

INSTRUEMENTS AND ITEMS:

EXICODE QUESTIONNAIRE WAVE 1

ENGLISH and DANISH (DANSK)

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(ENGLISH)

Welcome and thank you.

The questions are about different topics such as general well-being, satisfaction with life, experience of meaning, concern and faith.

Everyone has their own personal point of view. The sentences or questions in the chart do not necessarily cover your position but may be opinions expressed by others.

No prerequisites are required to respond. You can pause during your response if you need to.

Please read the sentences and questions on the upcoming pages carefully, and answer how true it is for you in your situation right now. Be as spontaneous as possible and don't think too long about your answer.

Also, try to be as honest as possible: there is no "right" or "wrong" answer.

Thank you so much for your time.

Well-being:

Please respond to each item by marking one box per row, regarding how you felt in the last two weeks.	All of the time	Most of the time	More than half the time	Less than half the time	Some of the time	At no time
I have felt cheerful and in good spirits.	5	4	3	2	1	0
I have felt calm and relaxed	5	4	3	2	1	0
I have felt active and vigorous.	5	4	3	2	1	0
I woke up feeling fresh and rested	5	4	3	2	1	0
My daily life has been filled with things that interest me.	5	4	3	2	1	0

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Health Status:

<EQ-5D-5L>

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Life and support satisfaction:

		very satisfied	satisfied	mostly satisfied	mixed (equally satisfied and dissatisfied)	mostly dissatisfied	very dissatisfied
<p>The following questions concern your satisfaction with different areas of your life. Circle the best answer for each. When one of the statements <u>does not apply</u> to your situation, leave it unanswered</p> <p>I would describe my satisfaction with ...</p>							
H1	... my family life as...	0	1	2	3	4	5
H2	... my friendships as...	0	1	2	3	4	5
H3	... my school situation / working place as...	0	1	2	3	4	5
H4	... myself as ...	0	1	2	3	4	5
H5	... where I live as...	0	1	2	3	4	5
H6	... my overall life as...	0	1	2	3	4	5
H7	... my financial situation as...	0	1	2	3	4	5
H8	... my future perspectives as ...	0	1	2	3	4	5
G1	...my health situation as ...	0	1	2	3	4	5
G3	...my abilities to cope with everyday life as ...	0	1	2	3	4	5
T1	... the support from my partner as ...	0	1	2	3	4	5
T2	... the support from my family as ...	0	1	2	3	4	5
T2a	... the support from my friends as ...	0	1	2	3	4	5
T3	... the support from medical professionals as ...	0	1	2	3	4	5
T4	... the support from psychologists ...	0	1	2	3	4	5
T5	... the support from a chaplain, imam, or similar as...	0	1	2	3	4	5
T6a	... the support from God / a higher power as ...	0	1	2	3	4	5
T7a	... the support from alternative or complimentary therapists as ...	0	1	2	3	4	5

BMLSS-10 and BMLSS-TS © Arndt Büsing, Witten/Herdecke University (Bussing et al., 2009)

Human flourishing:

Overall, how satisfied are you with life as a whole these days?
0 = not satisfied at all, 10 = completely satisfied

In general, how happy or unhappy do you usually feel?
0 = Extremely Unhappy, 10 = Extremely Happy

In general, how would you rate your physical health?
0 = Poor, 10 = Excellent

How would you rate your overall mental health?
0 = Poor, 10 = Excellent

Overall, to what extent do you feel the things you do in your life are worthwhile?
0 = Not at All Worthwhile, 10 = Completely Worthwhile

I understand my purpose in life.
0 = Strongly Disagree, 10 = Strongly Agree

I always act to promote good in all circumstances, even in difficult and challenging situations.
0 = Not True of Me, 10 = Completely True of Me

I am always able to give up some happiness now for greater happiness later.
0 = Not True of Me, 10 = Completely True of Me

I am content with my friendships and relationships.
0 = Strongly Disagree, 10 = Strongly Agree

My relationships are as satisfying as I would want them to be.
0 = Strongly Disagree, 10 = Strongly Agree

How often do you worry about being able to meet normal monthly living expenses?
0 = Worry All of the Time, 10 = Do Not Ever Worry

How often do you worry about safety, food, or housing?
0 = Worry All of the Time, 10 = Do Not Ever Worry

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Spiritual needs:

Each person has his or her own and unique point of view. The following statements will not necessarily apply to you, but they were mentioned by many other patients. Please read the statements carefully and then indicate how true each is for you and your current situation. When you do have a respective need (“Yes”), then indicate how strong it is. Otherwise, circle the “No” option”.

Please be as honest as possible: There is no ‘right’ or ‘wrong’ answer.

	During the last month, did you have any of the following needs ...	No	If YES, how strong is this need ?		
			Some- what	Strong	Very strong
N2	To talk with others about your fears and worries?	0	1	2	3
N5	To resolve open aspects of your life?	0	1	2	3
N6	To plunge into the beauty of nature?	0	1	2	3
N7	To dwell at a place of quietness and peace?	0	1	2	3
N8	To find inner peace?	0	1	2	3
N10	To find meaning in illness and/or suffering?	0	1	2	3
N11	To talk with someone about the question of meaning in life?	0	1	2	3
N12	To talk with someone about the possibility of life after death?	0	1	2	3
N14	To give away something of yourself?	0	1	2	3
N15	To give solace to someone?	0	1	2	3
N16	To forgive someone from a distinct period of your life?	0	1	2	3
N17	To be forgiven?	0	1	2	3
N18	To pray with someone?	0	1	2	3
N19	That someone prays for you?	0	1	2	3
N20	To pray for yourself?	0	1	2	3
N21	To participate at a spiritual / religious ceremony (i.e. service or other common ritual)?	0	1	2	3
N22	To read religious / spiritual books?	0	1	2	3
N23	To turn to a higher presence (i.e., God, Allah, Angels, Saints, the Universe)?	0	1	2	3
N26	To pass own life experiences to others?	0	1	2	3
N27	To be assured that your life was meaningful and of value?	0	1	2	3

Have you been admitted to a hospital at some point during the last 6 months?

- Yes
- No.
- Do not know

If YES, in connection with your treatment...

Did you feel supported by the health professional team or individuals in the team regarding your existential / spiritual needs? (eg some of the above examples of needs)

- yes, very
- yes, something
- no, not really
- no, not at all
- not relevant

If YES, which professional group did these people belong to?

- Nursing
- Doctor in hospital
- General practitioner
- Psychologist / psychotherapist
- Hospital chaplain, Imam or similar
- Social worker
- Other....
- Do not know

Meaning in life and crisis of meaning:

Use the following scale to answer, if you agree or disagree with the statements.		Strongly disagree					Strongly agree
M1	I see a meaning in my life.	0	1	2	3	4	5
M2	My life is meaningful.	0	1	2	3	4	5
M3	I experience that my life is unconditionally worth living.	0	1	2	3	4	5
MC4	I suffer from not being able to see a meaning in my life.	0	1	2	3	4	5
MC5	I lack a meaning in my life.	0	1	2	3	4	5
MC6	My life feels empty.	0	1	2	3	4	5

Inspired from the Sources of Meaning Questionnaire by Tatjana Schnell (Schnell, 2016)

Religious and spiritual affiliation:

R/S	How would you consider your stance on religious / spiritual matters? <input type="radio"/> Religious <input type="radio"/> Spiritual <input type="radio"/> Religious and spiritual <input type="radio"/> None <input type="radio"/> Don't know						
EVS28	What do you consider yourself as? <input type="radio"/> Believer <input type="radio"/> Non-believer <input type="radio"/> convinced atheist <input type="radio"/> don't know						
EVS41	If believer, which faith? <scrollbar with affiliations>						
EVS30b	Do you believe in life after death? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't know						
EVS36ung	How important was God in your life when you were a kid / young? <table style="width: 100%; text-align: center;"> <tr> <td style="width: 50%;">Not important</td> <td style="width: 50%;">Very important</td> </tr> <tr> <td>I . I . I . I . I . I . I . I . I . I . I</td> <td></td> </tr> <tr> <td>0 10 20 30 40 50 60 70 80 90 100</td> <td></td> </tr> </table>	Not important	Very important	I . I . I . I . I . I . I . I . I . I . I		0 10 20 30 40 50 60 70 80 90 100	
Not important	Very important						
I . I . I . I . I . I . I . I . I . I . I							
0 10 20 30 40 50 60 70 80 90 100							
Mys	Have you ever had an experience that you could not readily explain, and that you would characterize as "supernatural" or mystic? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't know						
EVS36	How important is God in your life today? <table style="width: 100%; text-align: center;"> <tr> <td style="width: 50%;">Not important</td> <td style="width: 50%;">Very important</td> </tr> <tr> <td>I . I . I . I . I . I . I . I . I . I . I</td> <td></td> </tr> <tr> <td>0 10 20 30 40 50 60 70 80 90 100</td> <td></td> </tr> </table>	Not important	Very important	I . I . I . I . I . I . I . I . I . I . I		0 10 20 30 40 50 60 70 80 90 100	
Not important	Very important						
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0 10 20 30 40 50 60 70 80 90 100							

© European Value Survey (EVS)2008 (items 30b, 28, 36) (except Mys and EVS36ung and R/S which were written by Tobias Kvist Stripp and Niels Christian Hvidt)

Engagement in existential, religious, and spiritual practices:

	Please describe how often you are engaged in the following practices:	regularly	often	seldom	never
P10	I reflect upon the meaning of life	3	2	1	0
P11	I try to get insight (also into myself)	3	2	1	0
P13	I work on my self-realization	3	2	1	0
P4	I meditate (either Eastern or Western styles)	3	2	1	0
P7	I work on a mind-body discipline (i.e., yoga, qigong, mindfulness etc.)	3	2	1	0
P8	I perform distinct rituals (originated in other religious traditions than mine)	3	2	1	0
P9	I turn to nature	3	2	1	0
P1	I privately pray (for myself, for others)	3	2	1	0
P2	I go to church / Sunday service	3	2	1	0
P19	In my private area, religious symbols are important to me	3	2	1	0
P20	I participate in religious events (i.e., religious congregations etc.)	3	2	1	0
P21	I believe in a (my) Guardian Angel	3	2	1	0
P22	I help others	3	2	1	0
P23	I consider the needs of others	3	2	1	0
P24	My thoughts are with those in need	3	2	1	0
P25	I do good for others	3	2	1	0
P26	I feel connected with others	3	2	1	0
P27	I work voluntary for others	3	2	1	0
ED1	I have a feeling of great gratitude	3	2	1	0
ED2	I have a feeling of wondering awe	3	2	1	0
ED3	I still have learned to experience and value beauty	3	2	1	0
ED4	I stop and am captivated by the beauty of nature	3	2	1	0
ED5	I pause and stay spellbound at the moment	3	2	1	0
ED6	In certain places, I become very quiet and devout	3	2	1	0
ED7	I stop and then think of so many things for which I am really grateful	3	2	1	0

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Adaptive coping – Escape from Illness and Reliance on God's Help:

		definitely applies	applies quite well	I don't know (neither yes nor no)	does not really apply	does not apply at all
	Each person has his or her own and unique point of view. The following statements will not necessarily apply to you, but they were mentioned by many other patients.					
	Please read the statements carefully and then indicate how true each is for you and your <u>current situation</u> .					
a17	I fear what my life will bring	0	1	2	3	4
a18	I would like to run away from my life	0	1	2	3	4
a19	When I wake up, I do not know how to face the day	0	1	2	3	4
a35	Whatever happens, I will trust in a Higher Power that carries me through	0	1	2	3	4
a36	I have strong belief that God / a Higher Power will help me	0	1	2	3	4
a37	My faith is a strong hold, even in hard times	0	1	2	3	4
a38	I pray to become healthy again	0	1	2	3	4
a39	I try to live in accordance with my religious convictions	0	1	2	3	4

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Near-death experiences

A life-threatening situation or illness (such as an accident, cardiac arrest, or cancer) can cause some people to lose or experience an altered sense of consciousness. Some may subsequently recount memories from the time when they had lost or experienced an altered consciousness, whereas others cannot remember anything. It is noteworthy here that some describe having had unusual sensory impressions or experiences.

	<p>Du you have any memories from such an experience? <input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't know</p> <p><i>[if "Yes" / "Do not know" the remaining questions appear in the form. If "No" jumps to end of survey].</i></p>
	When did you have your experience <years scroll-bar>
	Your experience was in connection with: <input type="radio"/> cancer <input type="radio"/> cardiac arrest <input type="radio"/> surgery <input type="radio"/> during childbirth <input type="radio"/> accident (eg traffic) <input type="radio"/> suicide attempt <input type="radio"/> other (write what)
	<p>Have you had more than one?</p> <p><input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Don't know</p>

We would like you to answer the following statements according to your feelings and thoughts at the time of the experience (not before, nor after) by choosing the answer that seems the most appropriate (only ONE answer by statement is allowed). If you happen to have experienced several times the same phenomenon during the experience, please answer by considering the most striking phenomenon.

Answer categories:		Not at all - none	Slightly	Moderately	Strongly	Extremely
0 - Not at all; none						
1 - Slightly						
2 - Moderately						
3 - Strongly; equivalent in degree to any other strong experience lived so far						
4 - Extremely; more than any other time in my life and stronger than						
NDE1	Your perception of time was altered	0	1	2	3	4
NDE2	Your thoughts speeded up	0	1	2	3	4
NDE3	You heard one or several voices which did not have any material incarnation	0	1	2	3	4
NDE4	You had the feeling of suddenly understanding everything about yourself, the others and/or the Universe	0	1	2	3	4
NDE5	You had a feeling of peace and/or well-being	0	1	2	3	4
NDE6	You felt a sense of harmony or unity, as if you belonged to a larger whole	0	1	2	3	4
NDE7	You saw or felt surrounded by a bright light without any determined material origin	0	1	2	3	4
NDE8	You experienced unusual sensations (sight, hearing, smell, touch and/or taste)	0	1	2	3	4

NDE9	You were aware of things beyond what your senses can usually perceive	0	1	2	3	4
NDE10	You gained insightful knowledge about the future	0	1	2	3	4
NDE11	You had the impression of being outside of, or separated from your own body	0	1	2	3	4
NDE12	You had the sensation of leaving the earthly world or of entering a new dimension and/or environment	0	1	2	3	4
NDE13	You saw or relieved events from your past	0	1	2	3	4
NDE14	You encountered a presence and/or an entity (who might be deceased)	0	1	2	3	4
NDE15	You had a feeling of non-existence, of being in a total void, and/or of fear	0	1	2	3	4
NDE16	You came close to a border and/or point of no return	0	1	2	3	4
NDE17	You made the decision, or were forced to, come back from the experience	0	1	2	3	4
NDE18	You had the feeling of dying and/or being dead	0	1	2	3	4
NDE19	You saw or entered a gateway (for instance a tunnel or a door)	0	1	2	3	4
NDE20	You sense that the experience cannot be described adequately in words	0	1	2	3	4
NDE21	You had a feeling of unease and/or discomfort	0	1	2	3	4

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[if nde-c score >= 27 indicating nde, then:]

	If you feel like it, we invite you to write a little about your experience, which you have referred to above.
	<i>Hvad did you experience?</i>
	<i>How did the incidence affect your life?</i>
	<i>How could the healthcare system have best supported you in the time after your experience?</i>

THANK YOU FOR YOUR TIME

(DANSK)

Velkommen og tak.

Spørgsmålene handler om forskellige emner som fx generel trivsel, tilfredshed med livet, oplevelse af mening, bekymring og tro. Alle har deres eget personlige synspunkt.

Sætningerne eller spørgsmålene i skemaet dækker ikke nødvendigvis dit ståsted, men kan være holdninger, andre giver udtryk for.

Der kræves ingen forudsætninger for at svare. Du kan holde pause undervejs i din besvarelse, hvis du har brug for det.

Læs venligst sætningerne og spørgsmålene på de kommende sider omhyggeligt, og svar på, hvor sandt det er for dig i din situation lige nu.

Vær så spontan som muligt, og lad være med at tænke for lang tid over dit svar.

Forsøg også at være så ærlig som muligt: der findes intet ”rigtigt” eller ”forkert” svar.

Tusind tak for din tid.

Trivsel:

Markér ved hvert af de 5 udsagn, det felt der kommer tættest på, hvordan du har følt dig i de seneste to uger. Bemærk at et højere tal står for bedre trivsel.

Eksempel: Hvis du har følt dig glad og i godt humør i lidt mere end halvdelen af tiden i de sidste to uger, så markér føltet med 3-tallet.

I de sidste to uger ...

	På intet tidspunkt	Lidt af tiden	Lidt mindre end halvdelen af tiden	Lidt mere end halvdelen af tiden	Det meste af tiden	Hele tiden
... har jeg været glad og i godt humør	5	4	3	2	1	0
... har jeg følt mig rolig og afslappet	5	4	3	2	1	0
... har jeg følt mig aktiv og energisk	5	4	3	2	1	0
... er jeg vågnede frisk og udhvilet	5	4	3	2	1	0
... har min dagligdag været fyldt med ting, der interesserer mig	5	4	3	2	1	0

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Helbredsstatus:

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Tilfredshed med livet og støtte:

De følgende spørgsmål handler om din tilfredshed med forskellige ting i livet. Hvis det der spørges til, ikke er relevant for dig, skal du svare "? - Ikke relevant".

Jeg vil beskrive min tilfredshed med ...

		Meget tilfreds	Tilfreds	Overvejende tilfreds	Hverken/eller	Overvejende utilfreds	Utilfreds	Meget utilfreds
H1	mit familieliv som	0	1	2	3	4	5	6
H2	mine venskaber som	0	1	2	3	4	5	6
H3	min uddannelses- eller arbejdssituation som	0	1	2	3	4	5	6
H4	mig selv som	0	1	2	3	4	5	6
H5	hvor jeg bor som	0	1	2	3	4	5	6
H6	mit liv overordnet set som	0	1	2	3	4	5	6
H7	min økonomiske situation som	0	1	2	3	4	5	6
H8	mine fremtidsudsigter som	0	1	2	3	4	5	6
G1	min helbredstilstand som	0	1	2	3	4	5	6
G3	min evne til at klare dagligdagen som	0	1	2	3	4	5	6

De følgende spørgsmål handler om din tilfredshed med den støtte, du modtager. Hvis du ikke modtager den støtte, der spørges til, skal du svare "? - ikke relevant".

Jeg vil beskrive min tilfredshed med ...

T1	støtten fra min partner som	?	0	1	2	3	4	5	6
T2	støtten fra min familie som	?	0	1	2	3	4	5	6
T2a	støtten fra venner som	?	0	1	2	3	4	5	6
T3	støtten fra sundhedspersonale som	?	0	1	2	3	4	5	6
T4	støtten fra psykologer som	?	0	1	2	3	4	5	6
T5	støtten fra en præst, imam eller lignende som	?	0	1	2	3	4	5	6
T6a	støtten fra Gud / en højere magt som	?	0	1	2	3	4	5	6
T7a	støtten fra alternative eller komplementære behandlere som	?	0	1	2	3	4	5	6

Menneskelig blomstring (human flourishing):

FI 1: Overordnet set, hvor tilfreds er du for tiden med livet som helhed?
(0 = Slet ikke tilfreds, 10 = Fuldstændig tilfreds)

Generelt set, hvor lykkelig eller ulykkelig føler du dig for det meste?
(0 = Ekstremt ulykkelig, 10 = Ekstremt lykkelig)

Generelt set, hvordan vil du vurdere dit fysiske helbred?
(0 = Dårligt, 10 = Fremragende)

Hvordan vil du vurdere dit overordnede mentale helbred?
(0 = Dårligt, 10 = Fremragende)

Overordnet set, i hvilken udstrækning føler du, at de ting du gør i dit liv, er værdifulde?
(0 = Slet ikke værdifulde, 10 = Fuldstændig værdifulde)

Jeg forstår mit formål i livet.
(0 = Stærkt uenig, 10 = Stærkt enig)

Jeg handler altid for at fremme det gode i alle omstændigheder, selv i svære eller udfordrende situationer.
(0 = Ikke sandt om mig, 10 = Fuldstændig sandt om mig)

Jeg er altid i stand til at give afkald på noget lykke nu, for større lykke senere.
(0 = Ikke sandt om mig, 10 = Fuldstændig sandt om mig)

Jeg er tilfreds med mine venskaber og relationer.
(0 = Stærkt uenig, 10 = Stærkt enig)

Mine relationer er så tilfredsstillende, som jeg ville ønske, de skulle være.
(0 = Stærkt uenig, 10 = Stærkt enig)

Hvor ofte bekymrer du dig om, hvorvidt du kan dække dine normale månedlige udgifter?
(0 = Bekymrer mig hele tiden, 10 = Bekymrer mig aldrig)

Hvor ofte bekymrer du dig om sikkerhed, mad eller bolig?
(0 = Bekymrer mig hele tiden, 10 = Bekymrer mig aldrig)

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Eksistentielle og åndelig behov:

Nedenstående er spørgsmål til hvilke behov du har haft den seneste tid. Når det er et behov, du har ("Ja"), bedes du angive, hvor stort behovet er. Ellers markerer du "Nej"-svaret.

Vær så ærlig som muligt; der findes ikke noget 'rigtigt' eller 'forkert' svar.

Har du i løbet af den seneste måned haft behov for...	Nej	Hvis JA, hvor stort var behovet?		
		Lille	Stort	Meget stort
N2 at tale med andre om din frygt og bekymring?	0	1	2	3
N5 at afklare uafklarede aspekter af dit liv?	0	1	2	3
N6 at fordybe dig i naturens skønhed?	0	1	2	3
N7 at hvile et sted, der giver dig fred og ro?	0	1	2	3
N8 at finde indre fred?	0	1	2	3
N10 at finde mening i sygdom og/eller lidelse?	0	1	2	3
N11 at tale med nogen om meningen med livet?	0	1	2	3
N12 at tale med nogen om muligheden for et liv efter døden?	0	1	2	3
N14 at give noget af dig selv?	0	1	2	3
N15 at trøste nogen?	0	1	2	3
N16 at tilgive nogen fra en bestemt periode af dit liv?	0	1	2	3
N17 at blive tilgivet?	0	1	2	3
N18 at bede sammen med nogen?	0	1	2	3
N19 at nogen beder for dig?	0	1	2	3
N20 at bede for dig selv?	0	1	2	3
N21 at deltage i en åndelig / religiøs ceremoni (fx en gudstjeneste eller andet fælles ritual)?	0	1	2	3
N22 at læse bøger med et åndeligt / religiøst indhold?	0	1	2	3
N23 at vende dig mod en højere magt (fx Gud, Allah, engle, helgener, Universet)?	0	1	2	3
N26 at give din livserfaring videre til andre?	0	1	2	3
N27 at blive forsikret om, at dit liv har været meningsfuldt og værdifuldt?	0	1	2	3

Har du været indlagt indenfor de seneste 6 måneder?

- Ja
- Nej
- Ved ikke

Hvis JA, i forbindelse med din behandling...

Følte du dig understøttet af det sundhedsprofessionelle team eller individuelle personer i teamet med hensyn til dine eksistentielle / åndelige behov? (fx nogle af ovenstående eksempler på behov)

ja, meget ja, noget nej, ikke rigtigt nej, slet ikke ikke relevant

Hvis JA, hvilken professionsgruppe hørte disse personer til?

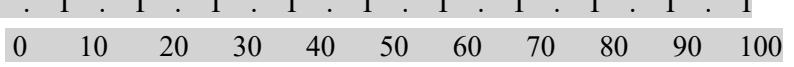
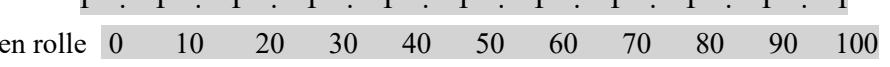
Sygepleje Læge på hospital Praktiserende læge Psykolog / psykoterapeut Hospitalspræst, Imam eller lignende Socialrådgiver Andet Ved ikke

Mening i livet og meningskrise:

De næste spørgsmål handler om din oplevelse af tro og mening. Brug skalaen nedenfor til at besvare, om du er enig eller uenig i udsagnene.		Starkt enig	Enig	Uenig	Starkt uenig
M1	Jeg ser en mening i mit liv.	0	1	2	3
M2	Mit liv er meningsfuldt.	0	1	2	3
M3	Jeg oplever, at mit liv er fuldstændigt værd at leve.	0	1	2	3
MC4	Jeg lider under, at jeg ikke kan se nogen mening i mit liv.	0	1	2	3
MC5	Jeg savner en mening i mit liv.	0	1	2	3
MC6	Mit liv føles tomt.	0	1	2	3

Inspireret af Sources of Meaning Questionnaire ved Tatjana Schnell (Schnell, 2016)

Religiøse og åndelige affiliationer:

R/S	Hvad betegner bedst dit åndelige ståsted? <input type="radio"/> Religiøs <input type="radio"/> Spirituel <input type="radio"/> Religiøs og spirituel <input type="radio"/> Intet <input type="radio"/> Ved ikke
EVS28	Hvad betragter du dig selv som? <input type="radio"/> Troende <input type="radio"/> Ikke-troende <input type="radio"/> Overbevist ateist <input type="radio"/> Ved ikke
EVS41	Hvis troende, da hvilken tro? <scrollbar med trossystemer>
EVS30b	Tror du på et liv efter døden? <input type="radio"/> Ja <input type="radio"/> Nej <input type="radio"/> Ved ikke
EVS36ung	Hvor stor en rolle spillede Gud i dit liv da du var barn / ung? I . I . I . I . I . I . I . I . I . I . I . Slet ingen rolle  Meget stor rolle
Mys	Har du nogensinde haft en oplevelse som du ikke umiddelbart kunne forklare, og som du selv ville beskrive som ”overnaturlig” eller mystisk? <input type="radio"/> Ja <input type="radio"/> Nej <input type="radio"/> Ved ikke
EVS36	Hvor stor en rolle spiller Gud i dit liv i dag? I . I . I . I . I . I . I . I . I . I . Slet ingen rolle  Meget stor rolle

© European Value Survey (EVS)2008 (items 30b, 28, 36) (except Mys and EVS36ung and R/S which were written by Tobias Kvist Stripp and Niels Christian Hvindt)

Engagement i eksistentielle, åndelige og religiøse praksisser:

	Vær venlig at angive, hvor ofte du, under normale omstændigheder, gør følgende:	hypp igt	af og til	sjæld ent	altri g
P10	Jeg tænker over meningen med livet	3	2	1	0
P11	Jeg forsøger at opnå indsigt (også i mig selv)	3	2	1	0
P13	Jeg arbejder på min selvrealkation	3	2	1	0
P4	Jeg mediterer (uanset hvilken form)	3	2	1	0
P7	Jeg laver krop-sind-øvelser (fx yoga, qigong, mindfulness etc.)	3	2	1	0
P8	Jeg udfører bestemte ritualer (med oprindelse i andre religiøse / åndelige traditioner end min egen)	3	2	1	0
P9	Jeg vender mig mod naturen	3	2	1	0
P1	Jeg beder privat (for mig selv eller andre)	3	2	1	0
P2	Jeg går i kirke / til gudstjeneste	3	2	1	0
P19	Jeg værdsætter åndelige / religiøse symboler i mit hjem	3	2	1	0
P20	Jeg deltager i åndelige / religiøse begivenheder (fx i en menighed eller andet åndeligt fællesskab)	3	2	1	0
P21	Jeg tror på, at jeg har en skytsengel	3	2	1	0
P22	Jeg hjælper andre	3	2	1	0
P23	Jeg tænker over andre menneskers behov	3	2	1	0
P24	Jeg tænker på dem, der har det svært	3	2	1	0
P25	Jeg gør godt for andre	3	2	1	0
P26	Jeg føler mig forbundet med andre	3	2	1	0
P27	Jeg laver frivilligt arbejde for andre	3	2	1	0
ED1	Jeg har en følelse af stor taknemlighed	3	2	1	0
ED2	Jeg har en følelse af underfuld ærefrygt	3	2	1	0
ED3	Jeg har lært at opleve og værdsætte skønhed	3	2	1	0
ED4	Jeg bliver stående og bliver fængslet af naturens skønhed	3	2	1	0
ED5	Jeg stopper op og hviler i øjeblikket	3	2	1	0
ED6	På bestemte steder bliver jeg helt stille og andægtig	3	2	1	0
ED7	Jeg stopper op og kommer i tanke om så meget, som jeg er virkelig taknemmelig for	3	2	1	0

SpREUK-P and GrAw-7 © Arndt Büsing, University Witten/Herdecke (Büssing et al., 2005; Bussing et al., 2014)

Adaptiv coping – Flugt fra sygdom og Tro på Gud's hjælp

	Læs venligst sætningerne omhyggeligt og svar på, hvor sandt det er for dig og din situation <u>lige nu</u> .					
a17	Jeg frygter, hvad mit liv vil bringe					
a18	Jeg ville gerne stikke af fra mit liv					
a19	Når jeg vågner, ved jeg ikke, hvordan jeg skal klare dagen					
a35	Uanset hvad der sker, vil jeg stole på en højere magt, der bærer mig igennem					
a36	Jeg har en stærk tro på, at Gud / en højere magt, nok skal hjælpe mig					
a37	Min tro er mit fundament, selv i svære tider					
a38	Jeg beder for at blive rask igen					
a39	Jeg forsøger at leve i overensstemmelse med mine åndelige / religiøse overbevisninger					
	(hverken ja					
	Passer ikke					
	Passer slet ikke					

AKU © Arndt Büsing, Universität Witten/Herdecke (Bussing et al., 2010)

Nærødsoplevelser

En livstruende situation eller sygdom (fx en ulykke, et hjertestop eller kræft) kan hos nogle mennesker medføre tab eller ændring af bevidsthed. Nogle kan efterfølgende fortælle om minder fra tiden, hvor de havde tabt eller ændret bevidsthed, hvorimod andre ikke kan huske noget. Det er her bemærkelsesværdigt, at nogle beskriver at have haft usædvanlige sanseindtryk eller erfaringer.

	Har du et minde om en sådan hændelse? <input type="radio"/> Ja <input type="radio"/> Nej <input type="radio"/> Ved ikke <i>[ved "Ja"/"Ved ikke" kommer resterende spørgsmål i skemaet. Ved "Nej" springer til "må vi kontakte dig igen i fremtiden.]</i>
	Hvilket årstal er din oplevelse fra? <årstal scroll-bar>
	Din oplevelse var i forbindelse med: <input type="radio"/> kræft <input type="radio"/> hjertestop <input type="radio"/> operation <input type="radio"/> fødsel <input type="radio"/> ulykke (fx trafik) <input type="radio"/> selvmordsforsøg <input type="radio"/> andet (skriv hvad).....
	Har du haft mere end én? <input type="radio"/> Ja <input type="radio"/> Nej <input type="radio"/> Ved ikke

Vi inviterer dig til at svare på hvert af udsagnene herunder ud fra de følelser og tanker, du havde lige i øjeblikket af oplevelsen (hverken før eller efter) ved at vælge det svar, som du mener er det mest korrekte (kun ET svar pr. udsagn). Hvis du har gennemlevet det adspurgt fænomen flere gange i løbet af oplevelsen, vil vi bede dig om at svare ud fra den mest markante oplevelse af fænomenet.

Svarmuligheder:		overhovedet ikke	let	middel	intenst	ekstremt
0 – overhovedet ikke ; fraværende						
1 – let						
2 – middel						
3 – intenst ; på niveau med alle andre intense oplevelser op til nu						
4 – ekstremt ; mere end på noget andet tidspunkt i mit liv og mere intenst end 3						
NDE1	Din tidsopfattelse blev ændret	0	1	2	3	4
NDE2	Dine tanker blev hurtigere	0	1	2	3	4
NDE3	Du hørte en eller flere stemmer, som ikke kom fra en fysisk krop	0	1	2	3	4
NDE4	Du havde opfattelsen af pludseligt at forstå dig selv, andre og/eller universet fuldstændigt	0	1	2	3	4
NDE5	Du havde en følelse af fred og/eller velvære	0	1	2	3	4
NDE6	Du havde en følelse af harmoni eller samhørighed, som om du var en del af et hele	0	1	2	3	4
NDE7	Du så eller var omgivet af et skinnende lys uden et bestemt fysisk udgangspunkt	0	1	2	3	4
NDE8	Du havde usædvanlige sanseoplevelser (se, høre, lugte, føle og/eller smage)	0	1	2	3	4

NDE9	Du var bevidst om ting udover, hvad dine sanser sædvanligvis kan opfatte	0	1	2	3	4
NDE10	Du opnåede indsigt i fremtiden	0	1	2	3	4
NDE11	Du havde en følelse af at være ”udenfor” eller adskilt fra din krop	0	1	2	3	4
NDE12	Du havde en oplevelse af at forlade den jordiske verden eller at gå ind i en ny dimension og/eller nyt miljø	0	1	2	3	4
NDE13	Du genså eller genoplevede én eller flere begivenheder fra din fortid	0	1	2	3	4
NDE14	Du mødte en tilstedeværelse og/eller et væsen (fx en afdød person)	0	1	2	3	4
NDE15	Du havde en følelse af ikke-eksistens, af fuldstændig tomhed og/eller frygt	0	1	2	3	4
NDE16	Du havde oplevelsen af en grænse og/eller et punkt, hvorfra du ikke ville kunne komme tilbage igen	0	1	2	3	4
NDE17	Du tog beslutningen om eller var tvunget til at komme tilbage fra oplevelsen	0	1	2	3	4
NDE18	Du fik indtryk af at dø og/eller at være død	0	1	2	3	4
NDE19	Du så eller kom ind i et overgangsområde (fx en tunnel eller en port)	0	1	2	3	4
NDE20	Du oplever, at du ikke besidder de rette ord til at beskrive din oplevelse	0	1	2	3	4
NDE21	Du havde en følelse af uro og/eller ubehag	0	1	2	3	4

© Near Death Experience-Content Scale, NDE-C scale, C. Martial et. Al (Martial et al., 2020)

[hvis nde-c score >=27 hvilket indikerer nde, da:]

	Hvis du har lyst, inviterer vi dig til at skrive lidt om din oplevelse, som du ovenfor har refereret til.
	<i>Hvad oplevede du?</i>
	<i>Hvilken indflydelse har det haft på dit liv?</i>
	<i>Hvordan kunne sundhedsvæsnet bedst have støttet dig i tiden efter din oplevelse?</i>

TAK FOR DIN TID

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