

Evaluation of Using The Chinese Version of The Spiritual Index of Well-Being (SIWB) To Assess Spiritual Well-being In Taiwanese elderly

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Purpose

The purpose of this study was to translate the Spirituality Index of Well-Being (SIWB) into a Chinese version and to validate it in Taiwanese elders living in communities

Design and Sampling

- This was a cross-sectional study.
- A convenience sampling method was used to recruit the participants who are 65 years old or older and able to speak and read Chinese. Individuals who have self/family-reported cognitive impairment or diagnosis of a major depressive disorder were excluded.

Measures/Instruments

- The Spirituality Index of Well-Being (SIWB) scale (Daaleman & Frey, 2004): is a 12-items scale with possible total scores from 12 to 60.
- The SIWB was translated into Chinese by using a forward- and back- translation method to ensure accuracy and semantic equivalence between the Chinese version and the English version.

Results

- The mean scores of the SIWB in Taiwanese elders was 42.56 (SD=10.92).
- Reliability: High internal consistency (Cronbach's alpha of .95 for the scale and .92 for both subscales).

Background

- Spirituality is an indication of individuals' quality of life. Spiritual well-being has emerged as an important indicator of one's health outcomes.
- Nursing as a profession is concerned with holistic interventions to improve health and overall well-being.
- To evaluate the outcomes of the holistic nursing interventions, using valid and reliable instruments to assess spiritual wellbeing becomes necessary.
- However, there is a short of instruments for measuring spiritual wellbeing in Chinese population.
- The Spirituality Index of Well-Being (Daaleman & Frey, 2004), reviewed as a health-related quality of life measure, has been used in Western cultural population with reported good reliability and validity, little is known about the feasibility of using SIWB in Chinese population.

Samples

- A sample of 150 participants who were 65 years-old or older were recruited from a metropolitan in southern Taiwan.
- Gender : 44% Males, 45% Females
- Religion: Buddhism 54.7%; Christian, 11.3%; Taoism, 14%; Other religion 2.7%; No religion: 14%

Measures/Instruments

- The Center for Epidemiological Studies – Depression Scale (CES-D; Radloff, 1977): is a 20 items, 4- point rating scale, measures depressive symptoms.
- The SF-12™ Health Survey (Qualitymetric, 2005): is a 12-items scale , measures two major domains (physical health and mental health) for perceived health-related quality of life.

Results

- Construct validity: was supported by exploratory factor analysis which showed that two factors with 12 of 12 items loading above .68, explaining 74.1% of the variances.
- Convergent validity: Total scale and subscale scores were significantly correlated with the Chinese version of SF-12 scale and the Chinese version of the CES-D scale .

Data Collections

- Data were collected at quite and private areas (rooms) at public, freely-accessed activity centers for seniors at a largest city in southern Taiwan.
- Self-administrated questionnaires were given to individuals who met the inclusion and exclusion criteria of the study and signed the consent form.

Data Analysis

- Internal consistency, factor analysis, and correlation coefficient were conducted to evaluate the reliability and validity of the Chinese version of SIWB.

Conclusion

- The psychometric properties indicate that the Chinese version of the SIWB is a valid and reliable instrument for future research. This instrument provides a feasible approach for assessing spiritual wellbeing in Taiwanese elders