

SDAT

Spiritual Distress Assessment Tool

Purpose : Assessment of Spiritual Distress

Admin time : 15 min

User Friendly : High

Administered by : Healthcare provider

Content : Questions pertaining to Meaning, Transcendence, Values, and Psycho-social Identity dimensions of spirituality

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Name :

Date :

Assessed by:

SPIRITUAL NEEDS MODEL		SPIRITUAL DISTRESS ASSESSMENT TOOL (SDAT)		
		PATIENT INTERVIEW	INTERVIEW ANALYSIS	
Spiritual dimension	Need associated with the spiritual dimension	Set of questions for patient interview	Questions for analysing the interview and identifying unmet spiritual need	Scoring of unmet spiritual need (range from 0 to 3*)
<p>MEANING</p> <p>Overall life balance</p>	<p>NEED FOR LIFE BALANCE</p> <p>- need to maintain and/or rebuild an overall life balance</p> <p>- need to learn to “live with” an illness or disability</p>	<p>Does your hospitalisation have any repercussions on the way you live usually?</p> <p>Is your overall life balance disturbed by what is happening to you now (hospitalisation, illness)?</p> <p>Are you having difficulties coping with what is happening to you now (hospitalisation, illness)?</p>	<p>How does the patient speak about his or her need for life balance?</p> <p>Is the overall life balance of this patient disturbed?</p>	<p>To what degree does the <i>Need for Life Balance</i> remain unmet?</p> <p><input type="checkbox"/> 0</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>
<p>TRANSCENDENCE</p> <p>Anchor point exterior to the person</p>	<p>NEED FOR CONNECTION</p> <p>- need for Beauty</p> <p>- need to be connected with the personal existential anchor</p>	<p>Do you have a religion, a particular faith or spirituality?</p> <p>Does what is happening to you now change your relationship to God /or to your spirituality? (closer to God, more distant, no change)</p> <p>Is your religion / spirituality / faith challenged by what is happening to you now?</p> <p>Does what is happening to you now change or disturb the way you live or express your faith / spirituality / religion?</p>	<p>How does the patient speak about his or her need for connection?</p> <p>Is his or her need for connection disturbed?</p>	<p>To what degree does the <i>Need for Connection</i> remain unmet?</p> <p><input type="checkbox"/> 0</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>

<p>VALUES</p> <p>System of values that determine goodness and trueness for the person; the system is made apparent in the person's actions and life choices</p>	<p>NEED FOR VALUES ACKNOWLEDGEMENT</p> <p>- need that caregivers understand what has value and significance in his or her life</p> <p>NEED TO MAINTAIN CONTROL</p> <p>- need to understand and be involved in caregivers' decisions and actions</p>	<p>Do you think that the health professionals caring for you know you well enough?</p> <p>Do you have enough information about your health problem, and on the goals of your hospitalisation and treatment?</p> <p>Do you feel that you are participating in the decisions made about your care?</p> <p>How would you describe your relationship with the doctors and other health professionals?</p>	<p>How does the patient speak of his or her need that caregivers understand what has value and significance in his or her life?</p> <p>How does the patient speak of his or her need to understand and be involved in caregivers' decisions and actions?</p>	<p>To what degree does the <i>Need for Values Acknowledgement</i> remain unmet?</p> <p><input type="checkbox"/> 0</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p> <p>To what degree does the <i>Need to Maintain Control</i> remain unmet?</p> <p><input type="checkbox"/> 0</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>
<p>PSYCHO-SOCIAL IDENTITY</p> <p>The environment (society, caregivers, family, close relations) that maintain the person's particular identity.</p>	<p>NEED TO MAINTAIN IDENTITY</p> <p>- need to be loved, to be recognised</p> <p>- need to be listened to</p> <p>- need to be in contact (in particular with the person's faith community and other people)</p> <p>- need to have a positive self-image</p> <p>- need to feel forgiven, to be reconciled</p>	<p>Do you have any worries or difficulties regarding your family or other persons close to you?</p> <p>How do people close to you behave with you now? Does it correspond with what you expected from them?</p> <p>Do you feel lonely?</p> <p>Could you tell me about the image you have of yourself in your current situation (illness, hospitalisation)?</p> <p>Do you have any links with your faith community?</p>	<p>How does the patient speak of his or her need to maintain identity?</p>	<p>To what degree does the <i>Need to Maintain Identity</i> remain unmet?</p> <p><input type="checkbox"/> 0</p> <p><input type="checkbox"/> 1</p> <p><input type="checkbox"/> 2</p> <p><input type="checkbox"/> 3</p>

* **0** = no evidence of unmet spiritual need; **1**= some evidence of unmet spiritual need; **2**= substantial evidence of unmet spiritual need; **3** = evidence of severe unmet spiritual need