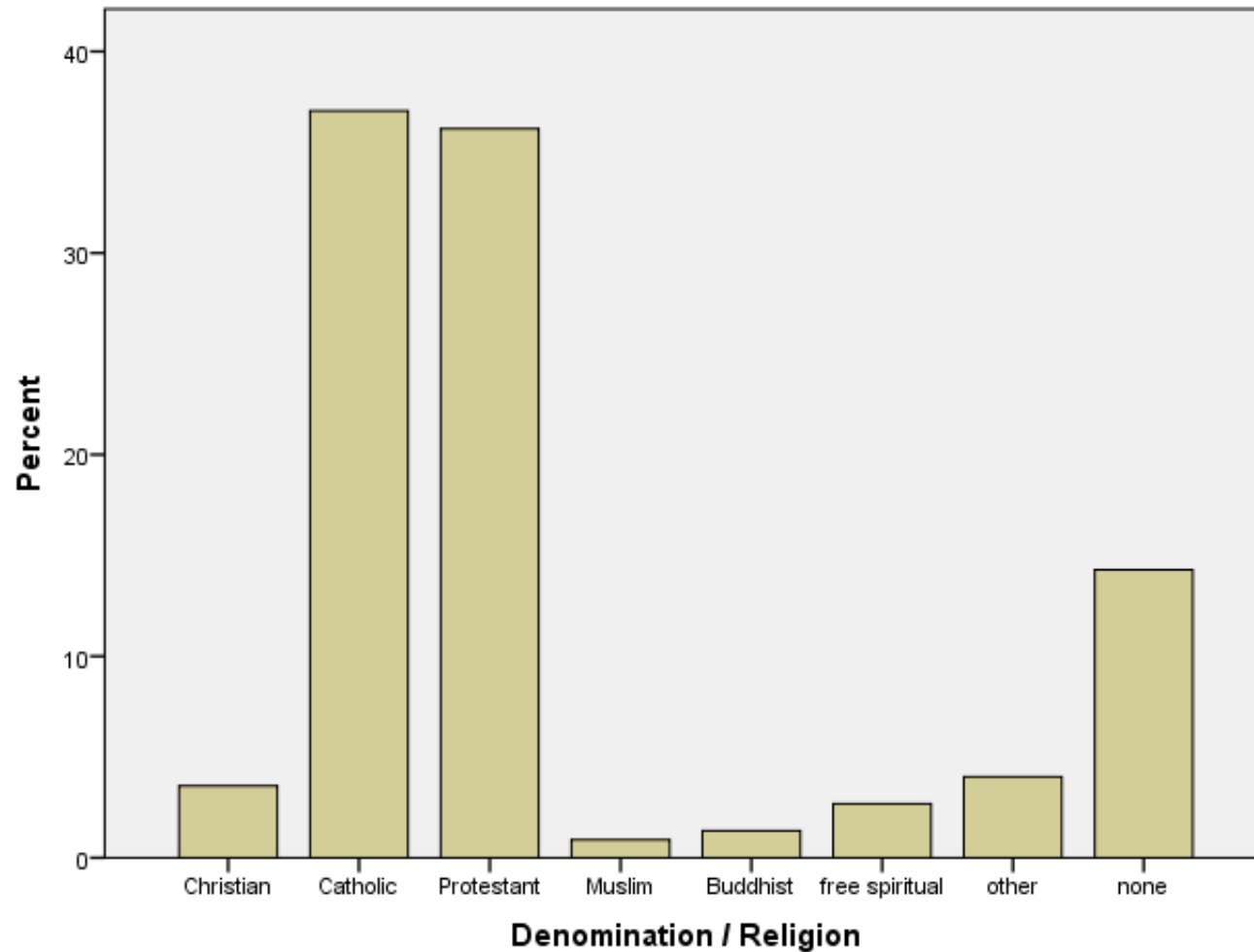
# Religion / Denomination

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N=224



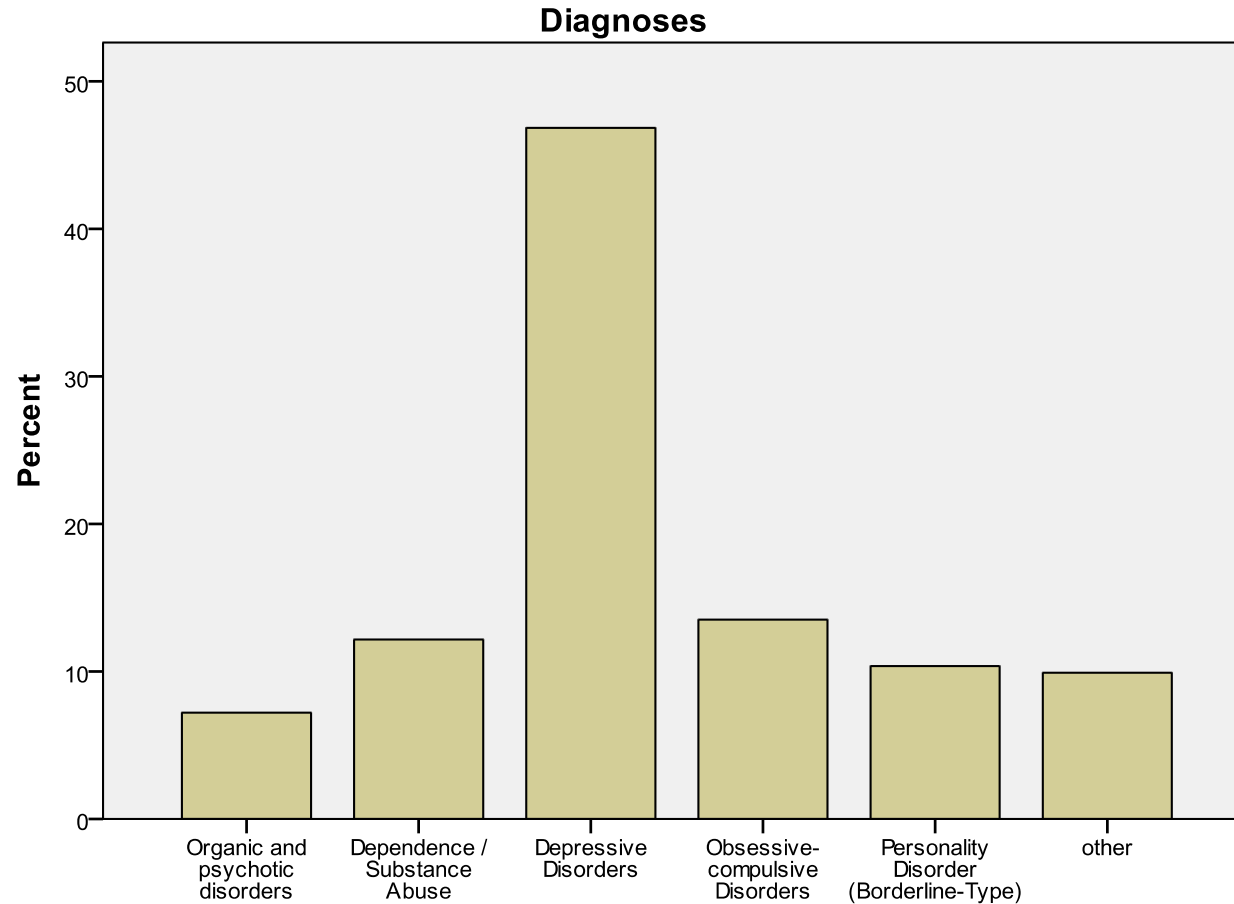


# Diagnostical groups

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N=227



# SpREUK-15 (with additional items)

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Questionnaire to measure the spiritual or religious attitudes and convictions of patients dealing with chronic diseases.

It differentiates 3 factors using

(1) the spiritual scale -

**search** (for support/access to SpR)

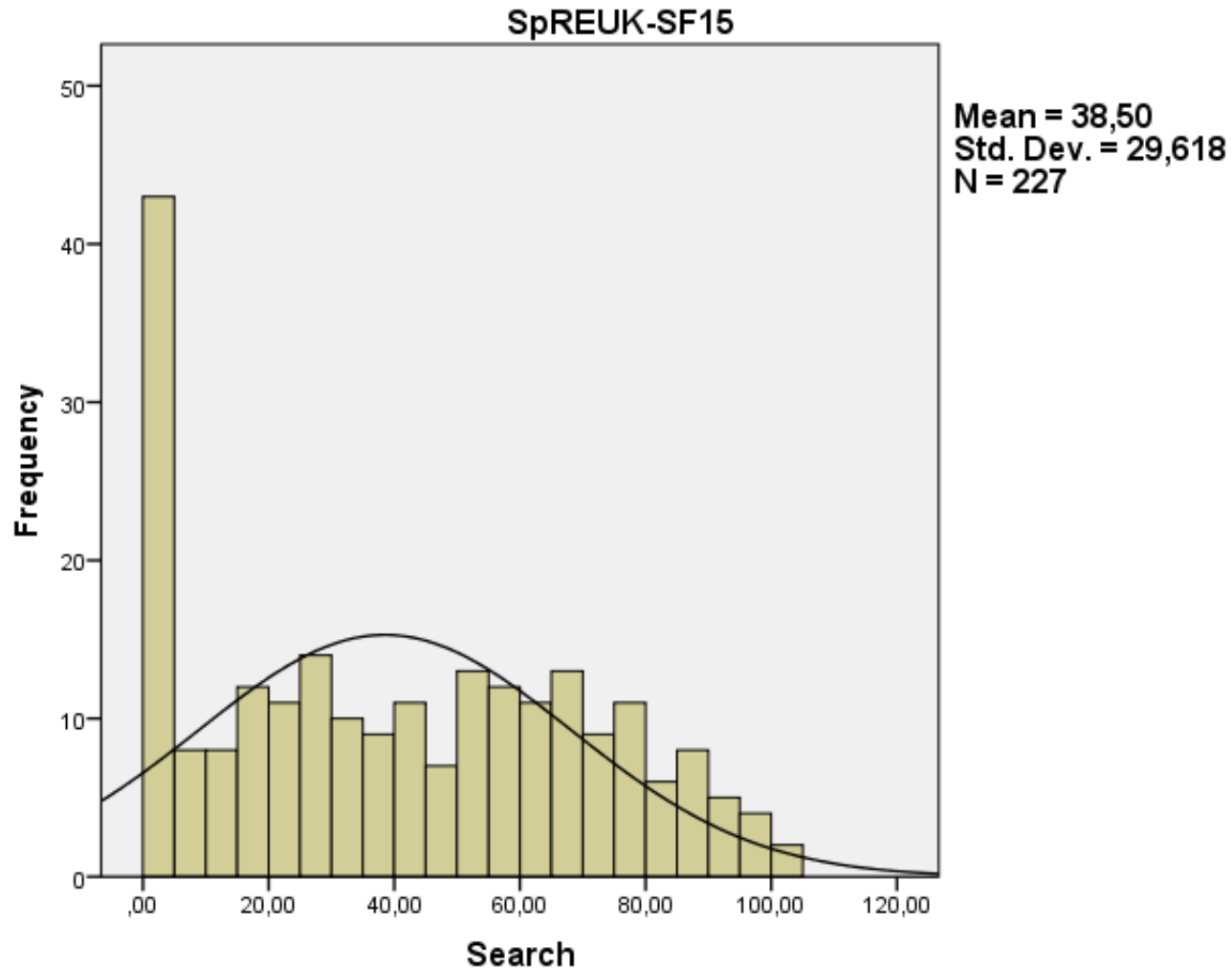
(2) the trust scale -

**trust** (in higher guidance/source)

(3) the reflection scale -

**reflection** (positive interpretation of disease).

This 15-item questionnaire avoids exclusive terms such as God, Jesus, or church, and thus, is suited particularly to secular societies.

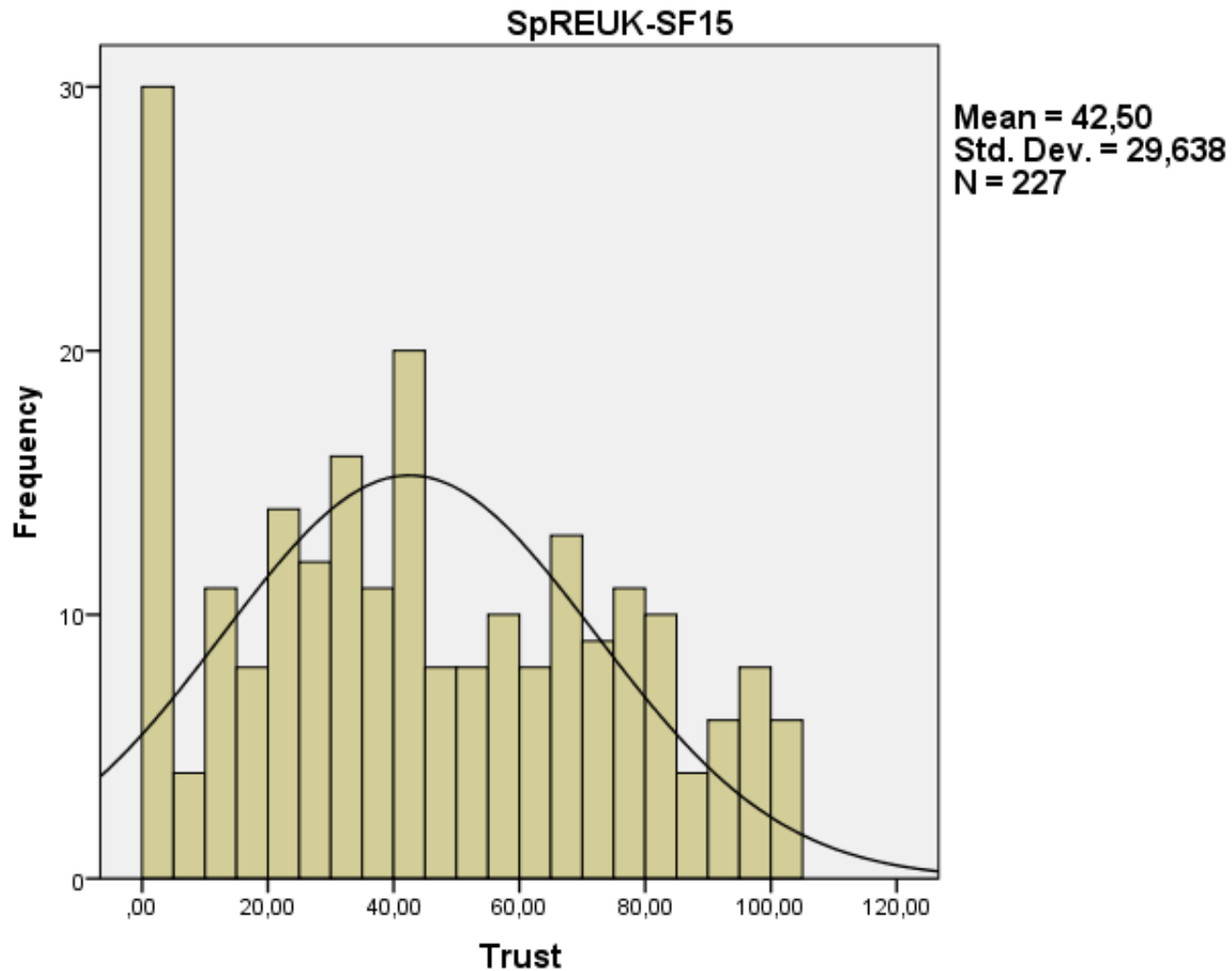


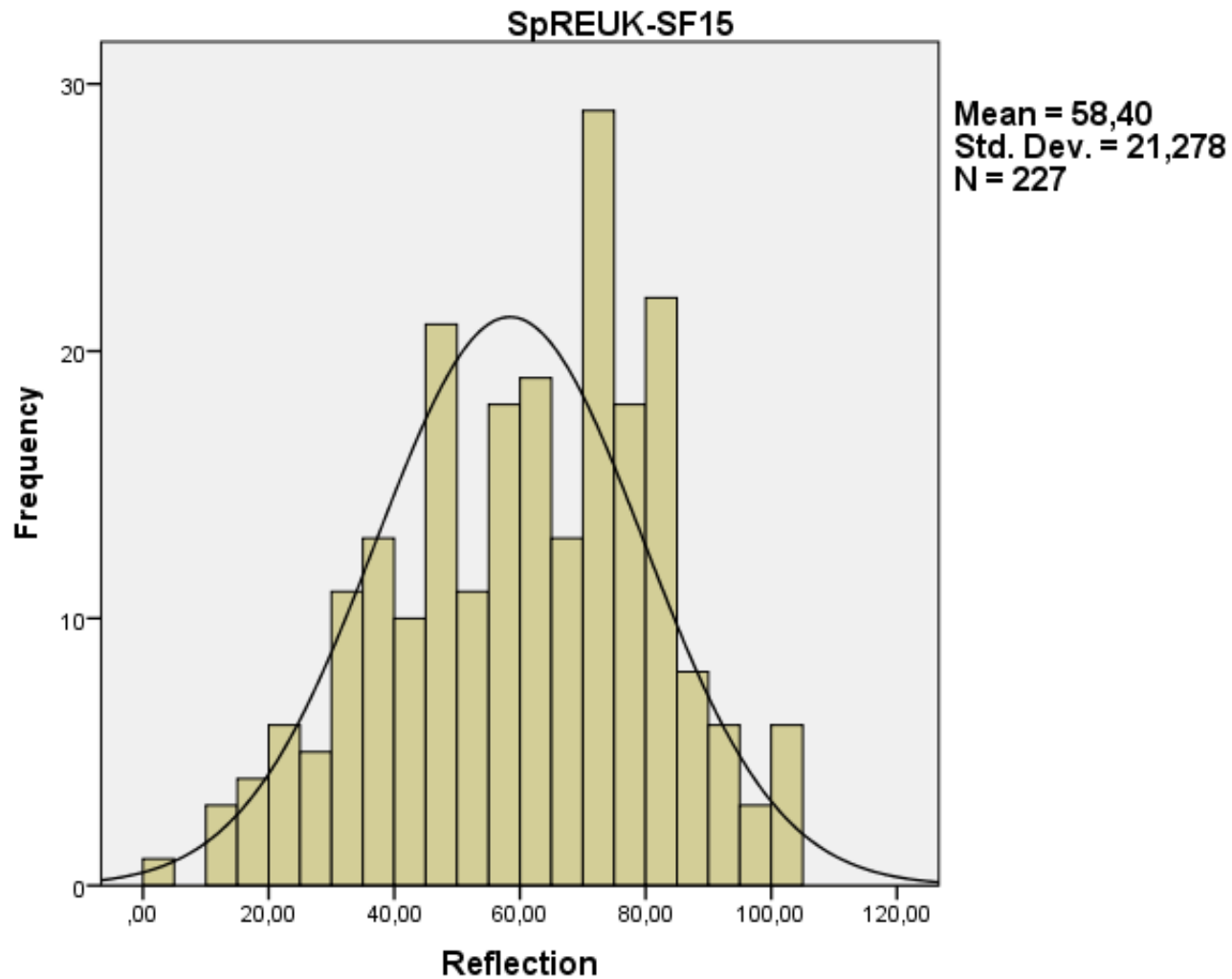
# SpREUK-15

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# SpREUK-factors and Benefit

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N=98 (only persons who bear upon Rel / Sp)

## Correlations

SpREUK_SF15			Trust	Search	Reflection	BENEFIT
Spearman's rho	Trust	Correlation Coefficient	1,000	<b>,361**</b>	<b>,359**</b>	<b>,562**</b>
		Sig. (2-tailed)	.	,000	,000	,000
		Search	Correlation Coefficient		1,000	<b>,425**</b>
		Sig. (2-tailed)	.	,000	,000	,000
	Reflection	Correlation Coefficient			1,000	<b>,428**</b>
		Sig. (2-tailed)		.		,000

\*\* . Correlation is significant at the 0.01 level (2-tailed).

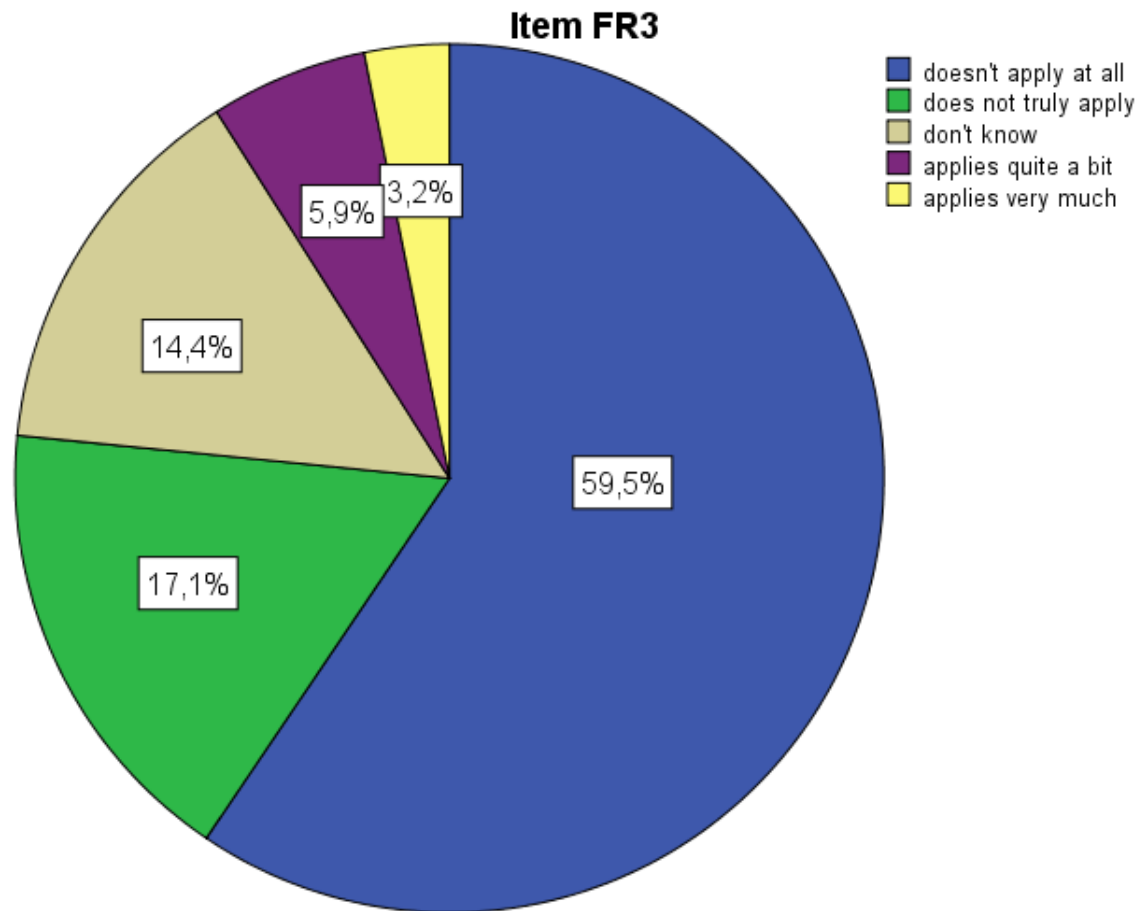
# Additional Items

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E.g., FR3: Rel / Sp is felt as an inner burden.

N=227





- A valid and reliable instrument that measures a spectrum of both religious *and* secular forms of spirituality.
- The final 5 scales are
  - (1) religious practices
  - (2) humanistic practices
  - (3) existential practices
  - (4) gratitude / reverence
  - (5) (spiritual) mind-body practices

cfr. Büssing et al. (2012): Engagement of Patients With chronic Diseases in spiritual and secular Forms of Practice: results with the shortened SpREUK-P SF17 Questionnaire.

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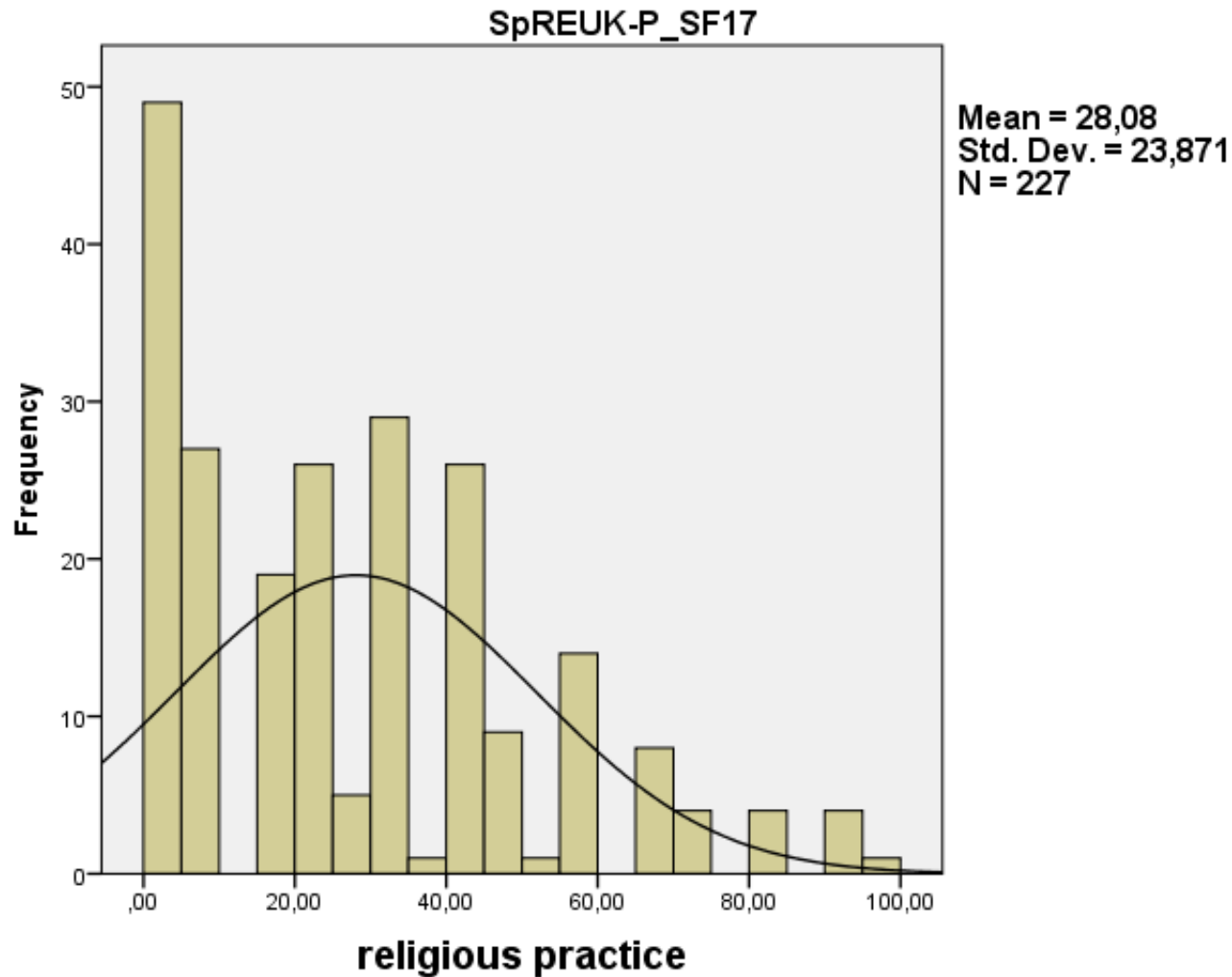


# SpREUK-P SF17

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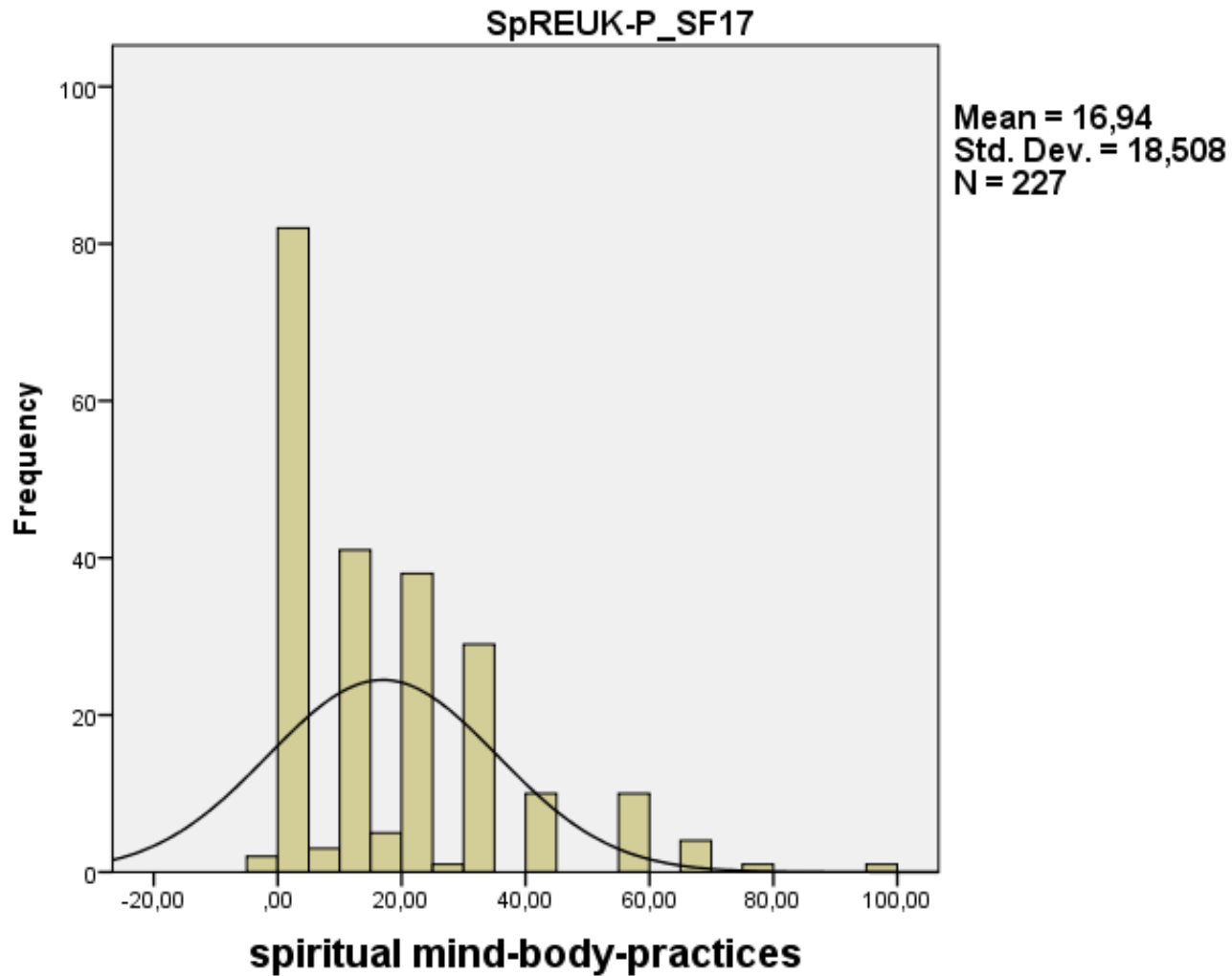


# SpREUK-P SF17

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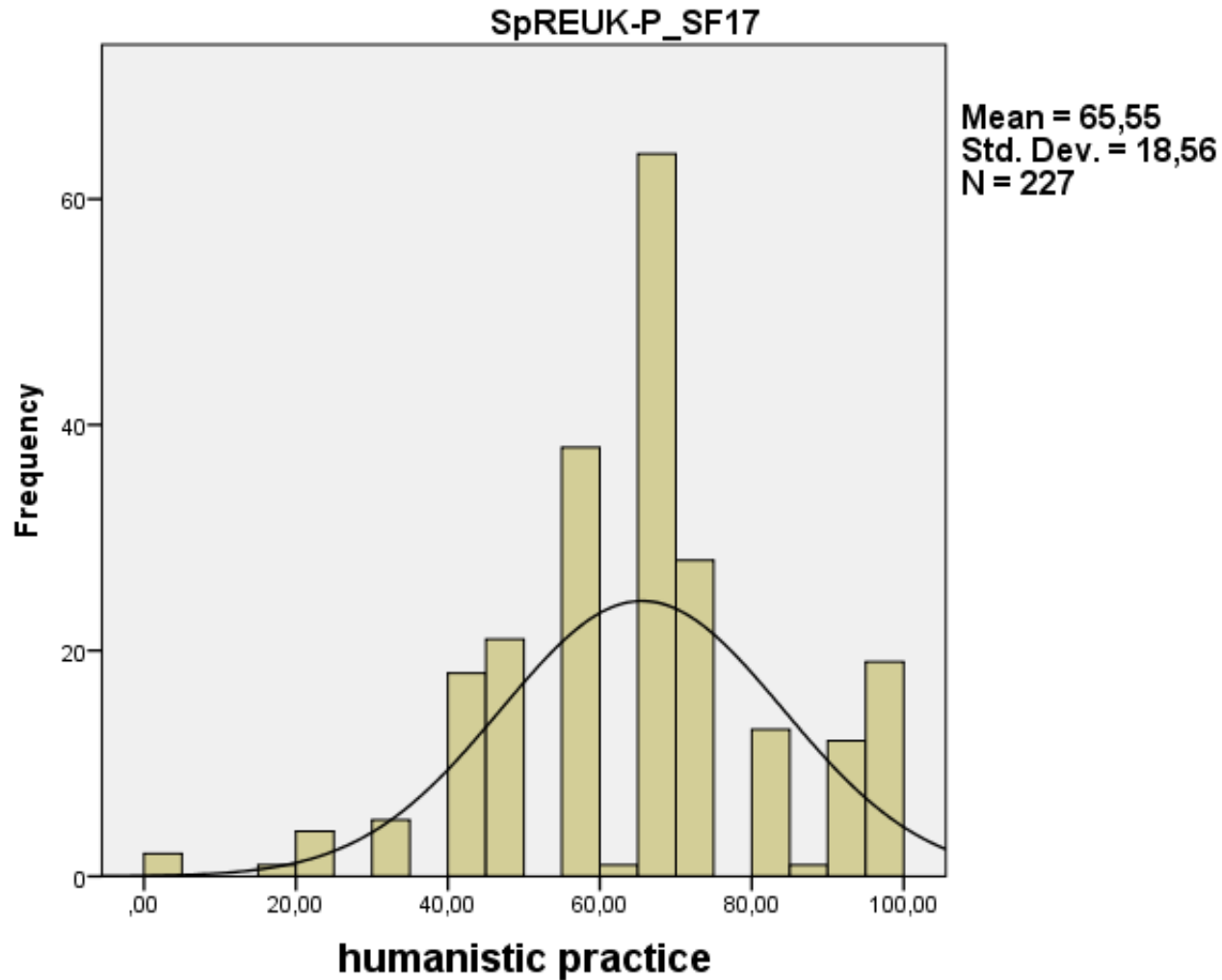


# SpREUK-P SF17

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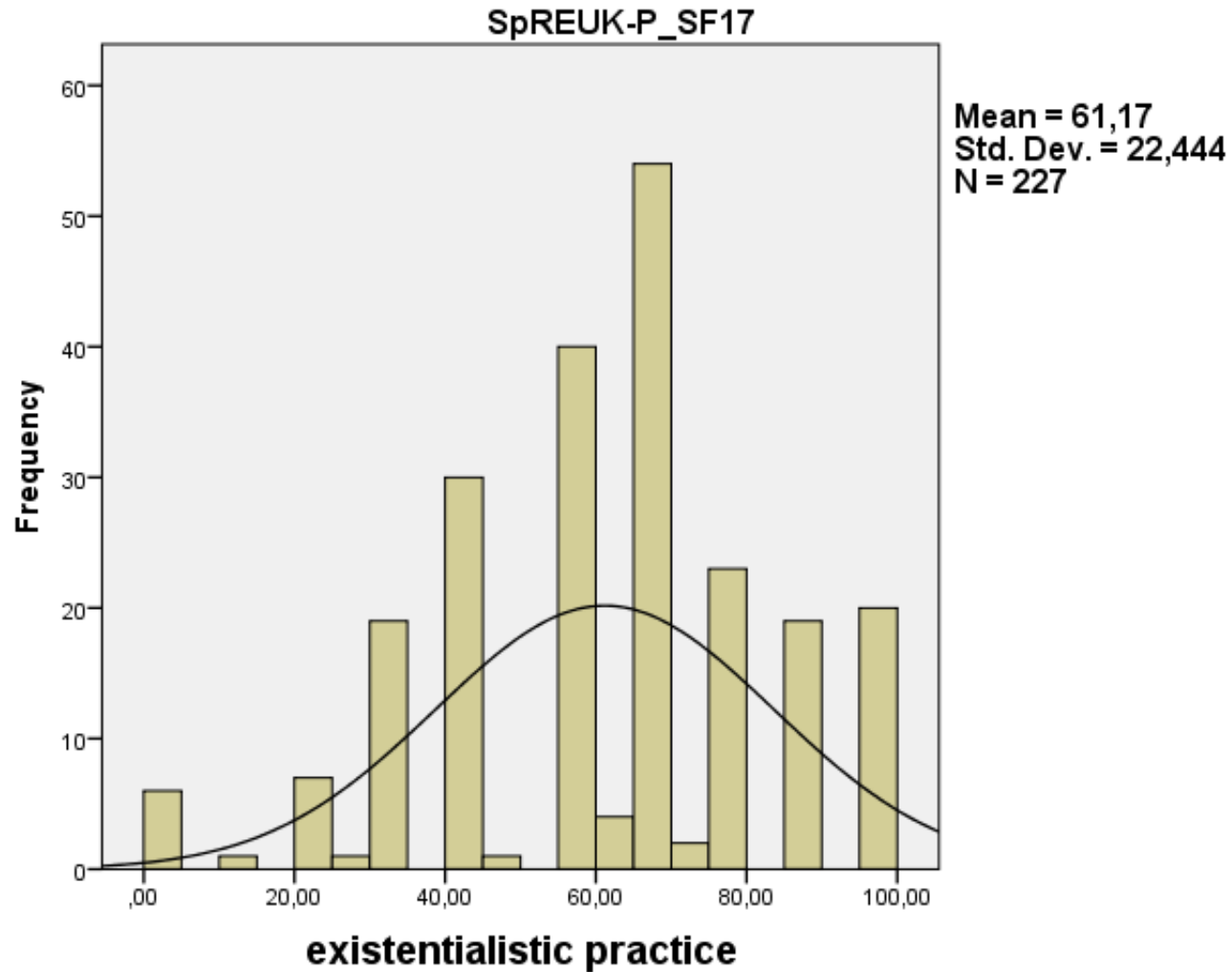


# SpREUK-P SF17

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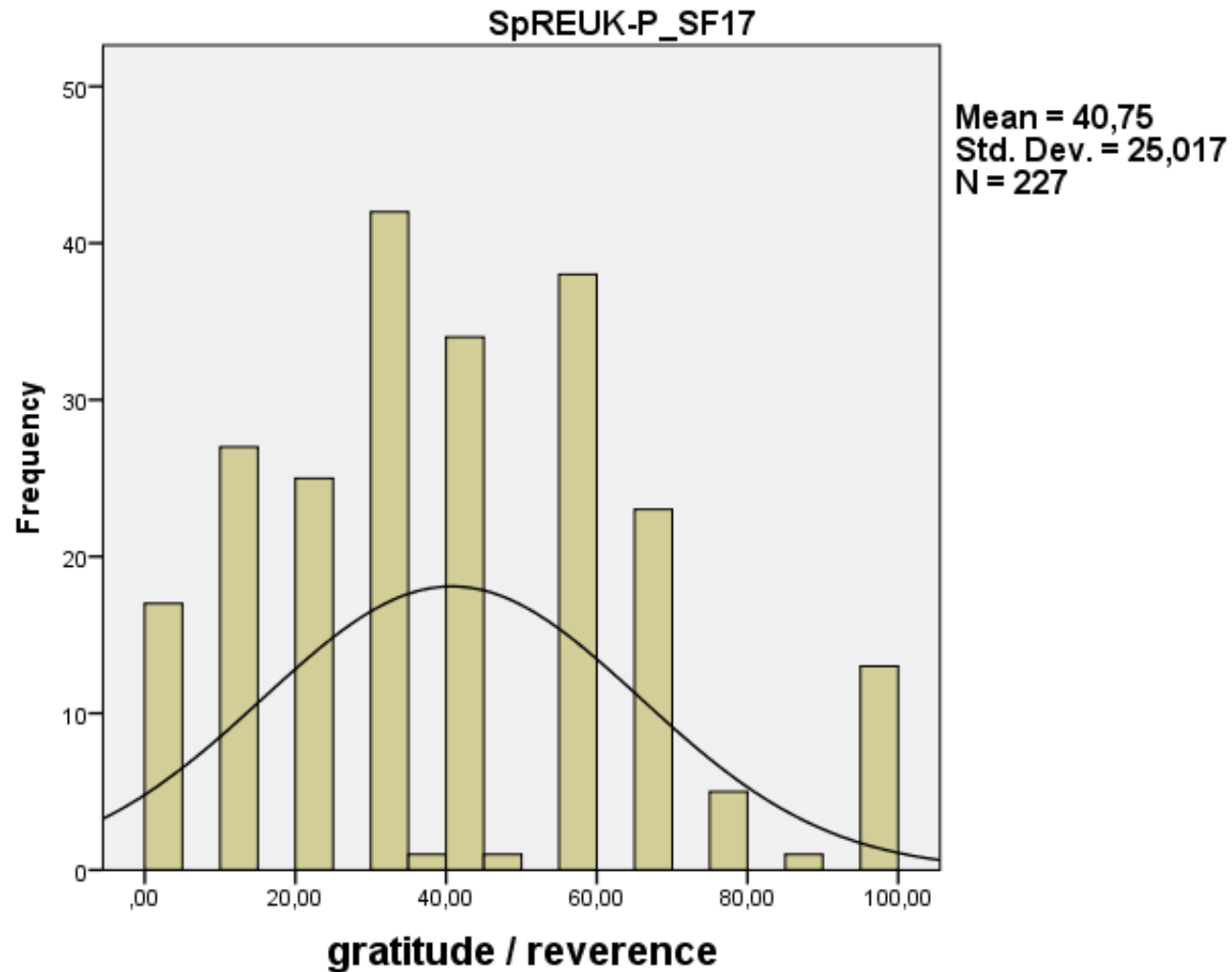


# SpREUK-P SF17

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# Spiritual Needs Questionnaire 1.2

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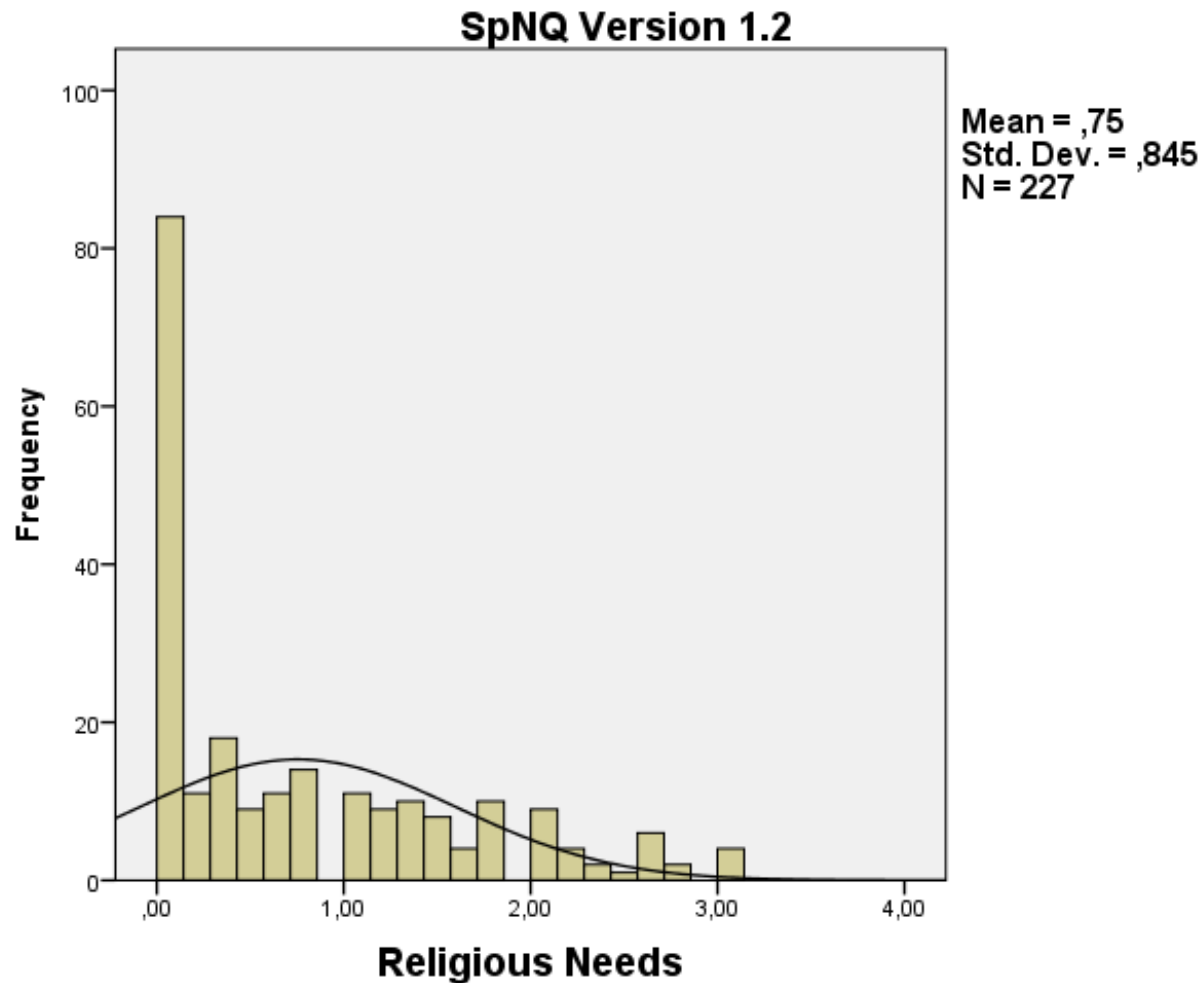
- preliminary results indicate that spiritual needs are conceptually different from life satisfaction, and can be interpreted as the patients' longing for spiritual well-being  
(cfr. Büssing et al, Eur J Med Res (2010) 15: 266-273)
- all items were scored with respect to the self-ascribed importance on a 4-point scale from disagreement to agreement  
(0 - not at all; 1- somewhat; 2 - very; 3 - extremely)

# Spiritual Needs

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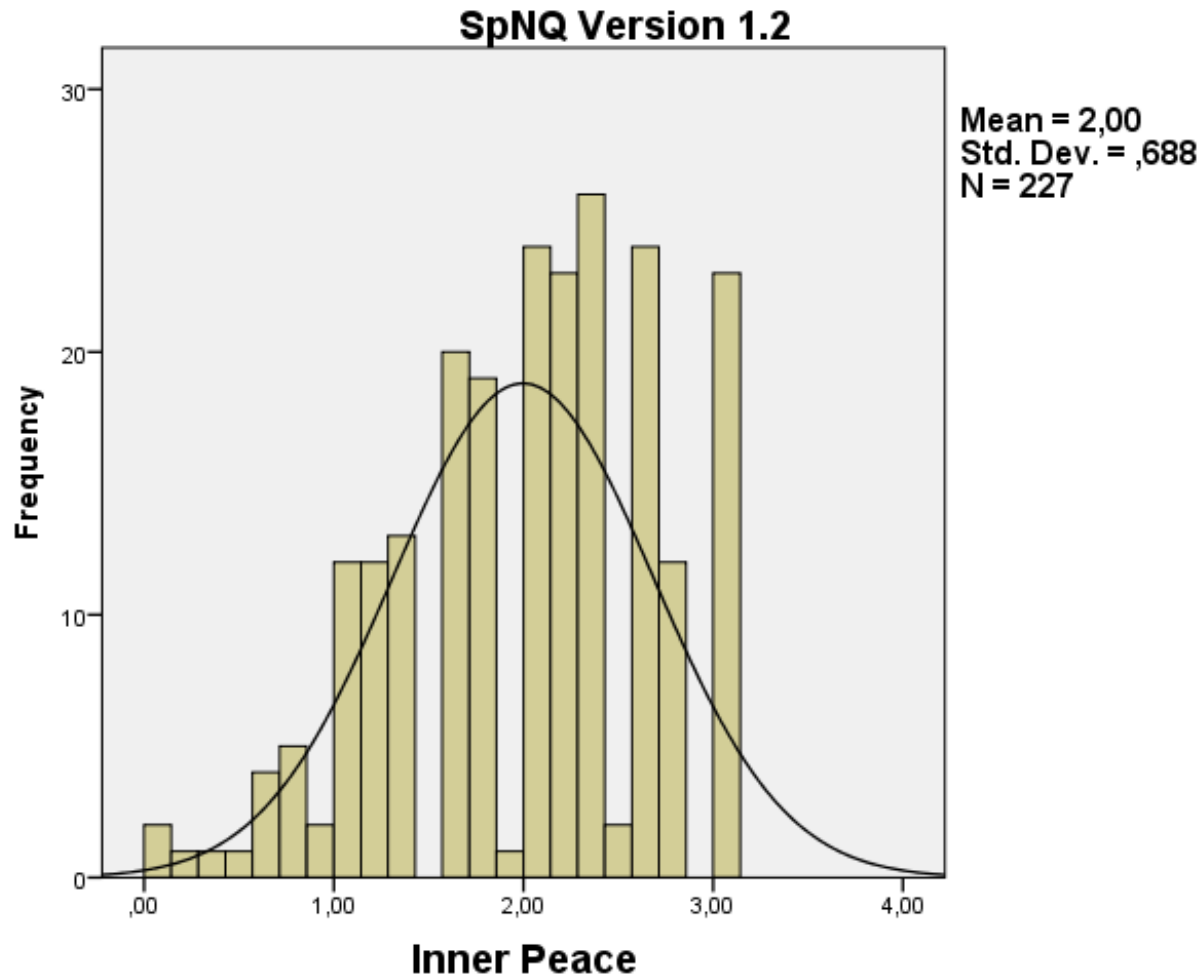


# Spiritual Needs

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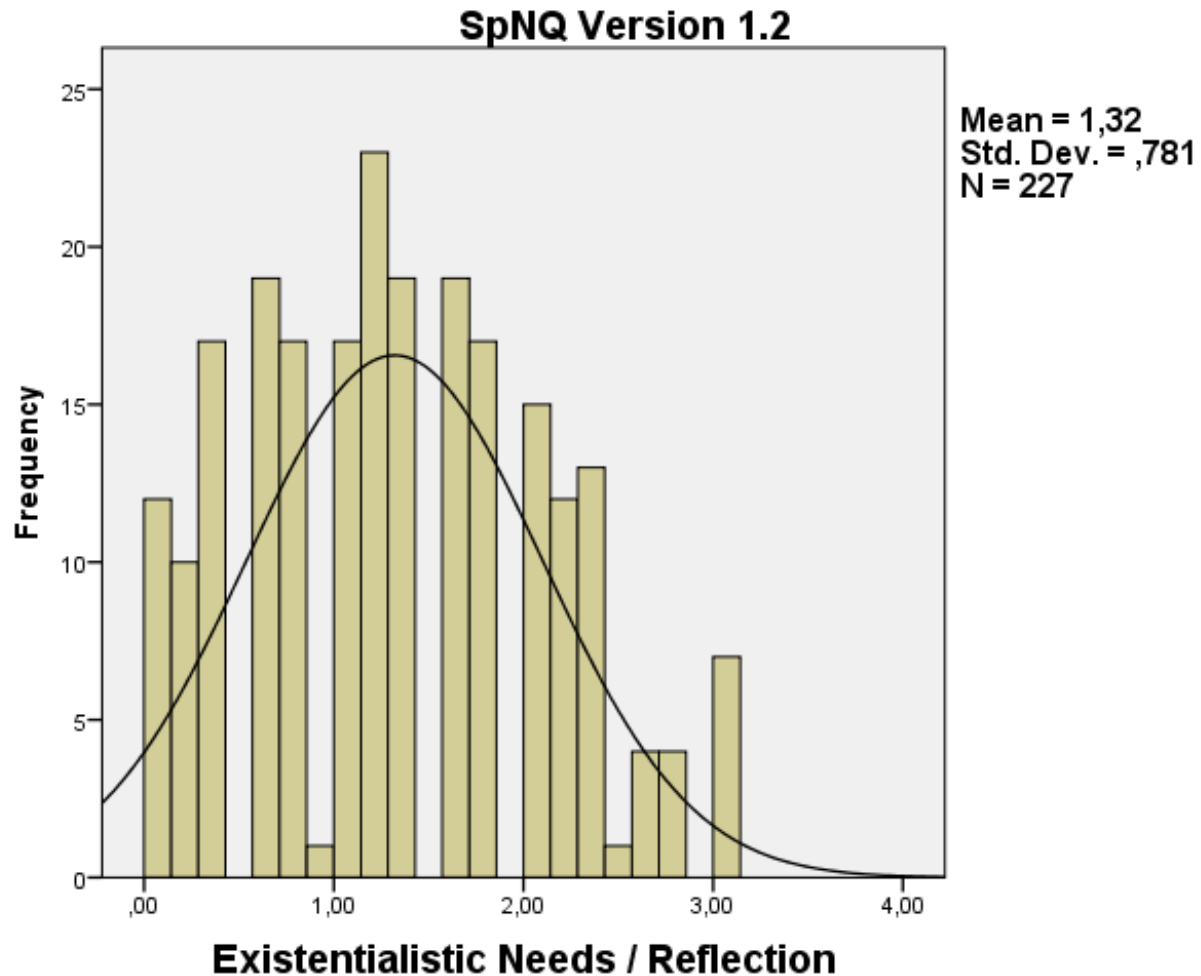


# Spiritual Needs

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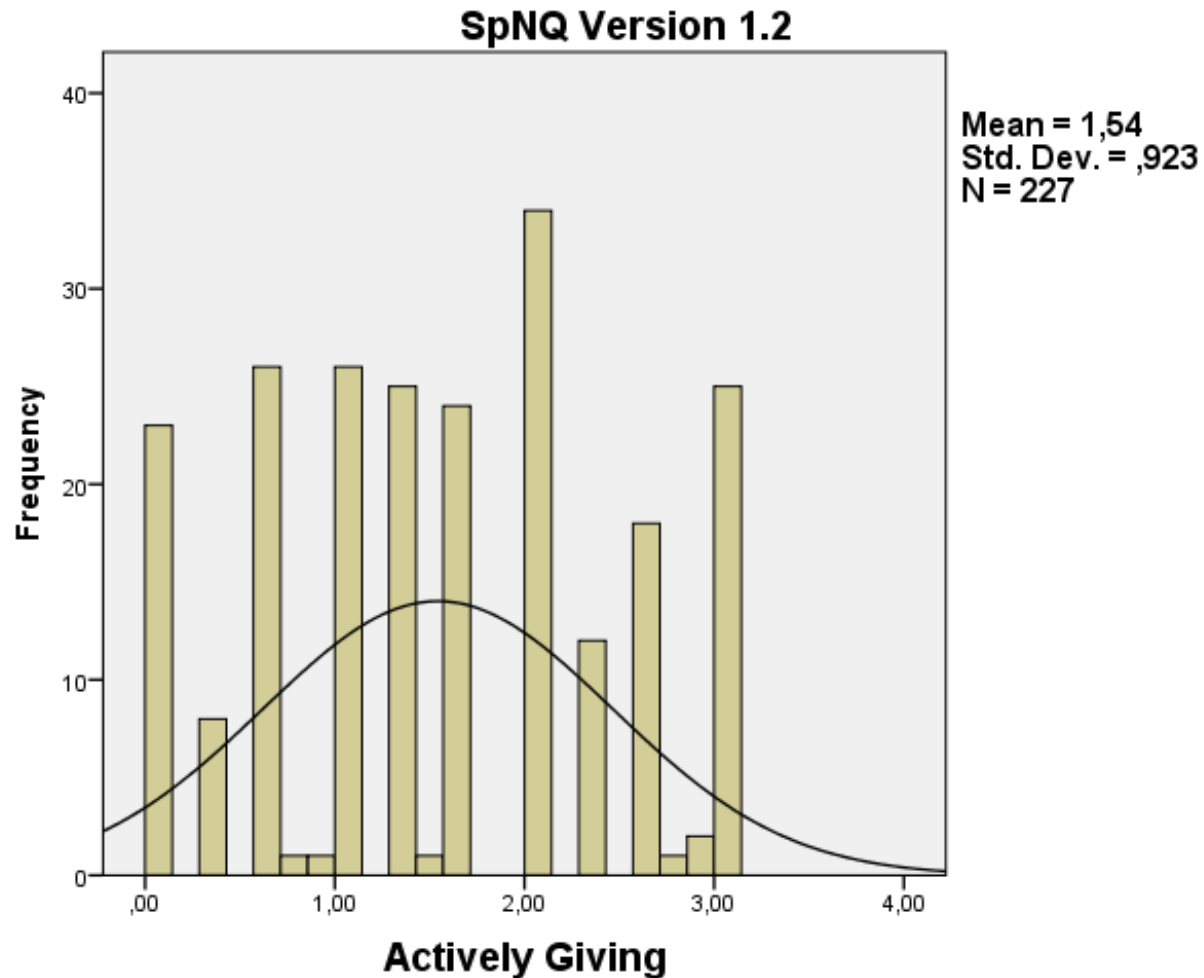


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# Spiritual Needs

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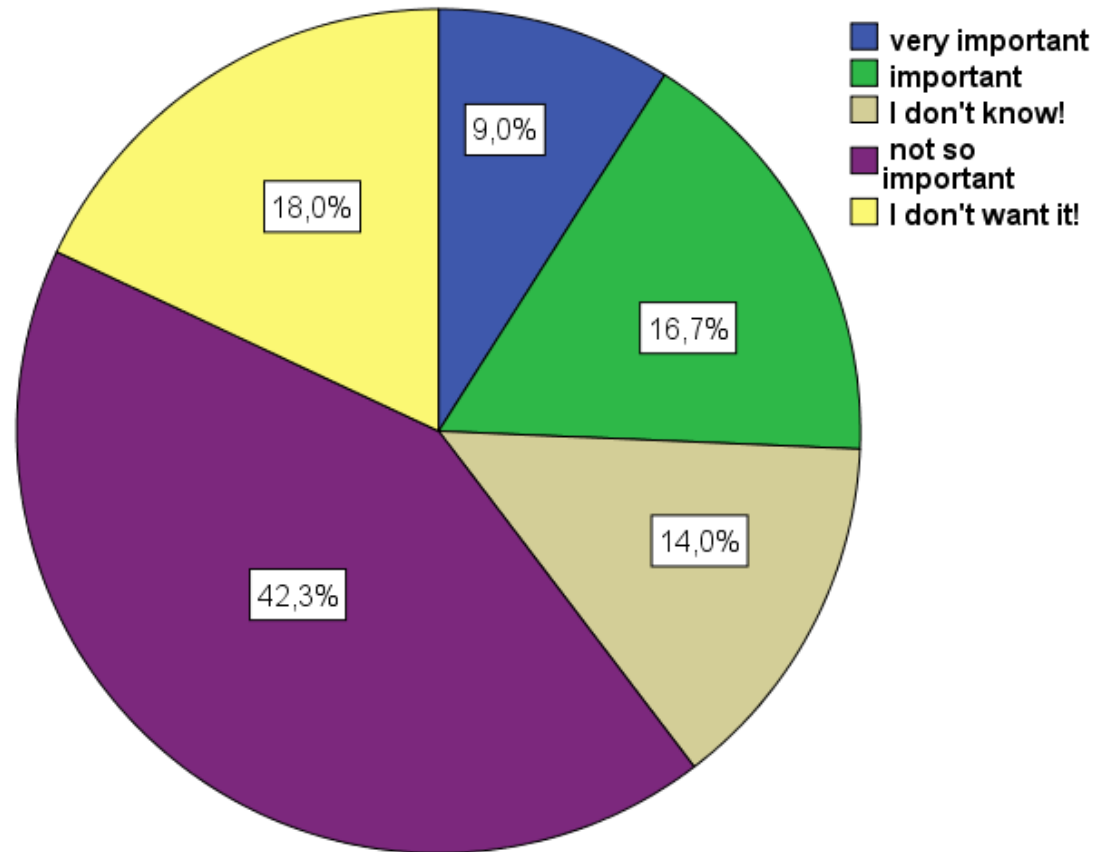
# Expectations towards the Clinic

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Item ErwA1: intensity of the wish that issues of faith / spirituality will be addressed in the clinic

N=222

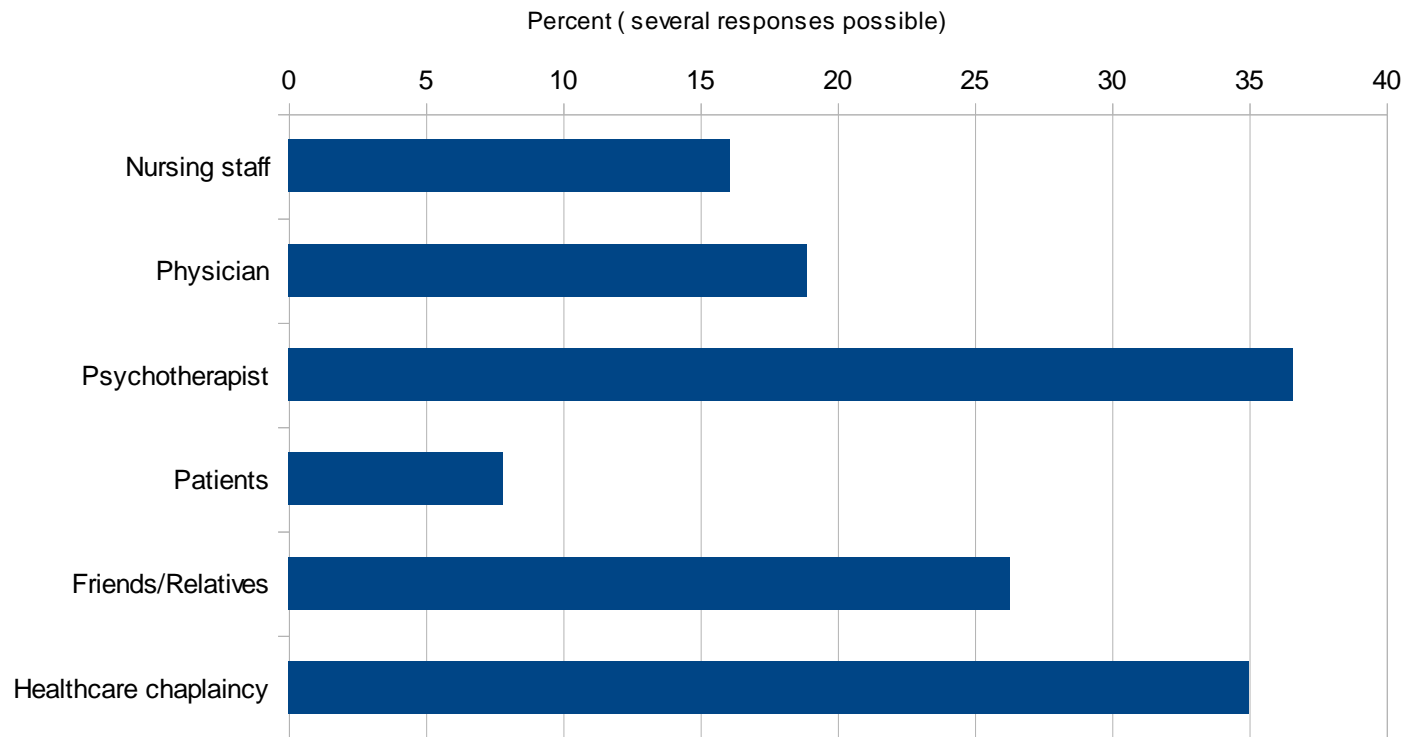


# Expectations towards the Clinic

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Item ErwA2: Who should address issues of faith / spirituality? (N=217)



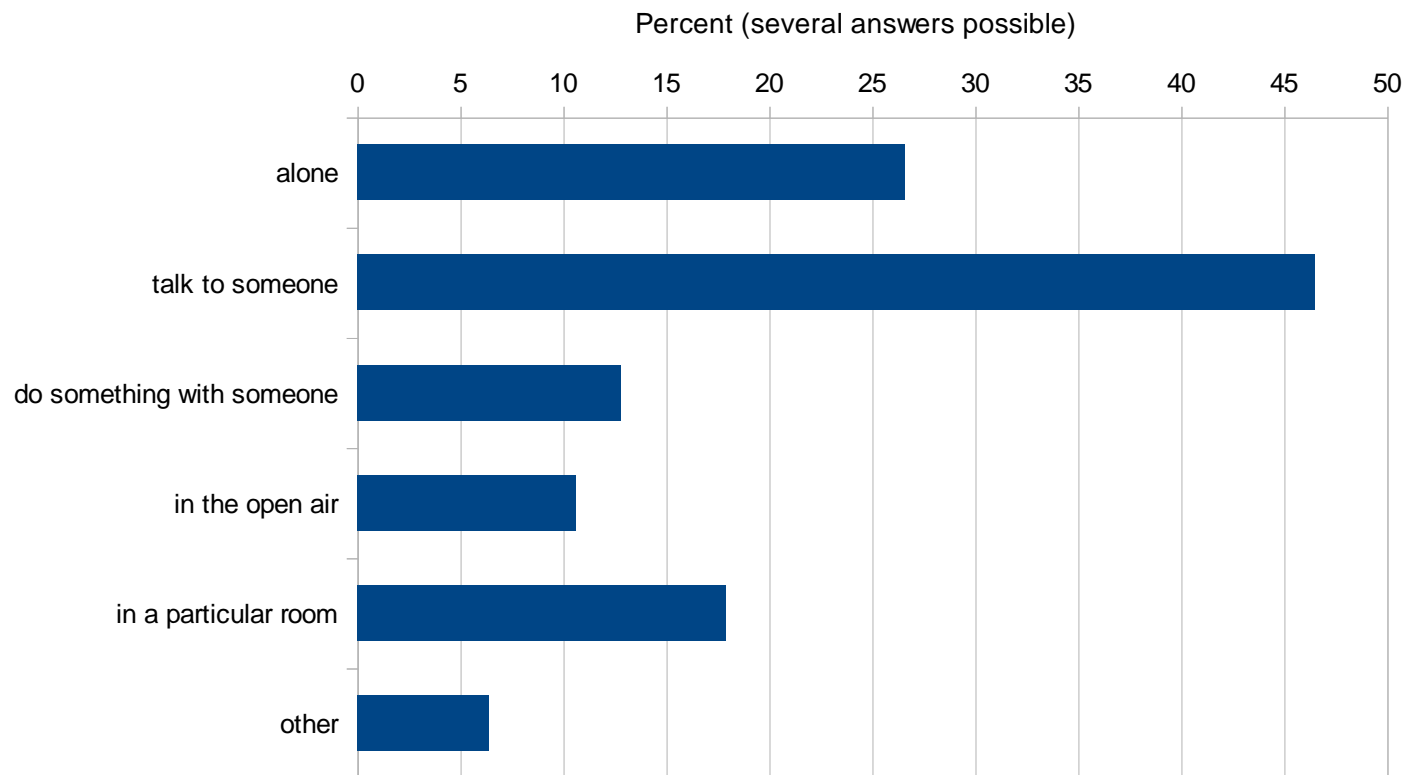
# Expectations towards the Clinic

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Item ErwA3: How should this take place? (N=218)



# Who has got expectations towards the Clinic regarding Rel / Sp?

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## Correlations of SpREUK-SF15-Factors with the intensity of the wish that issues of faith / spirituality will be addressed in the clinic

Spearman-Rho \*\*. Correlation is significant at 0.01 level (two-tailed).

	Trust	Reflection	Intensity of wish towards the Clinic
Search	.754**	.443**	.597**
Trust		.466**	.543**
Reflection			.295**

# Who has got expectations towards the Clinic regarding Rel / Sp?

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## Correlations of Spiritual Needs (SpNQ 1.2) with the intensity of the wish that issues of faith / spirituality will be addressed in the clinic

	Inner Peace	Existentialistic Needs / Reflection	Actively Giving	Intensity of wish towards the Clinic
Religious Needs	.255**	.434**	.375**	.533**
Inner Peace		.445**	.443**	.195**
Existentialistic Needs / Reflection			.393**	.423**
Actively Giving				.189**

Spearman Rho \*\*. Correlation is significant at 0,01 level (two-tailed).

# First conclusion

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As said in the beginning:

this was only a short **interim report** ...

Further data and analyses will follow!

As a first **conclusion** we might say:

A considerable amount of patients in psychiatric treatment do have religious or spiritual attitudes and needs which could (or should?) be addressed in an adequate manner.





# Thank you for your attention!

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