



THE CENTER FOR HEALTH AND THE SOCIAL SCIENCES AND  
THE MACLEAN CENTER FOR CLINICAL MEDICAL ETHICS AT  
THE UNIVERSITY OF CHICAGO

**Religion, Spirituality and Common Mental Health Concerns:  
A National Physician Survey**

Supported by grants from the National Institutes of Health (NIH) and the Templeton Foundation

---

Dear Fellow Physician,

I am writing on behalf of the study we are conducting from the University of Chicago's Program on Medicine and Religion. We mailed a blue envelope to you with a questionnaire about mental and behavioral health care, and a self-addressed stamped return envelope. So far we have not received your completed questionnaire.

We selected this topic because doctors often face patients with puzzling symptoms yet the factors that influence the way doctors respond are not well understood. You are one of 2000 physicians from around the country that were selected using a scientific sampling procedure that will allow us to understand how physicians think about these topics. It is important for us to obtain this understanding so that we can inform doctors, through publications, about the current state of practice and so that medical education can be designed that will help future physicians to practice in the best possible way.

**This is your last opportunity to participate in this study.** We ask that you please complete the questionnaire and return it to us. **We will send you \$30 (in addition to the \$20 that we included in the original mailing) in appreciation of your efforts.** Your responses are completely confidential, and this research has been approved by the University Institutional Review Board. The information you give us will only be used statistically to advance knowledge about the practice of medicine.

If you have already mailed your questionnaire, we did not receive it. We ask that you complete this questionnaire and in return we will send you a check for \$30. We apologize for the inconvenience. To contact us about this study, please call or email Project Director Kenneth Rasinski at 773-834-6837, or at [krasinsk@uchicago.edu](mailto:krasinsk@uchicago.edu).

We hope to hear from you soon.

Sincerely,

Farr A. Curlin, MD

---

Please indicate your opinions and practices related to the following mental health conditions.

## MOOD AND AFFECT

Consider the following clinical scenario:

1. A 52-year-old man presents to his primary care physician for the third time in five months. He complains of difficulty sleeping, loss of appetite, irritability, and feeling “down” but not suicidal. He reports «F1» with his marriage «F1\_ADD» work. He exercises regularly. He says he is «F2». Physical exam is unremarkable except for a sad affect, and routine labs are normal. He is open to “anything” the doctor thinks will help.

Given this limited information, if the primary care physician asked your opinion, how likely would you be to recommend that the primary care physician do each of the following for this patient (*Assume all strategies are available and financially feasible for the patient.*):

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not very likely</b>	<b>Not at all likely</b>
a) Prescribe an antidepressant medication	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) See the patient regularly for counseling	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Refer to a psychiatrist	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) Refer to a psychologist or other licensed counselor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) Encourage the patient to get more involved in meaningful relationships and activities	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
f) Encourage the patient to get more involved in his religious community	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

- 2a. To the best of your knowledge, are there any mental health care professionals in your area who base their practice on «F2\_ADD» teachings?

<sub>1</sub> Yes  
<sub>2</sub> No → Assuming there were... ↓

- 2b. How likely would you be to recommend that the primary care physician refer the patient to one of those professionals?

<sub>1</sub> Very likely  
<sub>2</sub> Somewhat likely  
<sub>3</sub> Not very likely  
<sub>4</sub> Not at all likely

3. If the primary care physician referred this patient to you, how likely would you be to do each of the following for this patient (*Assume all strategies are financially feasible for the patient.*):

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not very likely</b>	<b>Not at all likely</b>
a) Prescribe an antidepressant medication	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) See the patient regularly for counseling	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Refer to a psychologist or other licensed counselor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

4. In general, how much would people with depression benefit from each of the following?

	<b>Not at all</b>	<b>A little</b>	<b>Somewhat</b>	<b>A lot</b>
a) Paying more attention to their relationships	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Paying more attention to their spiritual life	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Taking antidepressant medications	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

Consider the following clinical scenario:

5. A 23-year-old woman presents to her primary care physician for the third time in five months. She complains of difficulty with ruminative thoughts, restlessness, tension, and worry. She reports «F3» with her school «F3\_ADD» work. She exercises regularly. She says she is «F4». Physical exam is unremarkable except for an anxious affect, and routine labs are normal. She is open to “anything” the doctor thinks will help.

Given this limited information, if the primary care physician asked your opinion, how likely would you be to recommend that the primary care physician do each of the following for this patient (*Assume all strategies are available and financially feasible for the patient.*):

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not very likely</b>	<b>Not at all likely</b>
a) Prescribe an anti-anxiety medication	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) See the patient regularly for counseling	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Refer to a psychiatrist	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) Refer to a psychologist or other licensed counselor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) Encourage the patient to get more involved in meaningful relationships and activities	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
f) Encourage the patient to get more involved in her religious community	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

6a. To the best of your knowledge, are there any mental health care professionals in your area who base their practice on «F4\_ADD» teachings?

- <sub>1</sub> Yes  
<sub>2</sub> No → Assuming there were... →

6b. How likely would you be to recommend that the primary care physician refer the patient to one of those professionals?

- <sub>1</sub> Very likely  
<sub>2</sub> Somewhat likely  
<sub>3</sub> Not very likely  
<sub>4</sub> Not at all likely

7. If the primary care physician referred this patient to you, how likely would you be to do each of the following for this patient (*Assume all strategies are financially feasible for the patient.*):

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not very likely</b>	<b>Not at all likely</b>
a) Prescribe an antidepressant medication	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) See the patient regularly for counseling	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Refer to a psychologist or other licensed counselor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

8. In general, how much would people with anxiety benefit from each of the following?

	<b>Not at all</b>	<b>A little</b>	<b>Somewhat</b>	<b>A lot</b>
a) Paying more attention to their relationships	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Paying more attention to their spiritual life	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Taking anti-anxiety medications	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

9. To what extent do you agree or disagree with the following statements?

	<b>Agree strongly</b>	<b>Agree somewhat</b>	<b>Disagree somewhat</b>	<b>Disagree strongly</b>
a) Physicians too often treat normal sadness as if it were a medical illness.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Undertreatment of depression is a more pressing problem than overtreatment of normal sadness.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Physicians too often treat normal worry and stress as if it were a medical illness.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) Undertreatment of anxiety disorders is a more pressing problem than overtreatment of normal worry and stress.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

## CHRONIC, MEDICALLY UNEXPLAINED SYMPTOMS

Please consider the following clinical scenario:

10. A 41-year old woman presents to her primary care physician for her seventh clinic visit complaining of generalized muscle pains, fatigue and headaches. She has had the symptoms for several years. Prior physicians have diagnosed her with fibromyalgia and chronic fatigue syndrome. Physical exam is unremarkable except for tenderness over multiple areas of her body. Diagnostic workups have not found any physiological abnormalities. Regular exercise, NSAIDS, and muscle relaxants have not provided relief. She denies depression «F5». She says she is Muslim «F6». She is open to “anything” the doctor thinks will help.

Given this limited information, if the primary care physician asked your opinion, how likely would you be to recommend that the primary care physician do each of the following for this patient (*Assume all strategies are available and financially feasible for the patient.*):

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not very likely</b>	<b>Not at all likely</b>
a) Prescribe an antidepressant medication	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) See the patient regularly for counseling	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Refer to a psychiatrist	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) Refer to a psychologist or other licensed counselor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) Encourage the patient to get more involved in meaningful relationships and activities	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
f) Encourage the patient to get more involved in her religious community	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

11. If the primary care physician referred this patient to you, how likely would you be to do each of the following for this patient (*Assume all strategies are financially feasible for the patient.*):

	<b>Very likely</b>	<b>Somewhat likely</b>	<b>Not very likely</b>	<b>Not at all likely</b>
a) Prescribe an antidepressant medication	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) See the patient regularly for counseling	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Refer to a psychologist or other licensed counselor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

12. In general, how much do you think patients with these symptoms would benefit from each of the following?

	<b>Not at all</b>	<b>A little</b>	<b>Somewhat</b>	<b>A lot</b>
a) Paying more attention to their relationships	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Paying more attention to their spiritual life	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Taking medications	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

13. Please indicate whether you agree or disagree with the following statements about patients who have multiple chronic symptoms for which there is no clear physiological abnormality after a thorough medical workup:

Such patients ...	Agree strongly	Agree somewhat	Disagree somewhat	Disagree strongly
a) are usually experiencing the normal ups and downs of life.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) have medical conditions that scientific research will one day be able to explain.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) tend to have a root problem that is spiritual in nature.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) often get better with treatment by physicians.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

### SUBSTANCE ABUSE

Please consider the following clinical scenario:

14. A 47-year-old man is admitted to the hospital with acute alcohol poisoning. After a medical detox, the patient says he has been drinking heavily for years and wants to get help. He has never been hospitalized or gone through rehabilitation before. He identifies himself as Christian «F7».

Please indicate how effective you think each of the following alcoholism treatment plans would be for this patient:

	Very effective	Somewhat effective	Not very effective	Not at all effective
a) Participation in a local chapter of Alcoholics Anonymous (AA)	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Pharmacological therapy by a physician <u>who</u> specializes in the treatment of addiction	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Completion of a residential rehabilitation program	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

14a. To the best of your knowledge, are there any explicitly faith-based alcoholism treatment programs (not including AA) in your area to which you could potentially refer this patient?

<sub>1</sub> Yes  
<sub>2</sub> No → Assuming there were... →

14b. How likely would you be to refer this patient to one of those programs?

- <sub>1</sub> Very likely
- <sub>2</sub> Somewhat likely
- <sub>3</sub> Not very likely
- <sub>4</sub> Not at all likely

To what extent do you agree with the following statement: An emphasis on spirituality is critical to the success of 12-step programs.

- <sub>1</sub> Agree strongly
- <sub>2</sub> Agree somewhat
- <sub>3</sub> Disagree somewhat
- <sub>4</sub> Disagree strongly

15. In your judgment, to what extent is «F8» each of the following:

	Not at all	A little	Somewhat	A lot
a) A disease	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) A response to psychological woundedness	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) A result of moral failings	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

16. Please indicate the extent to which the following conditions result from choices for which patients are responsible?

	Not at all	A little	Somewhat	A lot
a) Alcoholism	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Obesity	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Nicotine dependence	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) Depression	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) Anxiety	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
f) Chronic back pain	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
g) Fibromyalgia	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

17. Please indicate how much personal satisfaction you experience when taking care of patients with the following conditions:

	None	A little	Some	A lot
a) Alcoholism	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Obesity	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) Nicotine dependence	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) Depression	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) Anxiety	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
f) Chronic back pain	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
g) Fibromyalgia	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

## RELIGION AND MENTAL HEALTH

18. Please indicate whether you agree or disagree with the following statements:

	<b>Agree strongly</b>	<b>Agree somewhat</b>	<b>Disagree somewhat</b>	<b>Disagree strongly</b>
a) Participating in a religious congregation provides unique psychological benefits that are not found by participating in nonreligious social groups.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) Any psychological benefits of participating in a religious congregation can also be found by participating in nonreligious social groups.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

19. Please indicate whether you think each of the following have a positive or negative effect on psychological well-being:

	<b>Almost always negative</b>	<b>More negative than positive</b>	<b>Equally positive and negative</b>	<b>More positive than negative</b>	<b>Almost always positive</b>
a) Being deeply involved in a religious community	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
b) Regularly attending religious services	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
c) Avoiding behaviors forbidden by one's religion	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
d) Frequent prayer	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
e) Believing that after death there will be a divine judgment	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
f) Directly feeling God's presence	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>
g) Having an authoritative religious mentor	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>



## NEGOTIATING MEDICAL DECISIONS

20. Once the medical options have been described to patients, how much responsibility do physicians and religious communities have for providing guidance to patients in each of the following situations? (assuming patients belong to a religious congregation or community)

The patient ...	Physicians' responsibility to provide guidance				Religious communities' responsibility to provide guidance			
	None	A little	Some	A lot	None	A little	Some	A lot
a) faces a frightening medical diagnosis or crisis.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) will die within a few weeks.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) suffers from anxiety or depression.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) faces a morally complex medical decision.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

## YOUR PRACTICE SETTING

21. Please estimate how many hours you spend in a typical week doing:

A. Outpatient care: \_\_\_\_\_ (# hours/week)

B. Inpatient care: \_\_\_\_\_ (# hours/week)

C. Other work-related tasks: \_\_\_\_\_ (# hours/week)

22. Please estimate how many hours you spend in a typical day at work on activities that you find personally rewarding: \_\_\_\_\_ (# hours/day)

23. Is your patient population considered medically underserved?

- <sub>1</sub> Yes  
<sub>2</sub> No

24. Is your place of practice religiously oriented or "faith-based"?

- <sub>1</sub> Yes  
<sub>2</sub> No

25. To the best of your knowledge, what percentage of your patients come to see you because of your religious characteristics? \_\_\_\_\_ (% of patients)

26. To what extent do you agree or disagree with the following statements about your current practice?

	Agree strongly	Agree somewhat	Disagree somewhat	Disagree strongly
a) I have control over my work hours or call schedule.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) I have control over the kinds of clinical conditions I see.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) My clinical environment prioritizes the needs of the patient over maximizing revenue.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

## CAREER SATISFACTION AND PROFESSIONALISM

27. Thinking very generally about your satisfaction with your overall career in medicine, would you say that you are currently:

- <sub>1</sub> Very satisfied
- <sub>2</sub> Somewhat satisfied
- <sub>3</sub> Neither satisfied nor dissatisfied
- <sub>4</sub> Somewhat dissatisfied
- <sub>5</sub> Very dissatisfied

28. Using your own definition of burnout, please choose one of the following:

- <sub>1</sub> I enjoy my work. I have no symptoms of burnout.
- <sub>2</sub> Occasionally I am under stress, and I don't always have as much energy as I once did, but I don't feel burned out.
- <sub>3</sub> I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.
- <sub>4</sub> The symptoms of burnout that I'm experiencing won't go away. I think about frustration at work a lot.
- <sub>5</sub> I feel completely burned out and often wonder if I can go on. I am at the point where I may need some changes or may need to seek some sort of help.

29. To what extent do you agree or disagree with the following statements?

	<b>Agree strongly</b>	<b>Agree somewhat</b>	<b>Disagree somewhat</b>	<b>Disagree strongly</b>
a) The family in which I was raised emphasized the importance of serving those with fewer resources.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) For me, the practice of medicine is a calling.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) If I had it to do over again, I would not choose medicine as a career.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) If I had it to do over again, I would go into a different clinical specialty.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) In the next few years, I hope to reduce the amount of time I spend in direct patient care.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
f) In the next few years, I hope to leave the practice of medicine.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

## YOUR SPIRITUAL AND RELIGIOUS CHARACTERISTICS

30. To what extent do you consider yourself a spiritual person?

- <sub>1</sub> Very spiritual
- <sub>2</sub> Moderately spiritual
- <sub>3</sub> Slightly spiritual
- <sub>4</sub> Not spiritual at all

31. How important would you say your religion is in your own life?

- <sub>1</sub> The most important part of my life
- <sub>2</sub> Very important in my life
- <sub>3</sub> Fairly important in my life
- <sub>4</sub> Not important in my life
- <sub>-1</sub> Not applicable. I have no religion

32. Which of the following best indicates your religious affiliation?

- <sub>1</sub> None
- <sub>2</sub> Buddhist
- <sub>3</sub> Hindu
- <sub>4</sub> Jewish →
- <sub>5</sub> Muslim
- <sub>6</sub> Roman Catholic
- <sub>7</sub> Eastern Orthodox
- <sub>8</sub> Protestant
- <sub>9</sub> Other Christian
- <sub>10</sub> Other Religion (please specify) \_\_\_\_\_

a. If Jewish, would you say you are ...

<sub>1</sub> Orthodox      <sub>2</sub> Conservative      <sub>3</sub> Reform

<sub>4</sub> Secular      <sub>5</sub> Other

b. If Christian, do you consider yourself *evangelical*?

<sub>1</sub> Yes

<sub>2</sub> No

33. How often do you attend religious services?

- <sub>1</sub> Never
- <sub>2</sub> Less than once a year
- <sub>3</sub> About once or twice a year
- <sub>4</sub> Several times a year
- <sub>5</sub> About once a month
- <sub>6</sub> Two to three times a month
- <sub>7</sub> Nearly every week
- <sub>8</sub> Every week
- <sub>9</sub> Several times a week

34. To what extent do you agree or disagree with the following statements?

	<b>Agree strongly</b>	<b>Agree somewhat</b>	<b>Disagree somewhat</b>	<b>Disagree strongly</b>
a) Different religions have different versions of the truth, and each may be equally right in its own way	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
b) There is one religion that is uniquely and comprehensively true	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
c) There is no one, true, right religion	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
d) I try hard to carry my religious beliefs over into all my other dealings in life	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
e) My whole approach to life is based on my religion	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

**OTHER DEMOGRAPHIC CHARACTERISTICS**

35. Do you consider yourself Hispanic or Latino?

- <sub>1</sub> Yes
- <sub>2</sub> No

36. How would you classify your race? [CHECK ONLY ONE]

- <sub>1</sub> Asian \_\_\_\_\_ →
- <sub>2</sub> Black or African-American
- <sub>3</sub> American Indian or Alaskan Native
- <sub>4</sub> White or Caucasian
- <sub>5</sub> Other (please specify) \_\_\_\_\_

A. If Asian, do you think of yourself as ...
<input type="checkbox"/> <sub>1</sub> East Asian or Pacific Islander
<input type="checkbox"/> <sub>2</sub> South Asian
<input type="checkbox"/> <sub>3</sub> Other Asian

37. Which of the following best describes how long you have been in the United States?

- <sub>1</sub> You immigrated to the United States as an adult.
- <sub>2</sub> You immigrated to the United States as a child.
- <sub>3</sub> One or both of your parents immigrated to the United States before you were born.
- <sub>4</sub> Both of your parents were born in the United States

38. When you think of the relationship between religion and psychological well-being, what are the aspects of religion that first come to mind?

---

---

---

39. Please use the following space for anything else you would like to tell us about the care of patients with mental health concerns.

If you would be willing to participate in a 15-30 minute confidential phone interview about religion and the practice of medicine, please check this box  and indicate below the preferred way to reach you. A portion of respondents who volunteer will be contacted.

Phone number: (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

**Please return this survey in the enclosed, postage-paid envelope.**

**Thank you** for participating!