



## Factor Analysis of Spiritual Health on the Islam Viewpoint

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### Dear Editor-in-Chief

Spiritual cares in nursery are those that are presented by the nurse and are related to their experiences about meaning, purpose, religion and spirituality. Spirituality and spiritual cares are two separated categories considering certain dimension of care. Spiritual competence in spiritual care refers to a set of skills that can be used in clinical nursery process (1). The tool used to measure spiritual health is Polotzain Ellison's spiritual health questionnaire that includes 20 questions measuring both religious and existential health (2).

Explanatory factor analysis, either exploratory, confirmatory analysis or Cronbach's alpha, are the applied methods to measure construct validity and reliability of internal consistency. Exploratory explanatory factor analysis presents hidden or unmeasured variables based on the relationships between items and generates hypotheses for them. Hypotheses related to the variables' structures are tested in the explanatory factor analysis (3).

Since the spiritual health questionnaire of Polotzain- Ellison is consistent with Iranian culture and religion, the authors decided to prepare spiritual health questionnaire according to Islam, which is a useful tool for future studies. The present study aims to evaluate the psychometric characteristics of the spiritual health questionnaire based on Islam (4).

Since there is no standardized questionnaire on spiritual health in Islam, in this study, the variables of spiritual health questionnaire were determined using the Delphi method based on Islam's perspective within 3 Rounds of information exchange between researchers and 10 experts in the field of spiritual health. Based on the final opinions of the experts, the pre-assumption was that each of the components of spiritual health has a relationship with certain sub-systems of the variables so that Confirmatory factor analysis was used to confirm this pre- assumption. Construct validity was used to determine the validity of the questionnaire, and internal consistency (Cronbach alpha coefficient) was used to determine the reliability of the questionnaire.

In the present study, a 20-items questionnaire of Islamic spiritual health was used based on Delphi Method in which measured belief system, intellectual system (thought), ethics (values), and lifestyle. The questions were set based on 6-option Likert's scale (strongly agree, agree, slightly agree, slightly disagree, disagree and completely disagree). The construct validity of -domains the 20-item questionnaire of Islamic spiritual health was analyzed using EQS Multivariate Software, version 6.1 with maximum likelihood estimation.

The result revealed that six factors are generated from 20 items questionnaire for spiritual health on

the Islamic viewpoint and specific name was assigned for each factor. The first factor, rationality in spiritual health, was influenced on the items of 6, 9, 11, 10 and 17 in the questionnaire. The second factor which named responsibility was influenced on the items of 16, 18, 15 and 14. The third factor which assigned having relationship with the God had influenced on the items of 5 and 12. The fourth factor, believing that God is the superior creator has influenced on the items of 7, 4 and 20. The fifth item which assigned as God is the Creator of the universe was influenced on the items of 1, 2 and 3. The latter factor which named God is concerned about human problems was influenced on the items of 8 and 19 in the questionnaire. Cronbach's alpha values of 0/7 and higher are an indicative of internal consistency. In this study, Cronbach's alpha was more than 0/75 for the Islamic spiritual health factors, which indicates that the internal consistency of the questionnaire for Iranian students is satisfactory. Islamic spiritual health questionnaire can be used as a valid and reliable tool for Muslims. The questionnaire can be a practical guide to measure and determine the spiritual health of people.

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