

Appendix

SWB Scale

For each of the following statements, circle the choice that best indicates the extent of your agreement or disagreement as it describes your personal experience:

SA = Strongly Agree

MA = Moderately Agree

A = Agree

D = Disagree

MD = Moderately Disagree

SD = Strongly Disagree

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|--|----|----|---|---|----|----|
| 1. I don't find much satisfaction in private prayer with God. | SA | MA | A | D | MD | SD |
| 2. I don't know who I am, where I came from, or where I'm going. | SA | MA | A | D | MD | SD |
| 3. I believe that God loves me and cares about me. | SA | MA | A | D | MD | SD |
| 4. I feel that life is a positive experience. | SA | MA | A | D | MD | SD |
| 5. I believe that God is impersonal and not interested in my daily situations. | SA | MA | A | D | MD | SD |
| 6. I feel unsettled about my future. | SA | MA | A | D | MD | SD |
| 7. I have a personally meaningful relationship with God. | SA | MA | A | D | MD | SD |
| 8. I feel very fulfilled and satisfied with life. | SA | MA | A | D | MD | SD |
| 9. I don't get much personal strength and support from my God. | SA | MA | A | D | MD | SD |
| 10. I feel a sense of well-being about the direction my life is headed in. | SA | MA | A | D | MD | SD |
| 11. I believe that God is concerned about my problems. | SA | MA | A | D | MD | SD |
| 12. I don't enjoy much about life. | SA | MA | A | D | MD | SD |
| 13. I don't have a personally satisfying relationship with God. | SA | MA | A | D | MD | SD |
| 14. I feel good about my future. | SA | MA | A | D | MD | SD |
| 15. My relationship with God helps me not to feel lonely. | SA | MA | A | D | MD | SD |
| 16. I feel that life is full of conflict and unhappiness. | SA | MA | A | D | MD | SD |
| 17. I feel most fulfilled when I'm in close communion with God. | SA | MA | A | D | MD | SD |

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|---|----|----|---|---|----|----|
| 18. Life doesn't have much meaning. | SA | MA | A | D | MD | SD |
| 19. My relation with God contributes to my sense of well-being. | SA | MA | A | D | MD | SD |
| 20. I believe there is some real purpose for my life. | SA | MA | A | D | MD | SD |

Note: Items are scored from 1 to 6, with the higher number representing more well-being. Negatively worded items (#1, 2, 5, 6, 9, 12, 13, 16, 18) are reversed scored. Odd number items assess religious well-being; even numbered items assess existential well-being.

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