

Development of an One-item Question to Assess Spiritual Well-being in Advanced Cancer Inpatients in South Korea

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Background Spiritual well-being (SWB) is important for patients having life-limiting illness. Functional Assessment of Chronic Illness Therapy-Spirituality 12 (FACIT-Sp 12) is commonly used to assess spiritual well-being (SWB). Shortened versions of question would be helpful to assess SWB in emaciated patients. Our goal was to develop an one-item question appropriately in order to assess SWB in advanced cancer inpatients.

Methods This is a cross-sectional, multicenter study involving adult advanced cancer inpatients from 7 palliative care units in South Korea. Candidates of an one-item question were three questions to check; their peacefulness (Are you at peace?), spirituality (Do you think yourself as a spiritual person?) and religiosity (Do you think yourself as a religious person?). Patients answered three questions by self-rating using numeric rating scales (0-10). We collected data on clinicodemographic characteristics and SWB. SWB was measured by FACIT-Sp 12, comprised of 2 subscales (Meaning/Peace and Faith). Pearson's correlation test was conducted to determine the relationship among three questions, the total score of FACIT-Sp 12 and its subscales.

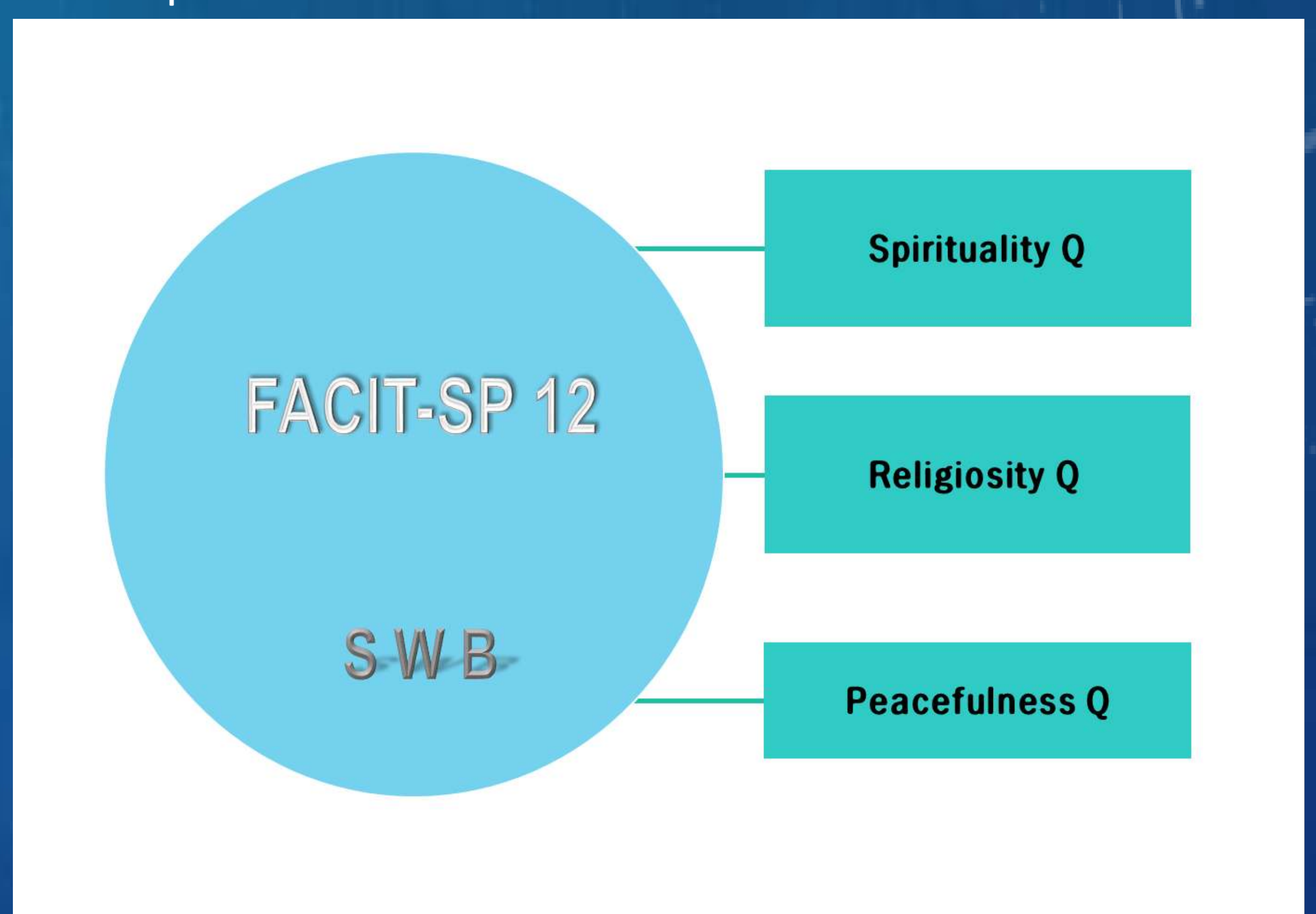
Results A total number of 194 patients were enrolled in the study. A good correlation was observed in the questions of spirituality ($r = 0.732, P < 0.01$) and religiosity ($r = 0.708, P < 0.01$) with a total score of FACIT-Sp 12. Question of peacefulness showed a moderate correlation with a total score of FACIT-Sp 12 ($r = 0.505, P < 0.01$). The faith subscale showed a good correlation with the questions of spirituality ($r = 0.790, P < 0.01$) and religiosity ($r = 0.758, P < 0.01$). All three questions had a moderate correlation with the meaning/peace subscale.

Conclusion The questions of spirituality and religiosity showed better convergence validity than the question of peacefulness. Therefore, we recommend the questions of spirituality or religiosity as an one-item question to assess SWB in advanced cancer inpatients.

Table 1. Correlations of One Item Questions between FACIT-Sp12 (n=194)

One Item Questions	FACIT-Sp12	Pearson's correlation coefficient	P-value
Peacefulness Q	Total Score	0.505	< 0.001
	Meaning/Peace	0.577	< 0.001
	Faith	0.334	< 0.001
Spirituality Q	Total Score	0.732	< 0.001
	Meaning/Peace	0.475	< 0.001
	Faith	0.790	< 0.001
Religiosity Q	Total Score	0.708	< 0.001
	Meaning/Peace	0.466	< 0.001
	Faith	0.758	< 0.001

Figure 1. Diagram of Relationship between One Item Questions and FACIT-Sp12



P-values were obtained by Pearson's correlation.

FACIT-Sp 12: Functional assessment of chronic illness therapy-spirituality 12; Total score: Spiritual wellbeing was measured by total sum of FACIT-Sp 12; Meaning/peace: sum of Q1 through Q8; Faith: sum of Q9 through Q12.

Peacefulness Q: Are you at peace?; Spirituality Q: Do you consider yourself as a spiritual person?; Religiosity Q: Do you consider yourself as a religious person?

FACIT-Sp 12: Functional assessment of chronic illness therapy-spirituality 12

SWB: Spiritual well-being

Spirituality Q: Do you consider yourself as a spiritual person?; Religiosity Q: Do you consider yourself as a religious person?; Peacefulness Q: Are you at peace?