

Supplementary Appendix

This appendix has been provided by the authors to give readers additional information about their work.

Supplement to: Curlin FA, Lawrence RE, Chin MH, Lantos JD. Religion, conscience, and controversial clinical practices. *N Engl J Med* 2007;356:593-600.



THE ROBERT WOOD JOHNSON
CLINICAL SCHOLARS PROGRAM AT THE UNIVERSITY OF CHICAGO

Religion and Spirituality in Medicine: Physicians' Perspectives

Supported By
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Participation is voluntary. The questionnaire takes about 10 minutes to complete. Your responses will be confidential and your name will not be matched to your answers. If you are not comfortable answering any particular items, just leave those blank. Please feel free to write additional comments on your questionnaire.

Thank you for your participation!

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NOTE: Though we recognize that a person may be *spiritual* without being *religious* (and vice versa), for the purposes of this study, the two terms are generally considered together.

SECTION A. YOUR PERSPECTIVE ON RELIGION/SPIRITUALITY AND HEALTH.

1. Overall, how much influence do you think religion/spirituality has on patients' health?

- ₁ Very much
- ₂ Much
- ₃ Some
- ₄ A little
- ₅ Very little to none

2. Is the influence of religion/spirituality on health generally positive or negative?

- ₁ Generally positive
- ₂ Generally negative
- ₃ Equally positive and negative
- ₄ It has NO influence

3. Do you think God or another supernatural being ever intervenes in patients' health?

- ₁ Yes
- ₂ No
- ₃ Undecided

4. In general is it appropriate or inappropriate for a physician to discuss religious/spiritual issues when a patient brings them up?

- ₁ Always appropriate
- ₂ Usually appropriate
- ₃ Usually *inappropriate*
- ₄ Always *inappropriate*

5. In general, is it appropriate or inappropriate for a physician to inquire about a patient's religion/spirituality?

- ₁ Always appropriate
- ₂ Usually appropriate
- ₃ Usually *inappropriate*
- ₄ Always *inappropriate*

6. When, if ever, is it appropriate for a physician to talk about his or her own religious beliefs or experiences with a patient?

- ₀ Never
- ₁ Only when the patient asks
- ₂ Whenever the physician senses it would be appropriate

7. When, if ever, is it appropriate for a physician to pray with a patient?

- ₀ Never
- ₁ Only when the patient asks
- ₂ Whenever the physician senses it would be appropriate

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

8. I would feel comfortable discussing a patient’s religious/spiritual concerns if the patient brought them up.

- ₁ Strongly agree
- ₂ Agree
- ₃ Disagree
- ₄ Strongly disagree

9. I enjoy discussing religious/spiritual issues with patients.

- ₁ Strongly agree
- ₂ Agree
- ₃ Disagree
- ₄ Strongly disagree
- ₅ Does not apply

10. In your experience, how often have your patients ...

[If you don’t see patients, mark Not Apply]

	Never	Rarely	Sometimes	Often	Always	Not Apply
a) mentioned religious/spiritual issues like God, prayer, meditation, the Bible, etc.	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
b) received emotional or practical support from their religious community	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
c) used religion/spirituality as a reason to avoid taking responsibility for their own health	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

11. Considering your experience, how often do you think religion/spirituality...

	Never	Rarely	Sometimes	Often	Always	Not Apply
a) helps patients to cope with and endure illness and suffering	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
b) causes guilt, anxiety, or other negative emotions that lead to increased patient suffering	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
c) gives patients a positive, hopeful state of mind	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
d) leads patients to refuse, delay, or stop medically indicated therapy	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
e) helps to prevent “hard” medical outcomes like heart attacks, infections, or even death	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

12. How often would you say that the experience of illness increases patients’ awareness of and focus on religion/spirituality?

- ₀ Never
- ₁ Rarely
- ₂ Sometimes
- ₃ Often
- ₄ Always
- ₅ Does not apply

13. Do you ever inquire about patients’ religious/spiritual issues?

- ₁ Yes →
- ₂ No
- ₃ Does not apply – I don’t see patients

(If Yes . . .)

13a. How often do you inquire?

- ₁ Rarely
- ₂ Sometimes
- ₃ Often
- ₄ Always

13b. How often have patients seemed uncomfortable when you inquire?

- ₀ Never
- ₁ Rarely
- ₂ Sometimes
- ₃ Often
- ₄ Always

14. In the following clinical situations, how often do you inquire about religious/spiritual issues?

When a patient

You inquire about religious/spiritual issues:

	Never	Rarely	Sometimes	Often	Always	Not Apply
a) presents with a minor illness or injury	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
b) faces a frightening diagnosis or crisis	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
c) faces the end of life	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
d) suffers from anxiety or depression	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
e) comes for a history and physical	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
f) faces an ethical quandary	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

15. When religious/spiritual issues come up in discussions with patients, how often do you respond in the following ways?

	Never	Rarely	Sometimes	Often	Always	Not Apply
a) I listen carefully and empathetically	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
b) I try to change the subject in a tactful way	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
c) I encourage patients in their own religious/spiritual beliefs and practices	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
d) I respectfully share my own religious ideas and experiences	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
e) I pray with the patient	<input type="checkbox"/> ₀	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅

16. A patient presents to you with continued deep grieving two months after the death of his wife. If you were to refer the patient, to which of the following would you prefer to refer first?

- ₁ A health-care chaplain
- ₂ A clergy member or other religious counselor
- ₃ A psychiatrist or psychologist
- ₄ Other (specify) _____

17. In your experience with chaplains and other pastoral care professionals, have you been:

- ₁ Very satisfied
- ₂ Satisfied
- ₃ Dissatisfied
- ₄ Very dissatisfied
- ₅ I have had no prior experience

18. Do any of the following discourage you from discussing religion/spirituality with patients? (Check all that apply)

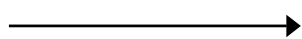
- ₁ General discomfort with discussing religious matters
- ₂ Insufficient knowledge/training
- ₃ Insufficient time
- ₄ Concern about offending patients
- ₅ Concern that my colleagues will disapprove
- ₆ Other _____

19. Overall, do you think the amount of time you spend addressing religious/spiritual issues is:

- ₁ Too much
- ₂ Too little
- ₃ The right amount

20. Have you had any formal training regarding religion/spirituality in medicine?

- ₁ Yes
- ₂ No



20a. (If Yes) Was it in any of the following (Check all that apply)

- ₁ Medical school course
- ₂ Book or CME literature
- ₃ Grand rounds or other conference
- ₄ Training from your religious tradition
- ₅ Other → Specify _____

Controversial Issues in Medicine:

21. Please note if you object to any of the following medical practices, and if so, whether your objection is for religious reasons, reasons unrelated to religion, or both.

	I have no objection	I have religious objections	I have non-religious objections	I have <u>both</u> religious and non-religious objections
a) Physician assisted suicide	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
b) Sedation to unconsciousness in dying patients	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
c) Withdrawal of artificial life support	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
d) Abortion for congenital abnormalities	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
e) Abortion for failed contraception	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
f) Prescription of birth control to teenagers between the age of 14 and 16 if their parents do not approve	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄

22. If a patient requests a legal medical procedure, but the patient’s physician objects to the procedure for religious or moral reasons:

a. Does the physician have an obligation to present all possible options to the patient, including information about obtaining the requested procedure?

- ₁ Yes
- ₂ No
- ₃ Undecided

b. Does the physician have an obligation to refer the patient to someone who does not object to the requested procedure?

- ₁ Yes
- ₂ No
- ₃ Undecided

c. Would it be ethical for the physician to plainly describe to the patient why he or she objects to the requested procedure?

- ₁ Yes
- ₂ No
- ₃ Undecided

SECTION B: YOUR RELIGIOUS/SPIRITUAL CHARACTERISTICS. Whether you consider yourself religious, spiritual, or neither, your perspective is IMPORTANT.

23. To what extent do you consider yourself a religious person? Would you say you are ...

- ₁ Very religious
- ₂ Moderately religious
- ₃ Slightly religious
- ₄ Not religious at all

24. To what extent do you consider yourself a spiritual person? Would you say you are ...

- ₁ Very spiritual
- ₂ Moderately spiritual
- ₃ Slightly spiritual
- ₄ Not spiritual at all

25. Do you believe in God?

- ₁ Yes
- ₂ No
- ₃ Undecided

26. Do you believe there is a life after death?

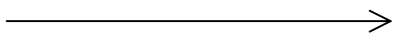
- ₁ Yes
- ₂ No
- ₃ Undecided

27. Think about how you try to understand and deal with major problems in your life: To what extent is each of the following involved in the way you cope?

	A great deal	Quite a bit	Somewhat	Not at all
a) I try to make sense of the situation and decide what to do without relying on God	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
b) I look to God for strength, support and guidance	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄

28. Did you ever have a religious or spiritual experience that changed your life?

- ₁ Yes
- ₂ No



28a. If Yes, did the experience occur in the context of practicing medicine?

- ₁ Yes
- ₂ No

29. How often do you attend religious services?

- | | |
|--|--|
| <input type="checkbox"/> ₁ Never | <input type="checkbox"/> ₆ Two or three times a month |
| <input type="checkbox"/> ₂ Less than once a year | <input type="checkbox"/> ₇ Nearly every week |
| <input type="checkbox"/> ₃ About once or twice a year | <input type="checkbox"/> ₈ Every week |
| <input type="checkbox"/> ₄ Several times a year | <input type="checkbox"/> ₉ Several times a week |
| <input type="checkbox"/> ₅ About once a month | |

30. What is your religious affiliation?

- | | | |
|--|--|--|
| <input type="checkbox"/> ₁ None | <input type="checkbox"/> ₅ Hindu | <input type="checkbox"/> ₉ Protestant |
| <input type="checkbox"/> ₂ Atheist | <input type="checkbox"/> ₆ Jewish | <input type="checkbox"/> ₁₀ Roman Catholic |
| <input type="checkbox"/> ₃ Agnostic | <input type="checkbox"/> ₇ Mormon | <input type="checkbox"/> ₁₁ Eastern Orthodox (Russian, Greek, etc.) |
| <input type="checkbox"/> ₄ Buddhist | <input type="checkbox"/> ₈ Muslim | <input type="checkbox"/> ₁₂ Other (please specify): _____ |

31. Is your current religious affiliation the same as the one in which you grew up?

- ₁ Yes
₂ No

32. To what extent do you agree with the following statements?

	Strongly agree	Agree	Disagree	Strongly disagree
a) I feel a deep sense of responsibility for reducing pain and suffering in the world	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
b) The family in which I was raised emphasized the importance of serving those with fewer resources	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
c) For me, the practice of medicine is a <u>calling</u> .	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
d) My religious beliefs influence my practice of medicine.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
e) I find it challenging to remain faithful to my religion in my work as a physician.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
f) My experiences as a physician have caused me to question my religious beliefs	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
g) I try hard to carry my religious beliefs over into all my other dealings in life	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
h) My whole approach to life is based on my religion	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄

Please answer the following items for your primary site of clinical practice.

38. Please estimate what percentage of your patients are:

a. uninsured _____%

b. recipients of Medicaid _____%

c. over 65 years of age _____%

39. Please estimate what percentage of your patients are from the following ethnicities:

a. White or Caucasian _____%

b. Black or African-American _____%

c. Latino or Hispanic _____%

d. Asian _____%

e. Native American _____%

f. Other _____%

40. Are you currently a resident or fellow in a training program?

₁ Yes

₂ No

41. Is your practice in an academic medical center or teaching hospital?

₁ Yes

₂ No

42. Is your place of practice religiously oriented or “faith-based”?

₁ Yes

₂ No

43. Is your patient population considered underserved?

₁ Yes

₂ No

44. Do you receive educational loan repayment for working in your setting?

₁ Yes

₂ No

45. Is your practice in one of the following?

₁ Free clinic

₂ Community Health Center or Migrant Health Center

₃ Other *rural* health center

₄ Public or County Hospital

₀ None of the above

46. Do you consider yourself Hispanic or of Spanish or Latin-American origin?

₁ Yes

₂ No

47. How do you classify your race? (Check only one)

₁ Asian → 47a. Do you think of yourself as ...

₁ East Asian or Pacific Islander

₂ South Asian

₃ Other Asian

₂ Black or African-American

₃ American Indian or Alaskan Native

₄ White or Caucasian

₅ Other _____

48. Is there anything else you would like to tell us about your thoughts on religion and spirituality in health and medicine? If so, please use this space for that purpose.

If you would be willing to participate in a brief (15 to 20 minute) confidential phone interview about religion/spirituality in the practice of medicine, please check this box and indicate below the best time and manner to reach you. A portion of respondents who volunteer will be called.

- Phone number: (____) _____
- E-mail: _____
- FAX: _____
- Best day to call: ₁ Weekend ₂ Weekday
- Best hours to reach me: between ___:___ AM / PM, and ___:___ AM / PM

**Please return this survey in the enclosed, postage-paid envelope.
THANK YOU FOR PARTICIPATING!**

Calculation of survey response rate:

Of the 2000 potential respondents, 1144 participated in the survey. Forty-seven questionnaires were returned by the postal service as undeliverable and were therefore considered ineligible. To estimate the proportion of the remaining 809 questionnaires that was mailed to eligible physicians, we did the following: At the close of data collection, we used identical telephone and internet search techniques to try to locate and contact 30 physician respondents and 30 physicians from those with unknown eligibility. We were able to locate 27/30 (0.90) respondents and 22/30 (0.73) of those with unknown eligibility, and therefore estimated that 83% ($1 - (0.90 - 0.73)$) of the 809 unknowns were in fact eligible. Our estimated response rate among eligible physicians is therefore 63% (*Response Rate 4* from the American Association for Public Opinion Research *Standards Definitions*: $1144/(1144 + 0.83*809)$).¹

1. *Standard definitions: final dispositions of case codes and outcome rates for surveys*: American Association for Public Opinion Research; 2004:pp28-29
Available at www.aapor.org