Supplementary Appendix

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

Religion and Spirituality in Medicine: Physicians’ Perspectives

Supported By
The Robert Wood Johnson Foundation and The Greenwall Foundation

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/SPRITUALITY AND HEALTH.

1. Overall, how much influence do you think religion/spirituality has on patients’ health?
   - [ ] Very much
   - [1] Much
   - [2] Some
   - [3] A little
   - [4] 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?
   □_Never
   □_Only when the patient asks
   □_Whenever the physician senses it would be appropriate

7. When, if ever, is it appropriate for a physician to pray with a patient?
   □_Never
   □_Only when the patient asks
   □_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.
   □_Strongly agree
   □_Agree
   □_Disagree
   □_Strongly disagree

9. I enjoy discussing religious/spiritual issues with patients.
   □_Strongly agree
   □_Agree
   □_Disagree
   □_Strongly disagree
   □_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.
   □_Never □_Rarely □_Sometimes □_Often □_Always □_Not Apply

b) received emotional or practical support from their religious community
   □_Never □_Rarely □_Sometimes □_Often □_Always □_Not Apply

c) used religion/spirituality as a reason to avoid taking responsibility for their own health
   □_Never □_Rarely □_Sometimes □_Often □_Always □_Not Apply
11. Considering your experience, how often do you think religion/spirituality…

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
<th>Not Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) helps patients to cope</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>with and endure illness</td>
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<td></td>
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<tr>
<td>and suffering</td>
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<td>b) causes guilt, anxiety,</td>
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<td>or other negative</td>
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<tr>
<td>emotions that lead to</td>
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<tr>
<td>increased patient</td>
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<td>suffering</td>
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<tr>
<td>c) gives patients a</td>
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<tr>
<td>positive, hopeful</td>
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<tr>
<td>state of mind</td>
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<tr>
<td>d) leads patients to</td>
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<tr>
<td>refuse, delay, or stop</td>
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<tr>
<td>medically indicated</td>
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<tr>
<td>therapy</td>
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<td>e) helps to prevent</td>
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<tr>
<td>“hard” medical outcomes</td>
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<tr>
<td>like heart attacks,</td>
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<tr>
<td>infections, or even</td>
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<tr>
<td>death</td>
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</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>When a patient ….</th>
<th>You inquire about religious/spiritual issues:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Never</td>
</tr>
<tr>
<td>a) presents with a minor illness or injury</td>
<td>0</td>
</tr>
<tr>
<td>b) faces a frightening diagnosis or crisis</td>
<td>0</td>
</tr>
<tr>
<td>c) faces the end of life</td>
<td>0</td>
</tr>
<tr>
<td>d) suffers from anxiety or depression</td>
<td>0</td>
</tr>
<tr>
<td>e) comes for a history and physical</td>
<td>0</td>
</tr>
<tr>
<td>f) faces an ethical quandary</td>
<td>0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>When religious/spiritual issues come up</th>
<th>You respond in the following ways:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Never</td>
</tr>
<tr>
<td>a) I listen carefully and empathetically</td>
<td>0</td>
</tr>
<tr>
<td>b) I try to change the subject in a tactful way</td>
<td>0</td>
</tr>
<tr>
<td>c) I encourage patients in their own religious/spiritual beliefs and practices</td>
<td>0</td>
</tr>
<tr>
<td>d) I respectfully share my own religious ideas and experiences</td>
<td>0</td>
</tr>
<tr>
<td>e) I pray with the patient</td>
<td>0</td>
</tr>
</tbody>
</table>
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.

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

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?

<table>
<thead>
<tr>
<th>A great deal</th>
<th>Quite a bit</th>
<th>Somewhat</th>
<th>Not at all</th>
</tr>
</thead>
</table>
   a) I try to make sense of the situation and decide what to do without relying on God | □ 1 | □ 2 | □ 3 | □ 4 |
   b) I look to God for strength, support and guidance | □ 1 | □ 2 | □ 3 | □ 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?
   □ 1 Never
   □ 2 Less than once a year
   □ 3 About once or twice a year
   □ 4 Several times a year
   □ 5 About once a month
   □ 6 Two or three times a month
   □ 7 Nearly every week
   □ 8 Every week
   □ 9 Several times a week

30. What is your religious affiliation?
   □ 1 None
   □ 2 Atheist
   □ 3 Agnostic
   □ 4 Buddhist
   □ 5 Hindu
   □ 6 Jewish
   □ 7 Mormon
   □ 8 Muslim
   □ 9 Protestant
   □ 10 Roman Catholic
   □ 11 Eastern Orthodox (Russian, Greek, etc.)
   □ 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?

   a) I feel a deep sense of responsibility for reducing pain and suffering in the world
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   b) The family in which I was raised emphasized the importance of serving those with fewer resources
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   c) For me, the practice of medicine is a calling.
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   d) My religious beliefs influence my practice of medicine.
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   e) I find it challenging to remain faithful to my religion in my work as a physician.
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   f) My experiences as a physician have caused me to question my religious beliefs
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   g) I try hard to carry my religious beliefs over into all my other dealings in life
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree

   h) My whole approach to life is based on my religion
      □ 1 Strongly agree
      □ 2 Agree
      □ 3 Disagree
      □ 4 Strongly disagree
33. If you were to consider your life in general these days, how happy or unhappy would you say you are, on the whole?

☐ 1 Very happy
☐ 2 Fairly happy
☐ 3 Not very happy
☐ 4 Not at all happy

34. In general, would you say your own health is:

☐ 1 Excellent
☐ 2 Good
☐ 3 Fair
☐ 4 Poor

SECTION C: DEMOGRAPHICS AND YOUR MEDICAL PRACTICE

35. On the whole, how satisfied or dissatisfied are you with your work as a physician?

☐ 1 Very satisfied
☐ 2 Moderately satisfied
☐ 3 A little dissatisfied
☐ 4 Very dissatisfied

36. Please estimate how many hours you spend weekly in: Outpatient care: _____ hours

Inpatient care: _____ hours

37. Please estimate how many patients you have taken care of in the past 12 months with the following conditions

<table>
<thead>
<tr>
<th>Conditions</th>
<th>None</th>
<th>1-3</th>
<th>4-10</th>
<th>11-20</th>
<th>&gt; 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Critical, life threatening illness</td>
<td>☐ 0</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
<td>☐ 4</td>
</tr>
<tr>
<td>b) A new diagnosis of a life-threatening disease</td>
<td>☐ 0</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
<td>☐ 4</td>
</tr>
<tr>
<td>c) Severe disability or chronic pain.</td>
<td>☐ 0</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
<td>☐ 4</td>
</tr>
<tr>
<td>d) A grave prenatal diagnosis</td>
<td>☐ 0</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
<td>☐ 4</td>
</tr>
<tr>
<td>e) An ethical quandary</td>
<td>☐ 0</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
<td>☐ 4</td>
</tr>
<tr>
<td>f) The patient died</td>
<td>☐ 0</td>
<td>☐ 1</td>
<td>☐ 2</td>
<td>☐ 3</td>
<td>☐ 4</td>
</tr>
</tbody>
</table>
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
   □ 5 None of the above
46. Do you consider yourself Hispanic or of Spanish or Latin-American origin?
   - [ ] Yes
   - [ ] No

47. How do you classify your race? (Check only one)
   - [ ] Asian
   - [ ] Asian or Pacific Islander
   - [ ] South Asian
   - [ ] Other Asian
   - [ ] Black or African-American
   - [ ] American Indian or Alaskan Native
   - [ ] White or Caucasian
   - [ ] 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:  [ ] Weekend  [ ] 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)).

Available at www.aapor.org