

# 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.