**Supplemental Material: Participant Feedback**

This section of the supplemental material provides participants’ free-response, anonymous feedback about the Spiritual Quality of Life-9 (SQOL-9) scale. Responses are organized by group membership.

**Feedback from Participants coded as Neither Religious nor Spiritual (NRS):**

* Your terminology (specifically, the word "spiritual") is highly problematic -- you have not adequately defined the thing you are trying to measure, and so your results are going to be highly unreliable. Spirituality is NOT the same thing as a personal code of ethics or belief system, and you can't wave your hands at that disconnect and make it go away.
* your question that assumes a soul is not fair, you can feel a balance of mind and body without any notion of a soul
* While I put "not at all" for life having meaning/purpose, I mean that LIFE doesn't provide meaning/purpose. It's up to me to create it. If you were to ask "to what extent do you feel like you FIND/GIVE purpose to life" I would say I agree. I don't think life itself comes with meaning/purpose. We evolved here. No meaning. No purpose. It's important that we create it, so we don't go bananas.
* What is meant by "meaningful" and "purpose?" My life has meaning and purpose for me and for the people and animals I interact with, but not for the world's population as a whole.
* What is a spiritual being? like Casper? inner piece like when I don't have indigestion? What do you mean by soul? of my shoe? I look at nature as the way it is, not our delusions. (5)
* What is a 'soul'?
* we are atheist/ humanists so we hold no beliefs in any gods, extreme being or so called spiritual forces, thus any questions suggesting a belief in or reliance on any higher power other than nature, evolution or our common humanity are irrelevant and/or difficult answer as framed
* Uncertain how to answer some of these as a die-hard atheist.
* too long instructions.
* Too bad there is no opportunity to expand about the meaning of 'meaning' and 'purpose'
* This is meaningless. The word spirituality is man made and vaguely defined. Purpose in life outside measurable physical parameters (such as the inevitable destruction of available energy) does not exist per se; we humans define our own purpose.
* These distinctions between mind body and soul seem meaningless and without scientific basis, therefore answering the questions is actually impossible
* There is no soul. The question making reference to that mythical appendage needs to be re-written.
* The questions regarding "meaningful life" and "life purpose" hint at a presupposition of spirituality, but you can have a meaningful and/or purposeful life without spirituality.
* The question about balance between mind, body, and soul is impossible for me to answer accurately. The question assumes I have a soul that could be in balance with my mind and body. I do not, because souls are not something that exist.
* The question "How satisfied are you that you have a balance between mind, body and soul?" presumes one believes that there is a soul, that there is something to be balanced and that may not be the case.
* The purpose is my own purpose, not that of any other being.
* The mind, body and soul question sounds like New Age gibberish, therefore my neutral answer. However, if you are asking whether my thoughts are congruent with my actions, most of the time they are.
* The first question refers to "connection to a spiritual being." I don't see a way to translate this phrase to a non-spiritual definition.
* The explanation of the term "spirituality" in the intro is confusing. I eschew any claims to spiritual beliefs, but have strong beliefs in some of the things you mention, such as moral and ethical values and a philosophy of life that embraces science. I makes no sense to me to answer spirituality based questions from that perspective. Could you not use some term less loaded, such as "beliefs" or "values"? Also, the term "faith" was not defined. I took it to mean religious faith.
* The balance question presumes belief in a soul.
* Spirituality needs to be defined; it's a very vague term.
* Spirit implies vitality or enthusiasm. But the questions seem to imply para normal or otherworldly.
* Slowly finding more inner peace by studying philosophy.
* See no evidence for a soul
* Related to the last question on this page: I give my life purpose. It doesn't just have one.
* Regarding the "mind, body, and soul" question: since there is no soul, there isn't really a way to answer that.
* Regarding life purpose, I do not believe it comes from without, but from my own consideration,
* Questions presume that I have a "spiritual life"
* Purpose is what I bring to life, not what it brings to me.
* No evidence of the existence of a 'soul'
* My life has the purpose that I give it
* My life has a purpose because I have so directed the way my life has unfolded as to acquire the knowledge and skills and relationships to satisfy my requirements for a satisfying life.
* Meaning and purpose come from us, not some external source such as a deity.
* Life's purpose is defined by subjective meaning.
* Life has ups and downs for everyone and we all have times when the answers above could be different. Age also may well make a difference.
* Last two weeks may be too short of a time frame or subject to random occurrences that could have affected answers that otherwise would have been from habitual beliefs in past year or so.
* It may be helpful to explicitly state "in the past 2 weeks" IN the questions
* It depends when you say purpose if you mean self-ascribed purpose versus overall purpose. My life's purpose is fulfilling to me but self-ascribed and arbitrary in my view.
* issue with satisfaction & soul question
* I'm not sure how you're defining "soul," if it's meant to have an inherent religious meaning or if it might include a more secular meaning.
* I'm an atheist.
* I'm a lifelong atheist but am going through some challenges.
* I was raised Catholic but no longer belief in a higher being.
* I substituted "intellectual strength" for "spirituality."
* I selected 3 for questions that I felt were ambiguous since I couldn't be sure which was the intended meaning that I was supposed to answer to.
* I regard myself as an atheist. As such, I feel life has no meaning whatsoever. However, that does not mean I can't enjoy life or feel awe about nature or beauty.
* i put all my faith and hopes in myself
* I might say "spiritual entity" rather than "spiritual being".
* I have severe depression and anxiety and am a recovering addict. I am also raised christian but am an atheist.
* I have no belief in a soul separate from the functioning self awareness of the human brain. So I feel balanced between mind and body most of the time but soul isn't something I consider.
* I have feelings of guilt because of previous bad decisions
* I have always found the concepts of life having 'meaning' or 'purpose' to be hard to understand. So, my responses are... imprecise in the sense that I am uncertain if I am actually answering your question.
* I feel I have mind-body balance. Presuming everyone experiences the whole soul thing may be a flaw in that one question.
* I feel I am the one who provides meaning and purpose to my life, and it changes as life goes on.
* I don't know what soul is.
* I don't believe in the soul, nor do I accept the concept of a "balance between mind, body and soul." This is a poorly worded question. Also, my life has no "purpose" in the sense a purpose was "given" to me. I make my own purpose.
* I don't believe in a soul. I determine the purpose of my life.
* I don't believe in a soul.
* I don't believe in a soul.
* I don't believe in a soul, so it doesn't make any since for me to think I have anything to balance other than my mind and body.
* I don't believe in a soul, so I couldn't answer one question
* I don't believe in a soul (for the balance question) and am not traditionally spiritual, as I'm an atheist
* I don't believe I have a soul, as that term is commonly used.
* I do not believe the "body" has a "soul." I believe the "purpose of Life" is self-perpetuation, nothing more or less. I am not optimistic about the ultimate survival of the human species.
* I do not believe in a deity of any kind. I do, however, as a scientist marvel at the miracle of life in a scientific sense. I find it incredible that things come together as they do, which gives me awe and appreciation for many things (but do not 'believe life has meaning or purpose, per se, other than to complete the cycle, which I'm OK with).
* I can't have balance that includes a soul if I do not believe that I have a soul
* I better approach for me would be to define what is meant by the words spiritual or faith.
* I believe in self made purpose, and environmentally inflicted purpose, rather than a higher power putting me here for any specific reason
* I am quite the nature fanatic and love exploring off-trail every chance that I get.
* I am an humanist who does not believe in the supernatural or any notion of a soul. I am defining words like faith/spirituality/soul as "religious" terms so my answers reflect that.
* I am an atheist.
* I am an atheist.
* I am an atheist who believes that life has deep meaning. I believe that supporting others is very important, especially feeding the hungry, caring for the needy.
* I am an atheist however I also suffer from depression. My negative answers to these questions reflect my untreated depression and in no way reflect my dissatisfaction with my life due to my disbelief in any religious system. Before my depression I would hve answered this questions tending much more to 4-5 answers while still being an atheist.
* I am a Secular Humanist and consider the "soul" to be an abused concept. To me, conventional 'soul' does not exist.
* How should I respond to question about "body, mind, soul" if I do not believe in the concept of "soul"? For me, I just responded to "mind and body."
* How satisfied are you that you have a balance between mind, body and soul? This question does not have meaning for atheists because it mentions soul. It should have not applicable.
* How satisfied are you that you have a balance between mind, body and soul? - has no meaning for me, don't believe in a soul or a mind for that matter, it's all the body
* How satisfied are you that you have a balance between mind, body and soul? - I don't know how to answer this. Souls are not real, so no answer was applicable
* For the connection of mind body and soul I did not know how to answer because I don't believe we have a soul just a brain and body and they connection is a 5
* For the balance question, I feel like you need an NA option. I do not believe in a soul, so I can't have balance that involves the soul.
* For purpose and meaning, I give my life those, there is none built in.
* Body, mind, soul presumes a "soul" exists, which I don't. Also, my life has no purpose beyond the purpose I give to it.
* Bias in question 6: I had to consider mind and body, as I do not have a "soul". And my mind is a consequence of how my body works.
* Asking if my life has a purpose is odd. I'm not sure that anything has a purpose. I kind of like the idea that it doesn't have purpose because it means that whatever I do with my life was done because I wanted it not because it fulfilled some other being' designs.
* [How satisfied are you that you have a balance between mind, body and soul?] I don't believe in the soul, but I feel fairly balanced without that aspect of the question.
* "spiritual" is a tough word for me because I do feel and appreciate connectedness and intangible concepts that unite things in the world in a similar way to how I think people feel/appreciate spirituality in a metaphysical/supernatural sense
* "Spiritual strength" is not well defined. I take it to mean strength of character and resilience.
* "Soul" is meaningless to me, and I don't believe in mind /body duality, so I interpreted that question my own way.
* "Soul" is a problem for me. I think the purpose of life is to reproduce, otherwise, no purpose. Life itself has no intelligence.
* "purpose" and "meaningful" and "inner peace" are too vague for these types of answers.
* "Not applicable" should be an option for the atheists to choose on questions regarding spirituality. By simplest definition, an atheist is not spiritual because he knows there are no spirits.
* "How satisfied are you that you have a balance between mind, body and soul?" This is hard to answer meaningfully because I don't believe in souls.
* "How satisfied are you that you have a balance between mind, body and soul?" is a pretty ambiguous question if you don't believe in the concept of a soul.
* "How satisfied are you that you have a balance between mind, body and soul?" This is hard to answer when you don't believe in a soul.

**Feedback from Participants coded as Spiritual but Not Religious (SNR):**

* "You didn't define your terms, so I did.
* You ask about mind, body, and soul. Some of us don't believe in "soul."
* When I say I don't feel my life has a purpose I mean I don't feel I was \*put on Earth\* to do anything. My life is meaningful and I enjoy it.
* Unclear to me what spiritual strength is, or what you mean by it. Or what I might mean by it.
* To me I try to see purpose behind all the events that happen in my life. I ask myself why is this happening to me and what will I learn from it.
* the word "being" is distracting for me ... would prefer "force."
* The only spiritual being I can relate to is the living Earth with its Nature, considered as wonderfully Open (not mechanical). I am a doomer with respect to hope (almost no hope) but I consider myself spiritually strong in that I can rise above gnarly ocasions and conflicts and shine a light on the bigger picture.
* The balance between mind, body and soul (spirit, soul and body - 1 Thessalonians 5:23) is not a matter of my objective faith, but of my condition and living before the Lord.
* Thanks
* Spirituality helps me think on a much deeper level
* Some of your questions are vague. The last, for example, is not clear as to the source of the purpose. It is not external for me, nor is meaningfulness in life. I am also over 70, so I struggle more with both these categories.
* Regarding the question about experiencing awe from surroundings, I wondered about the setting or situation. Is this all the time? Only when trying? (Ex., I answered "completely" because I can be completely immersed in awe of nature, but not when sitting hre at my computer.)
* Regarding the opening statements: I am a Buddhist and it is my understanding that it is WAY OF LIFE, a belief system, NOT a religion. You might check me on that, but Buddha never referred to himself as a religion, and neither do Buddhists. Never.
* Regarding the last two questions, I wasn't sure about the answer, because I feel that you define your life's purpose and meaning for yourself; it's not inherently purposeful or meaningful in the grand scheme of the universe, more than any other thing in te universe. However, this does not make me feel sad or hopeless like it does some other people. But for those last questions, I answered subjectively rather than objectively in regards to my life's purpose and meaning.
* Re question 1: To clarify, you used "spiritual being" I believe in spiritual energy rather than a "being" which to me implies a human symbol of God in organized religion. If that is what you mean change my response from completely to not at all.
* quite revealing to me
* Probably my age and gender. All children are grown and I haven't found other things to be as meaningful.
* OK but a little vague
* Not sure what the next questions will be, but it already seems like the objective is to connect spirituality with meaning. Also should consider that those with depression/anxiety will answer based upon that and may confound your data...
* Myf amily and pets depend on me.
* Most people know what the word spiritus means
* More options needed, e.g., I don't believe have a "soul."
* Mind, body ......soul is not appropriate as I do not believe in the concept.....try a different word....
* Many of these questions seem and difficult to answer in a meaningful way.
* Just saying these are good questions, yet still can be hard to answer.
* It's hard to gauge if I have a balance between mind, body & soul. Is the question asking- am I doing all things that I feel are right in each area? Or, do I feel interconnected between all 3 spiritually? Hard to say.
* It is strange I sit here reading and answering these question and thinking wow , others think this way as well. sit here thinking what is that inner peace . being in awe. lost that a long time ago it fades doesn`t it .my purpose is to find ways to help mydaughters . many other things pop up in answering these questions and I ty for that
* It is difficult to answer questions about how a spiritual being influences my life as I believe more in a spiritual idea/concept instead of a being.
* In accordance with your instructions, I have not taken "spirituality" literally. Even though I am an atheist and believe in NO higher power of any kind, I have a special religion that I created for myself to give meaning and structure to life. It involvesrules, a set of beliefs about God and the purpose of life, and occasional prayer. Again, I do not ACTUALLY believe any of this, but I act it out--which allows it to still have an effect (see Richard Wiseman's book about the "As If" principle). This explans why I answer questions about a "spiritual being" with values >1 even though I only believe in physics. I realize this might make me an outlier :p
* Im spiritual but I do need to work on my spirtual life
* If I wasn't disabled, my answers might be more optimistic.
* I'm not sure exactly what "spiritual strength" means, or whether it really means anything at all. To the extent that it means psychological resilience though, I follow.
* I'm interpreting "meaningful" in a religious context - as in my life is important in some grand scheme between good and evil. I think my life and other's lives have meaning, but not in a religious way.
* I'm currently unemployed for the 1st time in 40 years. One reason I am not completely satisfied with my life. I was closer to a happy life a year ago when I was fully employed and saving for retirement and enjoying life's pleasures
* I was indoctrinated into a fundamentalist Christian ministry for 6 years. I am now a devout Agnostic and have been recently so happy and supportive of the teachings of Robert Ingersol
* I was brought up as a Protestant, but now don't profess to having a religion. However, I believe I am a spiritual person and quite positive about most everything.
* I try to find the good in every situation but it becomes difficult if i don't make a conscious effort
* I suffer from clinical depression. My outlook on life, even while medicated, has always been one of "doom and gloom". I am 41, never married and have no children.
* I struggle with the word "faith," since to many people that equates to "religion." My spirituality is vitally important to me, but it has nothing whatsoever to do with religion.
* I object to the inclusion of the word soul here. It has no measurable definition, not even a subjective one.
* I give life any meaning that it has for me. I create my life's purpose.
* I find great peace and energy in the natural world. I feel the natural world is connected in ways that are fundamentally essential to what it means to be human.
* I equate faith to believing in a higher power which I do not but I do have faith in my life and in myself. I responded "4" to several questions because I believe there is always room for improvement.
* I don't have faith in a higher power of sorts. I believe that I control my "destiny" and I am responsible for myself.
* I don't believe there is such a thing as a spirit or a soul, so if the balance is between body and mind, health and attitude, outlook and hopeful prospects, I would have rated that one higher.Purposes tough, I don't think I have a purpose in the sense tha it was designed, but I am purposeful and do think that I have a responsibility and a purpose to contribute.
* I don't believe in a soul, so that question doesn't really apply
* I do not believe in a spiritual being, but I do believe in a spiritual energy that connects mind and body.
* I distinguish between "spiritual" and "faith" concepts. I am not religious, but I am quite spiritual.
* I believe there is a distinction to be made between those who answer from a perspective of being faithful, not having been raised in faith, and having been raised in faith only to leave that faith. Being the latter, some of my dissatisfaction stems from hving to learn to find meaning under a new system where value is a bit more abstract and undefined.
* I believe in a positive attitude towards myself and other people. I try to get people to smile wherever I go
* I appreciate the distinction between meaning and purpose. I don't feel like any life has much purpose, but it's up to the individual to find meaning and fulfillment.
* I am already a bit offended by your assumption that my lack of faith makes my life meaningless or unjoyful.
* Have been depressed and totally unsure of why i am still breathing. I feel my life has no meaning & i just really wish it was all over.
* Don't believe in a soul.
* Does my life have purpose or do I have a purpose in my life? Life itself has no purpose other than to procreate; but I have a strong purpose in my personal life and how I lead it. I think the question can be misleading.
* Difficult to determine what "meaningful", well, what it means in terms of the question.
* c hallenging to respond so briefly!
* By purpose I mean psycho-social-dynamics which create the sense of "purpose," am fairly convinced.
* as a nonbeliever raised devout Catholic, it's taken a new way of thinking but I don't need a belief in a god to be happy
* Although my belief is strong, I'm not always able to maintain inner balance and harmony when confronted with life's challenges.
* Although I do not believe in a higher being, such as a God
* a couple things: I live my life as if I have great purpose but in the grand scheme of the universe, I don't think my life has much purpose or meaning. Also, as an atheist, and despite reading the directions, I don't know how to go about answering the mid, body, soul balance question. I can't replace "soul" with anything that fits from my personal belief structure.
* "Spiritual" is not defined; a supernatural meaning which is common, appears to be invalid from a scientific (in this sense testable) perspective.
* "a spiritual being" kinda threw me. I'm very spiritual, but a specific higher being isn't in my ethos.
* 'spiritual being' is defined as source/divine/God/Goddess energy in me, as me.

**Feedback from Participants coded as Religious and Spiritual (RS):**

* 'You have an unstated assumption that religion and spirituality exist only to be a security blanket in life. e.g. Q1 asks about "getting through hard times", Q2 asks about "comfort". I consider myself a strong believer (Catholic), but I find these questins difficult to answer. I don't find my religion comforting; I find it constantly challenging! For example, the practice of examining one's concience, going to Confession, and asking for God's Grace to become a better person is a way of finding and overoming faults and of growing in virtue. It is emotionally far more akin to a rigorous exercise régime than to some fluffy security blanket.
* You are using words that mean different things to different people. I question how valid your results will be.
* Without my faith I would have been dead long ago.
* While I have given my life to God completely, my kid & I live in a nightmare that doesn't end, hope & peace are hard to find anymore
* While I do have some religious beliefs in my life, I do not feel as though they are what determines my moral code
* Well chosen
* Using the wording "an extreme amount" feels rather loaded, and somewhat negative.
* These questions were difficult to answer because I do not acknowledge these aspects about myself on a regular basis.
* These past few weeks have been intense. I've suffered from and illness 4 years now. I thought this past surgery, #20..was the solution, turns out, I may have been wrong. My mind has raced with all sorts of crazy thoughs, filled with deflation and lack of ny hope.. Until 3 nights ago. While praying I realized, God didn't let go of my hand, I let go of God's. I've started writing in hopes that my purpose is to help others like me. I trust, God doesn't always show off with great miracles, but he ALWAYS showsup. I could have never gotten through these years otherwise.
* These are good questions.
* These are fairly decent questions
* The words "Spiritual BEING" were off-putting and do not reflect my spirituality.
* The term "spiritual being" is a bit confusing. I assume that it's a reference to some kind of supernatural being with a distinct personality. Maybe "the Creator" or "the Goddess."
* The mind/body/soul question wasn't clear to me.
* The last question on "purpose" isn't clear about self-defined or externally-defined.
* the first question references a spiritual BEING, which is different than spirituality. I had to read that question carefully in order to make sure I got it right. The remaining questions pertain to inner strengths (spirituality, faith, purpose, hope, etc) The first question could be written more explicitly.
* The creator and the creation is inspiring
* Thank you for the opportunity to share. Namaste!
* Spirituality is a continuing process!
* sorta dumb
* Some faiths or spiritual life styles ackowledge the fact that happiness, inner peace and the like are things that are left to the individual to resolve or achieve on their own. This is part of the journey as seen in Hinduism, Kabbalism and other eastern pactices. So, with questions in regard to happiness, purpose and inner peace may not properly reflect the success of any particular faith because the follower/ adherent may not have achieved those things yet. Hope this makes sense.
* Since the death of my daughter last year these spiritual questions - particularly those pertaining to the future have been very much on my mind. I am in the midst of exploring the "meaning" of my own future & the purpose of my own physical life continuingwhilst my daughter's was cut short.
* question number 3. My spiritual health helps me live better completely. but I am not completely healthy... Get it. got it. good.
* On the mind, body, spirit question, I have a physical disability so I often feel off balance in this regards
* Not sure what the actual purpose is, but that may not be for me to know.
* nonr
* My sense of purpose and inner peace is directly connected to my reliance on my higher power (which I call "God"). Daily prayer is directly connected to how connected I feel to God and thus my level of inner peace and purpose, On days when I don't pray, I an tell as I feel less peaceful and more dissatisfied with life.
* My responses reflect my disability
* My life is like a biography unlike none ever written. My story, over these forty nine years, is not complete, and holds many chapters. Here would be the space that I begin to write to a lover of books which would make one question our reason for existenc, not unlike this survey. The thong that stops me is time. There is not enough time right now.
* My faith that there is purpose and meaning in every aspect of life even when it's not apparent is what offers me any joy, peace and hope some days when life in the physical, mental or emotional dimensions is difficult, challenging or downright depressing.
* My daughter's cat was hit and killed by a car a week ago, so we are still in shock, dismay, inconsolable, in mourning. If Jesus could supposedly raise Lazarus from the dead and people actually believe that THAT and other miracles actually occurred and wee possible, then why can't I believe in the reality of a scenario like in "Run, Lola, Run" where she had 3 chances to "get it right?" I'd like to start last Wednesday over again, so we can get a chance to "get it right" or an alternative would be like inthe movie "Here Comes Mr. Jorday" where a boxer who died prematurely had an opportunity to go back to earth and live out his naturally appointed life. Our cat was only 4 years old and "untimely ripped" from his life, so I'd like to believe in an all-poweful, all-knowing, and all-merciful God who would realize how well-loved and missed this cat was and give us all another chance to have him with us for his full lifespan.
* My "faith" perspective comes from my my embrace of evolution and "natural" philosophy. I have no believe system involving the supernatural.
* make me think:) stress at work is influencing my answers
* it's difficult to give a response of 'extremely' in most instances. There are times when it would be appropriate, but in general, 'very much' sums it up
* It seems to me that there must be a God. I look at all the marvels in the world and believe only God could do that.
* Inner peace, balance, awe about life are all intrinsically connected to my practice of spirituality. To the extent I allow everyday life, pressures and distactions to pull me away from my time with God and seeking his divine will in my life (by relinquising my own), everything else is impacted. It's an on-going struggle to let go and resist forcing my will over matters which I am truly powerless to control.
* If you don't have hope in life, you have no reason to get out of bed in the morning. Knowing my life is secured through the blood of Jesus Christ gives me HOPE that He has defeated death and I will live in Eternity with Him at my side.
* I've gone through a lot of medical issues for the past two years caused by surgery. A lot of mixed emotions right now.
* I'm not religious but i am spiritual. I believe in karma and negative/positive energies affecting my surroundings.
* I'm a retired nurse and while working I felt I definitely had a purpose. Now a more moderate purpose.
* I would answer more positively but I do have physical, emotional and mental illnesses which can naturally decrease spirituality, even though I feel I strive to be a spiritual individual.
* I was diagnosed with cancer eight days ago. As with many I've turned to my nameless higher power from which (or whom) I am receiving the strength to undergo extensive testing, and a new appreciation for patience.
* I want to help trump make America great again
* I suffer from clinical depression and this has a huge impact on my mind, body, soul connection as well as self-esteem, etc..
* I suffer from a debilitating illness, and that certainly affects my responses regarding purpose and meaning in life. While faith plays a role in my life, it certainly does not keep me from feeling a bit hopeless or purposeless at times.
* I struggle with my human side when I'm trying to live a Christian life. I live from extreme to the other & back again, so I currently am or if balance.
* I struggle physically every day. If it were not for my faith in my GOD, I would have no hope at all.
* I recently had a double lung transplant...all is good so far.
* I liked answering the questions.
* I knew I had a purpose but only recently finally found it.
* I just wonder sometimes, what my real purpose is. yes, I do live a blessed life, probably more blessed then most but I cannot help to wonder why.
* I have no idea how spiritual I am.
* I have moderate depression so some of these are influenced by this
* I have many health challenges, without my faith I would not be able to still see the beauty in every day life.
* I have an anxiety disorder so my ability to feel joy and satisfaction is hindered more by that than my spirituality
* I get Depression, Panic, and Anxiety attacks that sometimes interferes in a balaance between mind, body, and soul...
* I forgot to click yes on the first page. I agree to click yes and take this survey
* I feel that a truer measure would have been a comparison of the last two weeks vs "overall" .
* I feel OK with the questions you are asking
* I feel I am on a path..........I have a lot to learn and long to learn it.
* I don't necessarily feel that my connection with a higher power should relate to my inner peace level as a show and tell. I believe that inner peace is something we must constantly strive for and find within ourselves, not something simply given because o
* I don't believe in one "god". I feel a connection with the universe. If I think or ask for something long enough, it will manifest itself.
* I can do all things through Christ who strengthens me.
* I aspire to a greater degree of spiritual centering, but it takes work.
* I am trying to deal with a clinical depression which colors all my responses
* I am not really aware of nor do I believe in a spiritual level of existence. I do not deny (nor can I confidently affirm) that there are interactions among beings that go beyond the purely physical.
* I am not entirely sure what 'extreme amount' means
* I am having a rough patch right now
* I am clinically depressed and have been going through a bout that has me down. I pray all the time and participate in religious services where I draw strength and hope. I am basically out of work and down because I cannot find gainful employment, have agreat singing voice but cannot use it to survive other than volunteering to sing at Church so feel like I am not serving a purpose at this time but pray that I WILL find my reason for being here before I die
* I am 69 yo. I am retired. I am in good health and keep myself active with Volunteer work (Hospice, Children's Hosp ED, long distance cycling, foster care advocate) a wife that puts up with me and 4 great kids. I am very blessed and thankful
* God provides all this for me and more.
* God has given me hope for eternity but cancer has taken much from me.
* Dx: MDD, reccurent; treatment resistant. 1st occurrence: 36 yrs ago. Currently experiencing severe depressive episode; rxed & taking: Tricyclic, SSRI, SSNRI, stimulant. Dxed w/ 3 central sensitization syndromes, am in constant pain. My SI/ASIS & rotate ou of alignment (sometimes sacrum)/require weekly PT. Post extensive testing/scans, etc.,no cause identified & PT (soft tissue, spinal manipulation, METs) no longer providing positive tx effects & are increasing hyperalgesia. My responses reflect this depresion. God's love for me and relationship with Him provides closeness, purpose, and meaning...what I believe and know from past experience/cognitively know...and yet is alien to me for the most part.
* Did you mean comfort to mean inner peace? If so, change #1 to 5 and #2 to 4. thanks
* Currently going through a bit of crises of faith
* Challenging questions. I answered the best I could with an average frame of thought. Sometimes we all get discouraged, but I ignored those moments of doubt.
* Can you tell I am an extreme optimist!!
* Buddhists do not believe in the concept of a soul.
* Because of my faith, I feel a deep connection to everything around me. When I experience a hard time, I know that my faith will pull me through
* Because of my daily schedule, and 6 children I have no time to just be still.
* Became totally disabled 8 years ago - oddly this increased my faith.
* Be more specific.
* At the moment, my hope is a little shaken- I goofed up and lost something important.
* Although I feel I cope better because of a higher power and deal with everyday stress better and have higher moral and values than many, i still remain skeptical about the future and what lies ahead for me and mankind.
* Although I am going through a rough period in my life, my spiritual connection has made it better. I don't feel perfect about my life, but I'm able to handle it better with my spiritual connections.
* 2 weeks is a short period of time on which to reflect
* "To what extent do you feel your life has a purpose?" -- This seems off, it's vague and I'm not sure how it's different from "To what extent do you feel life to be meaningful?" Do you mean higher purpose? A goal or goals? Individual people are both sigificant and completely insignificant at the same time. It's a paradox. We are significant to those near us, those we affect, but nearly insignificant in the grand scheme of things.
* "faith" needs a definition...faith in what? other humans? a supernatural, etc. So does spirituality, e.g spiritual being.
* 'spiritual strength' is too ill-defined to be used as-is here. Should be spelled out more explicitly. 'purpose' can be problematic as well as it implies magic direction but might be translated generously as just meaning.

**Supplemental Material: Breakdown of Belief Labels by Worldview Group**

This section of the supplemental material provides a breakdown of belief labels (e.g., atheist) by worldview group. NRS = neither religious nor spiritual, SNR = spiritual but not religious, RS = religious and spiritual.

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| --- | --- | --- |
| **Worldview Group** | **Belief Label** | ***n*** |
| 1 NRS | Atheist | 298 |
| Agnostic | 91 |
| Roman Catholic | 8 |
| Southern Baptist | 1 |
| United Methodist | 0 |
| Episcopalian | 0 |
| Mormon or LDS | 0 |
| Orthodox Christian | 1 |
| Non-denominational Christian | 1 |
| Protestant (otherwise unspecified) | 2 |
| Christian (otherwise unspecified) | 9 |
| American Indian or Native American Religion | 0 |
| New Age | 0 |
| Jewish | 5 |
| Muslim | 1 |
| Hindu | 0 |
| Buddhist | 3 |
| Other: | 65 |
| 2 SNR | Atheist | 108 |
| Agnostic | 168 |
| Roman Catholic | 15 |
| Southern Baptist | 2 |
| United Methodist | 2 |
| Episcopalian | 1 |
| Mormon or LDS | 0 |
| Orthodox Christian | 0 |
| Non-denominational Christian | 15 |
| Protestant (otherwise unspecified) | 2 |
| Christian (otherwise unspecified) | 30 |
| American Indian or Native American Religion | 2 |
| New Age | 6 |
| Jewish | 10 |
| Muslim | 0 |
| Hindu | 1 |
| Buddhist | 16 |
| Other: | 146 |
| 3 RS | Atheist | 5 |
| Agnostic | 30 |
| Roman Catholic | 226 |
| Southern Baptist | 37 |
| United Methodist | 48 |
| Episcopalian | 18 |
| Mormon or LDS | 21 |
| Orthodox Christian | 6 |
| Non-denominational Christian | 144 |
| Protestant (otherwise unspecified) | 81 |
| Christian (otherwise unspecified) | 191 |
| American Indian or Native American Religion | 0 |
| New Age | 4 |
| Jewish | 22 |
| Muslim | 9 |
| Hindu | 2 |
| Buddhist | 14 |
| Other: | 131 |