

Guidelines for Use of the Remuda Ranch Spiritual Inventory, Beta Version

The Remuda Ranch Spiritual Inventory (RRSI), Forms A and B, may be used only with the explicit permission of the Remuda Ranch Center for Anorexia and Bulimia, Inc. Receipt of the RRSI in this mailing does not constitute permission to use it. Such permission may be obtained from Edward J. Cumella Ph.D., Director of Research, Outcomes, & Quality at Remuda Ranch, One East Apache St., Wickenburg, AZ 85390. If interested, please send Dr. Cumella a letter indicating the nature of your practice and the purposes for which you wish to use the RRSI (e.g., assessment in the clinical situation, research, outcomes). The current copy of the RRSI is for review only. It may not be altered or adapted in any way.

RRSI Form A is intended for people who describe themselves as having (or having had) a relationship with Jesus Christ. RRSI Form B is for those who have never had a relationship with Jesus Christ.

Interpreting the RRSI

1) *Using Clinical Impressions:*

In clinical applications, the RRSI need not be scored. Patients' item endorsements can be reviewed, paying particular attention to items endorsed as 2s or 3s. These endorsements may suggest spiritual distress in the area covered by the question. Multiple endorsements of this kind suggest heightened spiritual distress, and few endorsements of this kind suggest little spiritual distress. In addition, by reviewing the RRSI in this way, specific themes or delimited areas of spiritual distress may become apparent, or it may appear that the patient's distress is more global in nature.

2) *Using scores:*

The Spiritual Inventory may be scored by adding all circled answers to obtain a single total score for each patient. (The total score for patients who have omitted items can be prorated). Using normative data collected by Remuda Ranch, the following Total Score interpretations can be made.

Preliminary norms are based on the mean and standard deviation of the entire sample (14.21 ± 9.23 ; $N = 170$), as follows:

Level of Spiritual Distress	Statistical Definition	Total Score Range
<i>No distress</i>	0 thru 1SD above mean	0 – 23
<i>Mild distress</i>	>1SD above mean thru 2SD above mean	24 – 33
<i>Moderate distress</i>	>2SD above mean thru 3SD above mean	34 – 42
<i>Severe distress</i>	>3SD above mean thru 4SD above mean	43 – 51
<i>Extreme Distress</i>	>4SD above mean	52 – 115 ¹

¹ 115 is the maximum possible score if all 47 questions on the Spiritual Inventory were endorsed to reflect the most distress.

Scoring of the RRSI Form B has not yet been attempted. Therefore, Form B may be useful for the clinical impressions it yields about the spiritual experiences of patients from a non-Christian background, as noted above under "*Using Clinical Impressions.*" Or one may tentatively utilize the Form A score interpretations given in the above table.

Reliability and validity data on the RRSI have been collected and are now undergoing analysis and write-up. Results suggest good reliability and validity results for this instrument.