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## College Students' Beliefs and Values (CSBV) Factors

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*Cautionary note: Some of these scales have been refined and renamed since the pilot study. We recommend that people use the scales associated with the 2004-07 longitudinal study.*

### **Spirituality (Cronbach's alpha=.86)**

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Personal goal<sup>a</sup>: Integrating spirituality into my life

Belief<sup>b</sup>: We are all spiritual beings

Belief<sup>b</sup>: People can reach higher consciousness through meditation/prayer

Self-description<sup>c</sup>: Having interest in spirituality

Self-description<sup>c</sup>: Believing in the sacredness of life

Personal goal<sup>a</sup>: Seeking opportunities to grow spiritually

Spiritual experience while<sup>d</sup>: Listening to music

Spiritual experience while<sup>d</sup>: Viewing work of art

Spiritual experience while<sup>d</sup>: Participating in musical or artistic performance

Spiritual experience while<sup>d</sup>: Engaging in athletics

Spiritual experience while<sup>d</sup>: Witnessing nature

Spiritual experience while<sup>d</sup>: Meditating

On a spiritual quest<sup>e</sup>

Self-rating<sup>f</sup>: Spirituality

Percent of students who are "high" scorers ( $\geq 36$ ) on Spirituality: 21%

Percent of students who are "low" scorers ( $\leq 23$ ) on Spirituality: 16%

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### **Aesthetically-Based Spiritual Experience (Cronbach's alpha=.78)**

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Spiritual experience while<sup>d</sup>: Viewing work of art

Spiritual experience while<sup>d</sup>: Listening to music

Spiritual experience while<sup>d</sup>: Witnessing the beauty of nature

Spiritual experience while<sup>d</sup>: Participating in a musical or art performance

Percent of students who are "high" scorers ( $\geq 8$ ) on Aesthetically-Based Spiritual Experience: 34%

Percent of students who are "low" scorers ( $\leq 4$ ) on Aesthetically-Based Spiritual Experience: 22%

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### **Religious Commitment (Cronbach's alpha=.97)**

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My spiritual/religious beliefs<sup>g</sup>: Are one of the most important things in my life

My spiritual/religious beliefs<sup>g</sup>: Provide me with strength, support, and guidance

My spiritual/religious beliefs<sup>g</sup>: Give meaning/purpose to my life

Belief<sup>b</sup>: I find religion to be personally helpful

Belief<sup>b</sup>: I gain spiritual strength by trusting in a Higher Power

Self-rating<sup>f</sup>: Religiousness/religiosity

My spiritual/religious beliefs<sup>g</sup>: Lie behind my whole approach to life

Experience<sup>h</sup>: Felt loved by God

My spiritual/religious beliefs<sup>g</sup>: Have helped me develop my identity

Self-description<sup>c</sup>: Feeling connection w/ God/Higher Power that transcends self

Reason for prayer<sup>i</sup>: Help in solving problems

Reason for prayer<sup>i</sup>: Emotional strength

Self-description<sup>c</sup>: Seeking to follow religious teachings in my everyday life

My spiritual/religious beliefs<sup>g</sup>: Help define the goals I set for myself

Percent of students who are "high" scorers ( $\geq 44$ ) on Religious Commitment: 31%

Percent of students who are "low" scorers ( $\leq 21$ ) on Religious Commitment: 15%

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### **Self-Esteem (Cronbach's alpha=.79)**

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Self-rating<sup>f</sup>: Self-confidence (intellectual)

Self-rating<sup>f</sup>: Self-understanding

Self-rating<sup>f</sup>: Courage

Self-rating<sup>f</sup>: Emotional Health

Self-rating<sup>f</sup>: Self-awareness

Self-rating<sup>f</sup>: Self-confidence (social)

Self-rating<sup>f</sup>: Leadership Ability

Percent of students who are "high" scorers ( $\geq 28$ ) on Self-Esteem: 28%

Percent of students who are "low" scorers ( $\leq 20$ ) on Self-Esteem: 10%

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### **Equanimity (Cronbach's alpha=.75)**

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Self-description<sup>c</sup>: Feeling good about direction of my life

Experience<sup>h</sup>: Felt at peace/centered

Self-description<sup>c</sup>: Being thankful to God for all that's happened to me

Self-description<sup>c</sup>: Seeing each day as a gift

Experience<sup>h</sup>: Found meaning in times of hardship

Self-description<sup>c</sup>: Feeling connection w/ all humanity

Percent of students who are "high" scorers ( $\geq 16$ ) on Equanimity: 26%

Percent of students who are "low" scorers ( $\leq 11$ ) on Equanimity: 15%

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### **Spiritual Distress (Cronbach's alpha=.65)**

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Experience<sup>h</sup>: Questioned religious/spiritual beliefs

Self-description<sup>c</sup>: Feeling unsettled about spiritual/religious matters

Experience<sup>h</sup>: Struggled to understand evil/suffering/death

Experience<sup>h</sup>: Felt angry with God

Self-description<sup>c</sup>: Feeling disillusioned w/ religious upbringing

Percent of students who are "high" scorers ( $\geq 11$ ) on Spiritual Distress: 20%

Percent of students who are "low" scorers ( $\leq 7$ ) on Spiritual Distress: 33%

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### **Psychological Distress (Cronbach's alpha=.66)**

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Experience<sup>h</sup>: Felt overwhelmed by all I had to do

Experience<sup>h</sup>: Felt that my life was full of stress & anxiety

Experience<sup>h</sup>: Felt depressed

Percent of students who are "high" scorers ( $\geq 8$ ) on Psychological Distress: 26%

Percent of students who are "low" scorers ( $\leq 5$ ) on Psychological Distress: 21%

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### **Spiritual/Religious Growth (Cronbach's alpha=.88)**

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Self-change<sup>j</sup>: Religious beliefs and convictions

Self-change<sup>j</sup>: Religiousness

Self-change<sup>j</sup>: Spirituality

Percent of students who are "high" scorers ( $\geq 12$ ) on Spiritual/Religious Growth: 29%

Percent of students who are "low" scorers ( $\leq 8$ ) on Spiritual/Religious Growth: 18%

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### **Growth in Global/National Understanding (Cronbach's alpha=.82)**

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Self-change<sup>j</sup>: Understanding of nation's social problems

Self-change<sup>j</sup>: Understanding of global issues

Self-change<sup>j</sup>: Understanding of community problems

Percent of students who are "high" scorers ( $\geq 13$ ) on Growth in Global/National Understand: 32%

Percent of students who are "low" scorers ( $\leq 9$ ) on Growth in Global/National Understand: 11%

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### **Growth in Tolerance (Cronbach's alpha=.70)**

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Self-change<sup>j</sup>: Ability to get along w/ people of different races/cultures

Self-change<sup>j</sup>: Knowledge of people from different races/cultures

Self-change<sup>j</sup>: Acceptance of people w/ different religious/spiritual values

Percent of students who are "high" scorers ( $\geq 13$ ) on Growth in Tolerance: 23%

Percent of students who are "low" scorers ( $\leq 9$ ) on Growth in Tolerance: 19%

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### **Growth in Leadership (Cronbach's alpha=.71)**

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Self-change<sup>j</sup>: Leadership abilities

Self-change<sup>j</sup>: Interpersonal skills

Percent of students who are "high" scorers ( $\geq 9$ ) on Growth in Leadership: 32%

Percent of students who are "low" scorers ( $\leq 6$ ) on Growth in Leadership: 11%

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### **Religious Engagement (Cronbach's alpha=.87)**

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Activity<sup>k</sup>: Read sacred texts

Activity<sup>k</sup>: Religious singing/chanting

Experience<sup>h</sup>: Helped at local houses of worship

Behavior<sup>l</sup>: Joined religious organization on campus

Activity<sup>k</sup>: Other reading on religion/spirituality

Experience<sup>h</sup>: Attended class/workshop/retreat on religion/spirituality

Experience<sup>h</sup>: Attended a religious service

Close friends<sup>m</sup>: Belong to campus religious organization

Close friends<sup>m</sup>: Go to church/temple/house of worship

Experience<sup>h</sup>: Found new meaning in religious practices/rituals

Percent of students who are "high" scorers ( $\geq 26$ ) on Religious Engagement: 20%

Percent of students who are "low" scorers ( $\leq 12$ ) on Religious Engagement: 20%

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### **Charitable Involvement (Cronbach's alpha=.68)**

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Experience<sup>h</sup>: Participated in community food/clothing drives

Experience<sup>h</sup>: Performed other volunteer work

Experience<sup>h</sup>: Donated money to charity

Experience<sup>h</sup>: Helped friends w/ personal problems

Personal goal<sup>a</sup>: Participating in a community action program

Percent of students who are "high" scorers ( $\geq 13$ ) on Charitable Involvement: 15%

Percent of students who are "low" scorers ( $\leq 8$ ) on Charitable Involvement: 22%

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### **Religious/Social Conservatism (Cronbach's alpha=.82)**

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Belief<sup>b</sup>: People who don't believe in God will be punished

Self-description<sup>c</sup>: Being committed to introducing people to my faith

Belief<sup>b</sup>: Sex OK if people like each other (reverse coded)

Belief<sup>b</sup>: Abortion should be legal (reverse coded)

Reason for prayer<sup>i</sup>: Forgiveness

Relationship to God<sup>n</sup>: Father-figure

Close friends<sup>m</sup>: Share your religious/spiritual views

Percent of students who are "high" scorers ( $\geq 20$ ) on Religious/Social Conservatism: 16%

Percent of students who are "low" scorers ( $\leq 10$ ) on Religious/Social Conservatism: 20%

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### **Religious Skepticism (Cronbach's alpha=.85)**

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Self-description<sup>c</sup>: Believing in life after death (reverse coded)

Belief<sup>b</sup>: Science gives info on physical world, but only religion explains existence (reverse coded)

Belief<sup>b</sup>: Beliefs not important if I lead a moral life

Belief<sup>b</sup>: My life is determined by forces larger than myself (reverse coded)

Belief<sup>b</sup>: Whether or not there is a Supreme Being is a matter of indifference to me

Belief<sup>b</sup>: I have never felt a sense of sacredness

Belief<sup>b</sup>: The universe arose by chance

Belief<sup>b</sup>: In the future, science will be able to explain everything

Relationship between science and religion<sup>o</sup>: Conflict; I am on side of science

Percent of students who are "high" scorers ( $\geq 23$ ) on Religious Skepticism: 15%

Percent of students who are "low" scorers ( $\leq 13$ ) on Religious Skepticism: 30%

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### **Spiritual Quest (Cronbach's alpha=.83)**

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Personal goal<sup>a</sup>: Finding answers to life's mysteries

Personal goal<sup>a</sup>: Attaining inner harmony

Personal goal<sup>a</sup>: Attaining wisdom

Personal goal<sup>a</sup>: Seeking beauty in my life

Personal goal<sup>a</sup>: Developing meaningful philosophy of life

Engaged in<sup>p</sup>: Searching for meaning/purpose in life

Engaged in<sup>p</sup>: Discussing meaning of life w/ friends

Personal goal<sup>a</sup>: Becoming a more loving person

Close friends<sup>m</sup>: Searching for meaning/purpose in life

Percent of students who are "high" scorers ( $\geq 29$ ) on Spiritual Quest: 28%

Percent of students who are "low" scorers ( $\leq 20$ ) on Spiritual Quest: 15%

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### **Social Activism (Cronbach's alpha=.81)**

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Ultimate spiritual quest<sup>g</sup>: To make the world a better place

Personal goal<sup>a</sup>: Becoming involved in environmental programs

Personal goal<sup>a</sup>: Reducing pain & suffering in the world

Personal goal<sup>a</sup>: Influencing the political structure

Personal goal<sup>a</sup>: Influencing social values

Personal goal<sup>a</sup>: Helping others in difficulty

Personal goal<sup>a</sup>: Helping to promote racial understanding

Personal goal<sup>a</sup>: Becoming a community leader

Engaged in<sup>p</sup>: Trying to change unfair things in the world

Percent of students who are "high" scorers ( $\geq 24$ ) on Social Activism: 17%

Percent of students who are "low" scorers ( $\leq 15$ ) on Social Activism: 21%

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### **Artistic Orientation (Cronbach's alpha=.70)**

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Personal goal<sup>a</sup>: Creating artistic work

Personal goal<sup>a</sup>: Becoming accomplished in performing art

Personal goal<sup>a</sup>: Writing original works

Self-rating<sup>f</sup>: Creativity

Percent of students who are "high" scorers ( $\geq 12$ ) on Artistic Orientation: 14%

Percent of students who are "low" scorers ( $\leq 6$ ) on Artistic Orientation: 29%

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### **Compassionate Self-Concept (Cronbach's alpha=.78)**

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Self-rating<sup>f</sup>: Kindness

Self-rating<sup>f</sup>: Compassion

Self-rating<sup>f</sup>: Forgiveness

Self-rating<sup>f</sup>: Empathy

Self-rating<sup>f</sup>: Generosity

Self-rating<sup>f</sup>: Helpfulness

Percent of students who are "high" scorers ( $\geq 25$ ) on Compassionate Self-Concept: 25%

Percent of students who are "low" scorers ( $\leq 19$ ) on Compassionate Self-Concept: 18%

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<sup>a</sup> Personal goal measured on a 4 point scale, "Not important" to "Essential"

<sup>b</sup> Belief measured on a 4 point scale, "Disagree strongly" to "Agree strongly"

<sup>c</sup> Self-description measured on a 3 point scale, "Not at all" to "To a great extent"

<sup>d</sup> Spiritual experience measured on a 3 point scale, "Not at all" to "Frequently"  
("Not applicable" recoded as "Not at all")

<sup>e</sup> Being on a spiritual quest measured on a 2 point scale, "No" or "Yes"

<sup>f</sup> Self-rating measured on a 5 point scale, "Lowest 10%" to "Highest 10%"

<sup>g</sup> My spiritual/religious beliefs measured on a 4 point scale, "Disagree strongly" to "Agree strongly"

<sup>h</sup> Experience measured on a 3 point scale, "Not at all" to "Frequently"

<sup>i</sup> Reason for prayer measured on a 3 point scale, "Not at all" to "Frequently"

<sup>j</sup> Self-change measured on a 5 point scale, "Much weaker" to "Much stronger"

<sup>k</sup> Activity measured on a 6 point scale, "Not at all" to "Daily"

<sup>l</sup> Behavior measured on a 2 point scale, "No" or "Yes"

<sup>m</sup> Close friends measured on a 4 point scale, "None" to "All"

<sup>n</sup> Relationship to God measured on a 2 point scale, "No" or "Yes"

<sup>o</sup> Relationship between science and religion measured on a 2 point scale, "No" or "Yes"

<sup>p</sup> Engagement measured on a 3 point scale, "Not at all" to "To a great extent"

<sup>q</sup> Ultimate spiritual quest measured on a 2 point scale, "No" or "Yes"