

Spiritual Practice

Five common
practices

A thick, dark blue horizontal bar with rounded ends, positioned below the text 'Five common practices'.

Synopsis of a paper by Bussing et al.

- Research conducted in West Germany 2005
- Context – A Quality of Life Questionnaire
- Aim to discover the impact of spirituality and religiosity on health and coping for patients with severe disease
- SpREUK Content covers
 - * Functional, physical, emotional, social and spiritual well-being.

Synopsis of a paper by Bussing et al.

- SpREUK-P designed to differentiate spiritual practice.
 - * Spiritual
 - * Religious
 - * Existentialistic
 - * Philosophical

Synopsis of a paper by Bussing et al.

- Results of the research revealed designation of five types of spiritual practice
 - * Conventional Religious practice
 - * Existentialistic Practice
 - * Unconventional Spiritual practice
 - * Nature/ environment orientated practice
 - * Humanistic Practice

Synopsis of a paper by Bussing et al.

- SpREUK-P1.1 developed
- Highest scores were found for
 - * Humanistic Practice
 - * Nature-orientated Practice
- Lowest scores were found for
 - * Unconventional Religious Practice

Synopsis of a paper by Bussing et al.

- Results cont.
 - * Women had high scores for Existentialistic practice.
 - * Conventional Religious practice tends to increase & Humanistic practice decreases with age.
 - * Individuals with Christian orientation and religious spiritual attitude had highest score for Conventional religious practice.
 - * Unconventional Spiritual Practice was found in spiritually orientated people.
 - * MS patients had lowest scores all round.
 - * Cancer patients had lowest scores in Humanistic and Unconventional spiritual practice.