



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Connectedness to a spiritual being or force

1. To what extent does any connection to a spiritual being help you to get through hard times?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much
- 5 An extreme amount

2. To what extent does any connection to a spiritual being help you to tolerate stress?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much
- 5 An extreme amount

3. To what extent does any connection to a spiritual being help you to understand others?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much

5 [] An extreme amount

4. To what extent does any connection to a spiritual being provide you with comfort / reassurance?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

Inner peace/ serenity/harmony

5. To what extent do you feel peaceful within yourself?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

6. To what extent do you have inner peace?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

7. How much are you able to feel peaceful when you need to?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

8. To what extent do you feel a sense of harmony in your life?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much
- 5 An extreme amount

Meaning of life

9. To what extent do you find meaning in life?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much
- 5 An extreme amount

10. To what extent does taking care of other people provide meaning of life for you?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much
- 5 An extreme amount

11. To what extent do you feel your life has a purpose?

- 1 Not at all
- 2 A little
- 3 A moderate amount
- 4 Very much
- 5 An extreme amount

12. To what extent do you feel you are here for a reason?

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

Hope & optimism

13. How hopeful do you feel?

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

14. To what extent are you hopeful about your life?

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

15. To what extent does being optimistic improve your quality of life?

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

16. How able are you to remain optimistic in times of uncertainty?

- 1 [] Not at all

- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

Awe

17. To what extent are you able to experience awe from your surroundings? (e.g. nature, art, music)

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

18. To what extent do you feel spiritually touched by beauty?

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

19. To what extent do you have feelings of inspiration/excitement in your life?

- 1 [] Not at all
- 2 [] A little
- 3 [] A moderate amount
- 4 [] Very much
- 5 [] An extreme amount

20. To what extent are you grateful for the things in nature that you can enjoy?

- 1 [] Not at all
- 2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

Faith

21. To what extent does faith contribute to your well-being?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

22. To what extent does faith give you comfort in daily life?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

23. To what extent does faith give you strength in daily life?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

24. To what extent does faith help you to enjoy life?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

Wholeness & integration

25. To what extent do you feel any connection between your mind, body and soul?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

26. How satisfied are you that you have a balance between mind, body and soul?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

27. To what extent do you feel the way you live is consistent with what you feel and think?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

28. How much do your beliefs help you to create coherence between what you do, think and feel?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

Spiritual strength

29. To what extent do you feel inner spiritual strength?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

30. To what extent can you find spiritual strength in difficult times?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

31. How much does spiritual strength help you to live better?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

32. To what extent does your spiritual strength help you to feel happy in life?

1 [] Not at all

2 [] A little

3 [] A moderate amount

4 [] Very much

5 [] An extreme amount

Scoring:

Items are rated on a 5-point Likert interval scale where 1 indicates low, negative perceptions and 5 indicates high, positive perceptions. For example, an item in the personal relationships facet asks “How alone do you feel?” and the available responses are 1 (not at all), 2 (a little), 3 (a moderate amount), 4 (very much), and 5 (extremely). Domain scores are obtained by adding the facet means in the respective domain, and dividing by the number of facets in that domain, and multiplying by 4, so that scores range from 4 to 20.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/280601>