

**INDEX
OF
CORE SPIRITUAL EXPERIENCES
(INSPIRIT-R)**

RESEARCH FORMAT
(With Scoring Instructions)

Jared D. Kass, Ph.D.

**Professor
Division of Counseling and Psychology
Graduate School of Arts and Social Sciences
Lesley University
Cambridge, Massachusetts**

**Director
Behavioral Health Initiative
Institute for Psychospiritual Maturation
Cambridge, Massachusetts
www.resilientworldview.org**

**Further Information:
Dr. Jared Kass
Lesley University
29 Everett St., Cambridge, MA 02138-2790**

**kgough@resilientworldview.org
jkass@lesley.edu**

QUESTIONNAIRE ON SPIRITUAL ATTITUDES AND EXPERIENCES

The following questions concern your spiritual or religious beliefs and experiences. There are no right or wrong answers. For each question, circle the number of the answer that is most true for you.

1. How strongly religious (or spiritually-oriented) do you consider yourself to be?

1. Strong
2. Somewhat strong
3. Not very strong
4. Not at all

2. About how often do you spend time on religious or spiritual practices?

1. Several times per day to several times per week
2. Once per week to several times per month
3. Once per month to several times per year
4. Once per year or less

3. How often have you felt as though you were very close to a powerful spiritual force?

1. Never
2. Once or twice
3. Several times
4. Often

PEOPLE HAVE MANY DIFFERENT IMAGES AND DEFINITIONS OF THE HIGHER POWER THAT WE OFTEN CALL GOD. PLEASE USE YOUR IMAGE AND YOUR DEFINITION OF GOD WHEN ANSWERING THE FOLLOWING QUESTIONS.

4. How close do you feel to God?

1. Extremely close
2. Somewhat close
3. Not very close
4. I don't believe in God

5. Have you ever had an experience that has convinced you that God exists?

1. Yes
2. Maybe
3. I don't know
4. No

6. Indicate whether you agree or disagree with this statement: "God dwells within you."

1. Definitely disagree
2. Tend to disagree
3. Tend to agree
4. Definitely agree

--continue next page--

7. The following list describes spiritual experiences that some people have had. Please indicate if you have had any of these experiences and the extent to which each of them has affected your belief in God.

SPIRITUAL EXPERIENCE	NEVER HAD THIS EXPERIENCE	HAD THIS EXPERIENCE AND IT:		
		Did not strengthen belief in God	Strengthened belief in God	Convinced me of God's existence
A. An experience of profound inner peace	1	2	3	4
B. An overwhelming experience of love	1	2	3	4
C. A feeling of unity with the earth and all living beings	1	2	3	4
D. An experience of complete joy and ecstasy	1	2	3	4
E. Meeting or listening to a spiritual teacher or master	1	2	3	4
F. An experience of God's energy or presence	1	2	3	4
G. An experience of a great spiritual figure (e.g., Jesus, Mary, Elijah, Muhammad, Rama, Buddha)	1	2	3	4
H. A healing of your body or mind (or witnessed such a healing)	1	2	3	4
I. A miraculous (or not normally occurring) event	1	2	3	4
J. An experience of angels or guiding spirits	1	2	3	4
K. An experience of communication with someone who has died	1	2	3	4
L. An experience with near death or life after death	1	2	3	4
M. Other (specify)				
_____		2	3	4

INDEX OF CORE SPIRITUAL EXPERIENCES (INSPIRIT-R)

RESEARCH FORMAT SCORING INSTRUCTIONS

There are seven questions on the INSPIRIT. Some questions need to be recoded before calculating the scale score.

QUESTION #1: RECODE: (Strong=4) (Somewhat strong=3) (Not very strong=2) (Not at all=1)

QUESTION #2: RECODE: (Several times per day=4) (Once per week=3) (Once per month=2) (Once per year=1)

QUESTION #3: No recode necessary

QUESTION #4: RECODE: (Extremely close=4) (Somewhat close=3) (Not very close=2) (I don't believe in God=1)

QUESTION #5: RECODE: (Yes=4) (Maybe=3) (I don't know=2) (No=1)

QUESTION #6: No recode necessary.

QUESTION #7, A through M:

If any one of A-M = 4.....then question 7 = 4

If any one of A-M = 3 but none = 4.....then question 7 = 3

If any one of A-M = 2 but none = 4 or 3.....then question 7 = 2

If any one of A-M = 1 but none = 4, 3 or 2.....then question 7 = 1

If all of A-M are BLANK.....then question 7 = missing

Each of the seven questions should now have a score ranging from (1) to (4), with (4) being the most positive.

At least six questions should have non-missing values in order to create a scale score. Each item is weighted equally.

The INSPIRIT score is the mean of the non-missing values for these 7 questions. The INSPIRIT score should be in the range of (1) to (4).

Further information: Jared D. Kass, Ph.D., Professor
Division of Counseling and Psychology
Lesley University
29 Everett St., Cambridge, MA, 02138-2790
kgough@resilientworldview.org
jkass@lesley.edu