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Spiritual Well-Being of Chinese Older Adults: Conceptualization, Measurement and Intervention (SpringerBriefs in Well-Being and Quality of Life Research)

Vivian W. Q. Lou

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There are several unique features of this book on the spiritual well-being of Chinese older adults. First, based on qualitative methodology, a conceptual model of spiritual well-being was proposed. Besides, through a Delphi study, different dimensions of spiritual well-being were identified. Conceptually, such effort is important because there is a general lack of well-articulated models of spiritual well-being for Chinese people. Although Western models can be “transplanted” to Chinese contexts, indigenous concepts are needed. As such, this is a pioneer conceptual contribution. Second, the author developed and validated the Spiritual Scale for Chinese Elders. In view of the lack of related measurement tools in the field, this is a pioneer attempt which is important for social work education, research and practice. Third, a Spiritual Enhancement Group for Chinese Elders was developed and its effectiveness was evaluated. In contrast to ordinary elderly programs, this program was based on solid theoretical grounds. In addition, process evaluation and outcome evaluation were conducted. The intervention program is a beautiful link between theory and practice whereas the evaluation is a good outgrowth of practice. The present project is especially valuable because evidence-based practice is at its infancy in different Chinese communities.

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