**Additional file 1: Development of the items**

|  |  |
| --- | --- |
| **Statements** | **Items** |
| Relationship with a higher powerConnection with God Contact with God Belief in a spiritual realitySomething that teaches us to connect with God Believing in a higher power Something linked to faith, not necessarily linked to religion Something that serves to connect us to God  |

|  |
| --- |
| I believe in something sacred or transcendent (God, a higher force). |

 |
| Being in touch with God through prayer and other spiritual practices Have a spiritual experience through practicesGet in touch with God through reading holy books Individual experience that brings greater awareness of spiritual reality Inner strength manifested in meditation, contemplation practices A kind of sensitivity that provides spiritual experiences  |

|  |
| --- |
| Meditation, prayer, readings and/or contemplation are practices that I use (at least one of them) to connect with a spiritual force beyond myself. |

 |
| It’s seeing something beyond material reality A force greater than the material world Belief in something not material Belief in something greater than material reality Experiences that manifest a spiritual side  |

|  |
| --- |
| I have witnessed facts/situations that have led me to believe that there is something beyond the material world. |

 |
| A superior force that helps in everyday life Something that gives comfort and overcoming on life's difficulties Higher force that sustains us in difficult times Higher force to which we cling to explain the facts of life Faith that sustains in daily life |

|  |
| --- |
| My faith or spiritual beliefs sustain me on a daily basis. |

 |
| Connection with other people Helps me to act towards other people Something that influences how I relate to other people  |

|  |
| --- |
| My spirituality helps me have a better relationship with others. |

 |
| Connection between material (physical) and spiritual realityIt influences my life in all aspects, from the physical body to mental health. |

|  |
| --- |
| My spirituality influences my physical and mental health. |

 |
| Something that guides us in our actions Belief in a spiritual world that interferes with people's lives and well-being A pursuit to be a better person The experience of spirituality through its actions and behaviors  |

|  |
| --- |
| My spirituality encourages me to help others. |

 |
| Something that transcends the body Belief in an afterlife Belief in the existence of spirit, soul Belief in reincarnation  |

|  |
| --- |
| I believe in continuity after death. |

 |
| Doing good to people Something that makes us better people Something that teaches us how to deal with the difficulties of everyday life Believing in the intervention of a higher power in our lives  |

|  |
| --- |
| My spiritual beliefs and values guide my day-to-day actions. |

 |
| It is related to faith Something linked to faith, not necessarily linked to religion Something that gives meaning to existence Something that gives meaning to daily events  |

|  |
| --- |
| My faith or spiritual beliefs give meaning to my life. |

 |
| Faith that helps you live better, both physically and spirituallyPersonal and spiritual evolution through practicesDoing practices that assist in physical, mental and spiritual development |

|  |
| --- |
| Spiritual practices (e.g., praying, fasting, meditation or other) help maintain or improve my physical or mental health. |

 |